



## Melbourne University Rugby Academy 2009 Program

As at 14 February 2009

Program	Dates/Times	Location/ Requirements/Cost
<p><b>Pre-season strength and conditioning</b></p> <p>Covers Core strength, hypertrophy, flexibility, positional key strengths</p>	<p>Sundays 8, 15 March</p> <p><b>Start</b> 9.00am</p> <p><b>Finish</b> 11.00am</p>	<p>Equipment – runners, water bottle, shorts, running singlet, hat, sunscreen</p> <p>Location: University of Melbourne Main synthetic training facility, Tin Alley next to Beaurepair Centre (Gym)</p> <p>Cost - Free</p>
<p><b>MURA Three-day camp</b></p> <p>Ball Skills and Contact Program</p> <p>Ball skills, passing skills, positional skills, unit skills</p>	<p>Sunday 5 April to Tuesday 7 April inclusive</p> <p><b>Start:</b> 9.00am</p> <p><b>Finish:</b> 4.30pm (lunch provided)</p>	<p>Equipment; Mouthguard: Rugby shorts, top, and boots; running singlet and runners; water bottle, socks, hat, sunscreen.</p> <p>Location: TBA</p> <p>Cost - \$200 per player</p>
<p><b>In-season skills maintenance coaching clinics</b></p> <p>Skills correction Ball Skills and Contact Program</p>	<p>Sundays 31 May, 14 June</p> <p><b>Start</b> 9.00am</p> <p><b>Finish</b> 11.00am</p>	<p>Equipment; Mouthguard: Rugby shorts, top, and boots; running singlet and runners; water bottle, socks, hat, sunscreen.</p> <p>Location: TBA</p> <p>Cost - free</p>

Academy training shirts will be available at a cost of \$50 each.

Contact: MURA Coaches: Matt Cockbain 0405 748 177 Adam Nicholson, 0423 242-864

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