

## 2023 Girls Rugby 7s Program Schedule

5 -Week Rugby 7s Program (2x trainings p/week)

August – September 2023	PROGRAM	Time/ Venue
Saturday 19 <sup>th</sup> August	Final GCDRU 7s Tournament - Final tournament	
Monday 21 <sup>st</sup> August	<b>Orientation:</b> Welcome & receive uniform Sports journal, complete goals, basic fitness testing  Training 1 - <b>Field Session</b>	5 - 7.30pm
Wednesday 23 <sup>rd</sup> August	Training 2 <b>Field Session</b>	5- 6.30pm
Monday 28 <sup>th</sup> August	Training 3 + Leadership and Culture <b>Field Session</b>	5 – 5.45pm 5.45- 7pm
Wednesday 30 <sup>th</sup> August	Training 4 - <b>Field Session</b>	5 - 6.30pm
Monday 4 <sup>th</sup> Sept	Training 5 + Nutrition <b>Field Session</b>	5 – 5.45pm 5.45- 7pm
Wednesday 6 <sup>th</sup> Sept	Training 6 – <b>Field Session</b>	5 - 6.30pm
Monday 11 <sup>th</sup> Sept	Training 7 + Guest Speaker (Carol Fox) <b>Field Session</b>	5 – 5.45pm 5.45- 7pm m
Wednesday 13 <sup>th</sup> Sept	Training 8 - <b>Field Session</b>	5 - 6.30pm
Monday 18 <sup>th</sup> Sept	Training 9 - + Sport Psychology <b>Field Session</b>	5 – 5.45pm 5.45- 7pm
Wednesday 20 <sup>th</sup> Sept	Training 10 <b>Final Field Session</b> – retesting or training game	5 - 6.30pm

### 23<sup>rd</sup> September Queensland State Championships

**All presentations will be delivered by professional in their field.**

Educational workbook will also be provided to aid in the educational development sessions to support the athletes performance away from the program.

**COST:** \$285

(Inclusive of full uniform kit, field training and all professional education sessions)

**AGE:** U15 (girls born 2010-2008) 13, 14, 15

**Location:** RACV Royal Pines

Max Squad of 25 / Min squad of 15