

Wild Rugby Academy
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www.wildrugbyacademy.de



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WILD RUGBY ACADEMY
24. Mai 2016

Abs :WILD RUGBY ACADEMY - Philosophenweg 9. - D-69120 Heidelberg

Registration WRA Summer Coaching Course 2016

- 6th June 2016 in Heidelberg, HRK
Observation of the DRV 15s National Team Group
Educator: Nollis Marais (Blue Bulls Head Coach)
Educator: David Manuel (Blue Bulls Backline Coach)
Content: Rucking, Evasion, Offloads & Attack
Training time 18.30 – 20.30
2 hours will be signed for German A & B licence (Kobus Potgieter)

- 8th June 2016 at Frankfurt 1880
Observation of the Frankfurt High Performance training Group - Youth
Educator: Nollis Marais (Blue Bulls Head Coach)
Educator: David Manuel (Blue Bulls Back Line Coach)
Content: Rucking & Evasion, Offloads & Attack
Training time 19.00 – 21.00
2 hours will be signed for German A & B licence (Kobus Potgieter)

Name :

Street:

ZIP/Town:

Club/Union:

Email:

With signing this form I will participate onto the above course/s. The Costs will not cover meals, accommodation and travelling. The payment hast to be in cash at the first day of the course

Date

Signature

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Registration WRA Summer Coaching Course 2016

- 10th & 11th June 2016 at Heidelberg, HRK
A & B DOSB Trainer course (German licence)
Content: Rucking, Evasion, Offloads & Attack, Warm up functional movement, Speed and agility. Creating an environment of work ethic and work rate
Educator: Nollis Marais (Blue Bulls Head Coach)
Educator: David Manuel (Blue Bulls Backline Coach)
Educator: Graham Bentz (ex Kenya 7's & Springbok U20 S&C)
Friday 15.00 – 20.00, Saturday: 9.00 – 17.00
Costs: EUR 50,- p.p. DRV member / EUR 100,- p.p. non DRV member
15 hours for A & B German licence

- 2nd & 3rd July 2016 at Frankfurt, SC Frankfurt 1880 Rugby
A & B Trainer course Strength & Conditioning (German licence)
Content: pre season planning & monitoring, fitness testing & protocol, Gym program design & delivery, Field conditioning design & delivery
Educators: Antoine Mobian, Mark Sandmann & Victor Shaw
(DRV National Team & international fitness coaches)
Saturday 9.00 – 17.00h, Sunday: 9.00 – 14.00
Costs: EUR 80,- p.p. DRV / EUR 120,- p.p. non DRV member
15 hours for A & B German licence

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Club/Union:

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