



The co-operative

In partnership with

The co-operative

**FOR BOYS AND GIRLS
AGED 7-16 YEARS**

**ACTION PACKED 3-DAY
AND 5-DAY COURSES
DESIGNED BY:**

MATT DAWSON MBE

**9.30AM - 4.30PM,
EXTENDED HOURS
AVAILABLE 8.30AM - 5.30PM**



Official technical
kit partner

Coaching programme for the beginner through to the advanced - handling, passing, rucking, mauling, scrums (age specific), line outs, chip kicks, box kicks, place kicks and decision making. Speed, Agility and Quickness sessions, pre-hab and rehab games, water aerobics and Pilates.

All coaches hold current rugby coaching qualifications

Certificate and progress report for every player

Free t-shirt for every full week attendee

**MATT OR A PREMIERSHIP
PLAYER WILL VISIT
EVERY ACADEMY!**

FUEL FOR SPORT

Learn how to get the most out of what you eat. What's in my pre-match lunch box...?

Find out what foods prepare you for performing at the top level?



**FOR GROUP BOOKING RATES
PLEASE CALL 0115 973 1676**



**ALL NEW FOR 2011 - RESIDENTIAL
ACADEMY AT BLOXHAM SCHOOL**

BOOK ONLINE:

www.mattdawsonrugbyacademy.co.uk

OR CALL 0115 973 1676

Bloxham School

Bloxham, Banbury, Oxfordshire OX15 4PE



Courses begin at 9.30am and finish at 4.30pm

Half day courses begin at 9.30am and finish at 12.30pm or 1.30pm to 4.30pm

Our early drop off is from 8.30am and late collection finishes at 5.30pm

Co-operative members receive a 10% discount on all courses

Date	Camp type
25th - 29th July	5 day Gold Medal Games
1st - 5th August	5 day Multi Sport & Activity Week inc: Activate Stage
15th - 19th August	5 day Multi Sport & Activity Week inc: Sunshine Soccer
11th - 14th April	4 day AF Academy
10th - 14th April	4 day AF Residential Academy
7th - 12th August	5 day AF Residential Academy
8th - 12th August	5 day AF Academy
7th - 12th August	5 day MD Residential Academy
8th - 12th August	5 day MD Academy

Activate Sport Early Bird Prices

5 day camp	First Child: £115	Siblings: £105
2nd week booking	First Child: £105	Siblings: £95
Additional weeks at camp	First Child: £95	Siblings: £85
3 day camp or pass	First Child: £89	Siblings: £89
Half days (full week)	First Child: £65	Siblings: £65
Daily rate	First Child: £30	Siblings: £30
Extra Time Club	£3 per day	£3 per day

Andrew Flintoff Cricket Academy Early Bird Prices

4 day AF Academy	First Child: £130	Siblings: £120
4 day AF Residential Academy	First Child: £365	Siblings: £355
5 day AF Academy	First Child: £145	Siblings: £135
5 day AF Residential Academy	First Child: £355	Siblings: £345
Daily rate	First Child: £35	Siblings: £35
Extra Time Club	£3 per day	£3 per day

FREE AFCA Cricket shirt and goodie bag for all full week attendees

Matt Dawson Rugby Academy Early Bird Prices

5 day MD Academy	First Child: £135	Siblings: £125
5 day MD Residential Academy	First Child: £355	Siblings: £345
Daily rate	First Child: £35	Siblings: £35
Extra Time Club	£3 per day	£3 per day

Booking is easy: go to www.activatesport.co.uk or call 0115 973 1676 or complete an application form and send it to:

Office A,
221 Tamworth Road
Long Eaton,
Nottingham
NG10 1DN

Childcare vouchers are accepted at all locations, please call to get your reference code

Free going home gift for every full week attendee!