



The Delaware Rugby Foundation  
Presents



# Rookie Rugby Camp

July 25th-29th



- Boys and girls, ages 10-14
- Sanford Sports Camps have been building a reputation for having the best Sports Camp Program in Delaware
- Outstanding facilities and low counselor-to-athlete ratios
- On-site swimming, a full lunch program and air-conditioned indoor facilities on rainy days
- Each camper will receive a rugby ball, camp t-shirt, and Rookie Rugby patch!

- Rookie Rugby is a co-ed, non-contact variation of rugby
- Rugby is a sport that champions universal participation, utilizes positive reinforcement, and fosters pride in individual achievement
- The camp is lead by counselors trained by Bob Weir, the head coach of the Division 1 Philadelphia Women's Rugby Club and the Wilmington Colts Under-19 Boys. Bob holds an International Rugby Board Coach Educator License, is the Eastern Pennsylvania Rugby Union's Game Development Officer, and is a graduate of USA Rugby's first Advanced Coaches Course

## The Rookie Rugby Camp Day

- 8:45-12:00 Campers will be taught the fundamentals of Rookie Rugby through fun and engaging activities
- 12:00-12:45 Lunch
- 1:00-1:45 Free Swim
- 2:00-3:15 Competitive games and scrimmages

**SIGN-UP AT**

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