



Penn State Rugby

Summer Rugby Academy 2008

Penn State University, July 8th-12th



Who Should Attend

The *Penn State Summer Rugby Academy* is designed for male and female student / athletes entering **grades eight through twelve** next fall. Recent high school graduates are also eligible to enroll.

About the Camps

The *Penn State Summer Rugby Academy* accommodates various age groups and skill levels, and is designed to help players develop fundamental skills for playing more effectively as individuals and team members. Emphasis is placed on individual and positional skills as well as team skills and concepts. The camp features Penn State's world class facilities and Coaching staffs, current and former players (including All Americans and National Team Members) and other elite level Coaches and guests. The player to coach ratio is very low, and that coupled with the 5 day format truly provides our campers with the individual attention and time needed to really stimulate the learning process, and to see improvements in their play and understanding of the game.

Academy Highlights

- Daily Interaction with USA National Team, USA Age Grade, All American, All Star, and PSU players and coaches on our new state of the art rugby pitches.
- Skills development: emphasizing basic fundamentals, and introducing more advanced skills as campers progress.
- Specialty Sessions: kicking, lineout throws, scrum-half passing, etc.
- Filmed practice and scrimmage sessions for analysis of play.
- Individual player evaluation and feedback.
- Daily "chalk talk" and video sessions.
- Flexibility, strength training, and conditioning programs, as well as sports psychology, nutrition, goal setting and motivational techniques.
- Competitions, as well as daily and weekly camper awards with prizes.
- Non-rugby activities: swimming, soccer, dry-land training demonstrations, and more.
- Camp T shirt for each camper, PSU Rugby Merchandise available.
- Medical Staff and Counselors on duty twenty-four hours a day.

Register online at: <http://www.outreach.psu.edu/psu-sport-camps/Rugby/>

If you have any questions about our Summer Academy, please contact our Camp Directors

Don Ferrell

Director Of Rugby, Men's Team Head Coach
daf4@psu.edu
814-867-1319

Peter Steinberg

Assistant Director, Women's Team Head Coach
psteinberg@usarugby.org
814-883-5732