2024 Girls Rugby 7s Program Schedule

Applications Close 26th June

July - October	PROGRAM	Time/ Venue
Thursday 1st August	**Orientation:** Welcome & receive uniform, Sports journal, complete goals Training 1 -**Field Session**	5 - 7.30pm
Thursday 8th August	Training 2 **Field Session**	5- 6.30pm
Thursday 15th August	Training 3 + Leadership and Culture **Field Session**	5 – 5.40pm 5.45- 7pm
Thursday 22nd August	Training 4 - **Rugby IQ + Field Session**	5 - 6.30pm
Thursday 29th August	Training 5 + Nutrition **Field Session**	5 – 5.40pm 5.45- 7pm
Thursday 5th Sept	Training 6 – **Field Session**	5 - 6.30pm
Thursday 12th Sept	Training 7 + Sport Psychology **Field Session**	5 – 5.40pm 5.45- 7pm m
Thursday 19th Sept	Training 8 - **Rugby IQ + Field Session**	5 - 6.30pm
Thursday 26th Sept	Training 9 - + Body Maintenance & Recovery **Field Session**	5 – 5.40pm 5.45- 7pm
Thursday 3rd October	Training 10 **Final Field Session** – Training game	5 - 6.30pm
November 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 athlethes performance away from the program.

COST: $285

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

AGE: U15 (Girls born 2010-2009) *14,15*

Location: RACV Royal Pines

Max Squad of 25 / Min squad of 15