



# 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](http://www.mattdawsonrugbyacademy.co.uk)

**OR CALL 0115 973 1676**

# Eltham College

Grove Park Road, Nottingham, London SE9 4QF



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
18th - 21st April	4 day Gold Medal Games
1st - 5th August	5 day Multi Sport & Activity Week inc: Activate Stage
8th - 12th August	5 day Gold Medal Games
25th - 29th July	5 day AF Academy
15th - 19th August	5 day MD Academy

### Activate Sport Early Bird Prices

4 day camp	<b>First Child: £99</b>	<b>Siblings: £89</b>
5 day camp	<b>First Child: £120</b>	<b>Siblings: £110</b>
2nd week booking	<b>First Child: £110</b>	<b>Siblings: £100</b>
Additional weeks at camp	<b>First Child: £100</b>	<b>Siblings: £90</b>
3 day camp or pass	<b>First Child: £89</b>	<b>Siblings: £89</b>
Half days (full week)	<b>First Child: £65</b>	<b>Siblings: £65</b>
Daily rate	<b>First Child: £30</b>	<b>Siblings: £30</b>
Extra Time Club	<b>£3 per day</b>	<b>£3 per day</b>

### Andrew Flintoff Cricket Academy Early Bird Prices

5 day AF Academy	<b>First Child: £155</b>	<b>Siblings: £145</b>
Daily rate	<b>First Child: £35</b>	<b>Siblings: £35</b>
Extra Time Club	<b>£3 per day</b>	<b>£3 per day</b>

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

### Matt Dawson Rugby Academy Early Bird Prices

5 day MD Academy	<b>First Child: £135</b>	<b>Siblings: £125</b>
Daily rate	<b>First Child: £35</b>	<b>Siblings: £35</b>
Extra Time Club	<b>£3 per day</b>	<b>£3 per day</b>

Booking is easy: go to [www.activatesport.co.uk](http://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!