



2018 CONNACHT RUGBY



SUMMER CAMPS

WHAT:

THE CAMPS ARE A SELL-OUT SUCCESS EVERY YEAR. ALL CHILDREN 6-12 YEARS ARE WELCOME AT THE CONNACHT RUGBY CAMPS! NO RUGBY EXPERIENCE IS NECESSARY AND ALL THE CAMPS ARE RUN BY FULLY ACCREDITED IRFU COACHES.

WHY:

THE CONNACHT RUGBY CAMPS RUN MONDAY - FRIDAY (INCLUSIVE) FROM 9.15AM - 1:30PM DAILY. CHILDREN WILL GET A CHANCE TO MAKE NEW FRIENDS, LEARN NEW SKILLS AND HAVE LOTS OF FUN.

CAMP PACKS!*

INCLUDING A CONNACHT RUGBY 1/4 ZIP TOP, DRAWSTRING BAG, WATER BOTTLE AND 1 FREE TICKET TO A SELECTED CONNACHT RUGBY GAME



*MERCHANDISE DESIGN MAY DIFFER SLIGHTLY FROM ILLUSTRATION SHOWN

WHEN & WHERE:

THE CAMPS RUN THROUGHOUT THE PROVINCE IN 18 LOCATIONS FROM 2ND JULY - 17TH AUGUST 2018

2ND-6TH JULY

*CREGGS RFC
BALLINASLOE RFC
SLIGO RFC*

9TH-13TH JULY

*BALLINA RFC
CORRIB RFC
CARRICK ON SHANNON RFC
NUIG RFC*

16TH-20TH JULY

*MONIVEA RFC
CASTLEBAR RFC
GORT RFC*

23TH-27TH JULY

*WESTPORT RFC
DUNMORE RFC
GALWEGIANS RFC*

6TH-10TH AUGUST

*TUAM RFC
CONNEMARA RFC
BALLINROBE RFC*

13TH-17TH AUGUST

*BUCCANEERS RFC
LOUGHREA RFC*



MEET YOUR FAVOURITE
CONNACHT RUGBY PLAYERS!

HOW:



LOG ON AND SIGN UP AT
COMMUNITY.CONNACHTRUGBY.IE



OR CALL (091) 561 568

PRICE €85
BOOK NOW



2018 CONNACHT RUGBY



EXCELLENCE CAMPS

EXCELLENCE CAMPS ARE BACK!

OUR EXCELLENCE CAMPS ARE RUN BY FULLY ACCREDITED IRFU COACHES AND FULL-TIME CONNACHT RUGBY STAFF

WHO:

13-16 YEAR OLDS

WHEN & WHERE:

11TH-15TH JUNE
NUIG RFC, GALWAY

18TH-22ND JUNE
BALLINA RFC, MAYO

WHAT:



NUTRITION WORKSHOP
AND ADVICE



STRENGTH & CONDITIONING
GUIDELINES PROVIDED



FREE
JERSEY

PRICE €95

SIGN UP TO BOOK YOUR PLACE TODAY



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