

ENGLISH PLUS RUGBY

LEINSTER RUGBY CAMP



English Plus Leinster Rugby Camp

The Emerald Cultural Institute together with Leinster Rugby Club are delighted to offer our English Plus Leinster Rugby Camp in July 2012. This course is designed for students between the ages of 12 and 18 years and offers young people the possibility to improve their English and their rugby skills in a two-week programme.

The camp aims to provide players with a comprehensive rugby-training package, which allows them to experience similar conditions to players at the top level. During their course, players partake in a structured rugby development programme. Emphasis will be placed on skill development, game understanding, activity and enjoyment. In particular, players will develop core rugby skills and learn to perform them under challenging conditions through high class coaching in a professional environment. Coaches are accredited by the Irish Rugby Football Union.

About Leinster Rugby Club

Founded in 1875, Leinster are a premier Irish professional rugby team based in Dublin. They are the current European Heineken Cup champions and feature a host of international players in their squad, including the Irish national captain Brian O'Driscoll.



Dates:

July 1st – 15th 2012



Emerald Cultural Institute – English Plus Leinster Rugby Camp

Timetable

Monday – Friday mornings:

Group tuition with two different teachers.

09:00 – 10:00: Teacher 1 – Grammar and Use of Language

10:00 – 10:15: early-morning break

10:15 – 11:15: Teacher 1 – Speaking and Listening Skills

11:15 – 11:30: mid-morning break

11:30 – 12:30: Teacher 2 – Fluency Practice and Consolidation

Monday – Friday afternoons:

The objective of the Rugby Camp is to give expert quality training to motivated and talented young players who wish to improve their technical and tactical knowledge of the game. Coaches focus on skills development in areas including passing, tackling, positioning, contact and game sense. Each participant receives a Leinster diploma at the end of the Rugby Camp.

Levels & Availability

Classes are available at all learning levels from complete Beginner to Advanced.

Teaching Materials

We use the most up-to-date textbooks and teaching materials. Junior students are entitled to the use of a textbook during their course and receive supplementary academic materials that they can keep.



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Evening and Weekends

Education and culture form an integral part of the overall programme, and for the students participating in the Rugby Camp, the Emerald Cultural Institute organises a programme of activities in the evenings and at the weekend.

Evenings:

At least 2 evening activities per week included in programme – disco's, music nights, bowling, quasar, etc.

Weekends:

A full-day excursion is included each weekend to a place of interest outside of Dublin. On a half-day of one of the weekends we also organise a walking tour including a guided tour of the AVIVA National Stadium.



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Locations

English classes for the English Plus Leinster Rugby Camp are held at various locations including:

1. St. Raphaela's School, Upper Kilmacud Road, Stillorgan (July)
2. Sandford Park, Sandford Road, Ranelagh, Dublin 6 (July)
3. Notre Dame School, Upper Churchtown Road, Dublin 14 (July)
4. Griffith College, South Circular Road, Dublin 8 (July)
5. Marino Institute of Education, Griffith Avenue, Dublin 9 (July)

Rugby Sample Programme

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Level Test	English lesson	English lesson	English lesson	English lesson	City orientation plus tour of Aviva National Stadium	1 x Day Trip Kilkenny Castle & City
BREAK	BREAK	BREAK	BREAK	BREAK		
Orientation	English lesson	English lesson	English lesson	English lesson		
BREAK	BREAK	BREAK	BREAK	BREAK		
English Lesson	English Lesson	English Lesson	English Lesson	English Lesson		
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
RUGBY CAMP Training	RUGBY CAMP Training	RUGBY CAMP Training	RUGBY CAMP Training	RUGBY CAMP Training		
	QUAZAR			IRISH MUSIC NIGHT		

Rugby Camp Training includes the following:

Lateral Passing and Support, Varied Passing, Continuity in Contact, Channel Support, Evasion, Tackling, Physical Literacy, Game Sense / General Movement, Conditioned Games and Positional Clinics.



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