

STRENGTH AND CONDITIONING LEVEL 1 RUGBY

This course is designed for aspiring young rugby players who want to learn about how to improve their general strength/fitness.

Age: 10-13 years old

Location: Thatto Heath Rugby Club

Registration will be on a FIRST COME FIRST SERVED basis.

The course will educate you on how you can improve in the following area:

- Strength
- Conditioning
- Speed
- Agility
- Plyometrics
- Diet and Nutrition
- 6 x 1 hour sessions (11:00-12:00 or 12:15-13:15)

Course instructor



Ade Gardner
St Helens RFC
Fitness Instructor

ORGANISED BY:
SANDY MOUNT
PHYSIOTHERAPY CENTRE
LTD

Address:
91 Corporation St, St Helens,
WA10 1SX
Tel: 01744345299
Email: info@sandymountphysio.com

Course dates:

Early Summer Holiday Dates:

Wed 26th July, Friday 28th July, Wed 2nd Aug,
Fri 4th Aug, Wed 9th Aug, Fri 11th Aug

Late Summer Holiday Dates:

Wed 16th Aug, Fri 18th Aug, Wed 23rd Aug, Fri
25th Aug, Wed 30th Aug, Fri 1st Sept

(Some dates/times may be amended
depending on St Helens RFC fixtures)

Cost:

£60 per player to be paid on registration.

Cheques payable to:

Sandy Mount Physiotherapy Centre Ltd

Bank Transfer or-

Card payments over the phone available

Call 01744345299 for details or-

Email: info@sandymountphysio.com