



# 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**



ActivateSport

**Inspiring  
an active  
lifestyle!**



Early bird prices last until 29th April 2011 for phone and postal bookings. The online early bird discount is available until 27th May 2011 after this date the prices increase by £10.

Group booking discounts are available for all courses!

For more than 10 children call us on 0115 973 1676

3-5 children – 5% off  
6-10 children – 10% off

All group bookings must be made by phone.

# Lymm High School

Oughtrington Lane, Lymm, WA13 0RB



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	
30th August - 1st September	3 day MD Academy	
Matt Dawson Rugby Academy Prices		
3 day camp	<b>First Child: £89</b>	<b>Siblings: £89</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!

Official Activate Sport partners

