



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

Wellingborough School

Irthlingborough Road, Wellingborough, NN8 2BX



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	
1st - 5th August	5 day Multi Sport & Activity Week inc: Activate Stage	
8th - 12th August	5 day Multi Sport & Activity Week inc: Sunshine Soccer	
11th - 14th April	4 day AF Academy	
25th - 29th July	5 day AF Academy	
15th - 19th August	5 day MD Academy	
15th - 19th August	5 day AC Academy	
Activate Sport Early Bird Prices		
5 day camp	First Child: £115	Siblings: £105
2nd week booking	First Child: £105	Siblings: £95
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
5 day AF Academy	First Child: £159	Siblings: £149
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 attendee		
Matt Dawson Rugby Academy Early Bird Prices		
5 day MD Academy	First Child: £135	Siblings: £125
Daily rate	First Child: £35	Siblings: £35
Extra Time Club	£3 per day	£3 per day
Annabel Croft Tennis Academy Early Bird Prices		
5 day AC Academy	First Child: £149	Siblings: £139
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!