

RESIDENTIAL ACADEMIES



Welcome to the 2011 'Matt Dawson Residential Rugby Academy'!

Our first Matt Dawson Residential Academy is being held at Bloxham School, Oxfordshire, one of the leading independent schools in the UK, chosen for its outstanding rugby facilities in a safe and secure environment.

In this pack you will find a guide to Bloxham School with an example of a daily timetable for your child, including evening activities.

Bloxham School has also been chosen for its excellent accommodation facilities and we've provided you with some pictures of the rooms we offer so that you get a real feel for what's in store for your child.

The Academy is open to boys and girls of all ability levels between the ages of 7 and 16 years. Our curriculum is structured to challenge both county players and relative beginners to the game.

Not only does the programme feature high quality, structured rugby coaching but also includes tactical awareness sessions; SAQ (Speed, Agility and Quickness) training; coordination/balance sessions; video analysis; fitness advice (based on the Long Term Athlete Development programme widely recognised across all sports); diet & nutritional advice; and mental preparation sessions.

All of our coaches are CRB cleared/RFU qualified and attend a full weekend long induction with us. Children will benefit from enthusiastic, motivated coaches with a passion for coaching rugby.

The academy will have a visit during the week from Matt Dawson himself or another international rugby player. These visits, whether from Matt or a Premiership star, will be a great highlight to everyone attending.

In this pack you'll also find our 'Parent's Information Guide' which will detail our terms & conditions, insurance and company policies. If you require any further information from us, please call the office and our staff will be happy to assist you further.

We look forward to welcoming you to the Academy in 2011.

Best in Rugby

Toby Mitchell

Director, Matt Dawson Rugby Academy

PARENT INFORMATION

About Activate Sport

Activate Sport is the management company of the 'Matt Dawson Rugby Academy'. We are one of the leading independent children's activity holiday providers in the UK. In addition to managing the Matt Dawson Rugby Academy, we also run the Lee Westwood Golf Academy; the Andrew Flintoff Cricket Academy; the Shane Williams Rugby Academy (Wales); the International Netball Roadshow; and have sport, activity and adventure day camps running in over 30 independent schools across the UK. Children's holiday courses are our business and we feel confident we can provide your child with a unique rugby experience at the 'Matt Dawson Residential Rugby Academy' this year.

What's unique about the Matt Dawson Rugby Academy?

Matt Dawson is a unique rugby player and person. He wants every attendee of the academy to have a very unique rugby experience. Not only does he want everyone to develop as individual players but he also wants them to do this with a big smile on their face. The academy is all about creating an environment in which children can learn by having fun and have the freedom to express themselves as rugby players. The aim of the academy is to not only coach children but also inspire them, and this makes the academy very special.

What happens when I drop my child off at the school?

We ask parents and children to arrive together at the school on the Sunday evening prior to the academy commencing. Our staff will be on hand to direct you to the main sports hall on each campus. Upon arrival, snacks and drinks will be served while our academy manager introduces you and your child to our staff for the week. You'll learn who will be leading your child's group and their basic schedule for the week. There will then be a short tour of the site, including their sleeping accommodation and dining facilities.

Will my child have their own room or will they share?

All of the accommodation we have this year is shared, with children sleeping in 2's 3's and 4 to a room. We have kept our residential accommodation in one building at all schools this year to guarantee the highest possible safety and security for your child.

Who looks after my son or daughter in the evening?

There will be pastoral care living with the children for the week. They will be on hand 24 hours per day to deal with any problem that may arise. Our pastoral care team are made up of teachers and adults who have experience of residential camps where children are away from parents. They are trained to deal with all of the different issues that will arise on the course: homesickness, sporting injuries and making sure children get enough sleep! A staff member trained in first aid will be on site at all times. We will have 1 staff member to every six children on site in the evenings.

RESIDENTIAL ACADEMIES



PARENT INFORMATION

Is rugby the only activity you do with the children?

Being a rugby academy it is obvious that the main focus of the week is rugby. However we are aware that we need to keep everyone challenged and having fun for the full duration of the academy; so we will introduce other activities throughout the week. Children will have the option to take part in swimming sessions and we gear the evenings to be largely about fun and relaxation. Evenings will feature themed quizzes, a talent show, a DVD night, football, basketball and SNAG (Start New At Golf) golf tournaments.

How do I get hold of my child during the week?

We do allow children to bring mobile phones to the camp. Children will not have access to these during coaching sessions but they will be allowed during lunches and evenings. If you need to get hold of your son or daughter for any reason you can call head office and we'll call the academy manager on your behalf. We encourage you not to call your son or daughter too much; if they are away from home for the first time, this can often make it difficult for them to settle.

What happens if my child has special dietary requirements or medical information?

During the booking process we will ask you for any specific information like this about your child. All dietary requirements can be catered for at all of our schools. All necessary medical information, including help to administer medication to your child, is communicated to all our coaches and pastoral staff. We will ask parents to sign medical consent forms in order to give permission to our staff to help administer medication.



To book visit www.mattdawsonrugbyacademy.co.uk or call 0115 973 1676

The Matt Dawson Rugby Academy - a unique rugby experience

The Matt Dawson Residential Rugby Academy 2011

Is there anything specific my child needs to bring?

Please send your child with a gum sheild. You'll also need to send them with a waterproof jacket, indoor and outdoor footwear, swimming costume and towel. The school will provide bed linen but you will need to send your child with a towel. Children will be able to drop off laundry with our pastoral care team in the morning and collect it that evening.

Shall I send my child with money?

Children will have access to a vending machine and the tuck shop. We advise that you book your child's pocket money into our onsite safe and our manager will open the bank each evening where your child can take out enough for that evening and the following day. This reduces the risk of children losing money at the camp.

A typical day

7.30am	Children awake and are taken to breakfast
8.00am	Breakfast served (a choice of continental or cooked food)
9.00am	Children return to dormitory to collect rugby equipment
9.30am	Introduction of the day's programme and aims for the day
9.45am	Session 1
10.50am	Break (children are provided with drinks and snacks)
10.55am	Session 2
12.30pm	Lunch (choice of hot or cold lunch)
1.30pm	Session 3
2.35pm	Break (children provided with drinks and snacks)
2.45pm	Session 4
3.20pm	Break (children provided with drinks and snacks)
4.00pm	Session 5 (Cool down session for the end of the day)
	NB. On a residential Academy there will be some youngsters on day places and others on residential places. 4.30pm will see the parent pick up time for day places, unless they have paid for the additional working hours. If this is the case those youngsters will be supervised until 5.30pm, however they will be separate from the residential attendees during this hour.
4.30pm	Parent pick up for day places. At this time the youngsters on the residential part of the Academy will get the opportunity to enjoy some more specific and focused coaching.
5.15pm	Showers
5.30pm	Dinner (choice of hot and cold food)
7.00pm	Evening activities begin
9.00pm	Children get ready for bed
10.00pm	Lights out!

The Matt Dawson Residential Rugby Academy 2010

The coaching programme has been based on creating an environment that challenges attendees, whatever their age or ability, to improve their skills, knowledge, physical conditioning and mental preparation for rugby. All of this is done in the 'Dawson style' on which the whole academy ethos is based – we will always encourage attendees to 'learn by having fun' and to express themselves as individual rugby players.

The programme recognises the importance of coaching strong and correct technical bases; but we also want to inspire attendees to push on with their passion for cricket wherever it may take them. We always guarantee that everyone that attends an Matt Dawson Rugby Academy will improve as a rugby player, but we also guarantee that everyone will do this by having lots of fun!

Here are the key points to the coaching programme for all of our residential academies

- At the start of each day the Head Coach will run through what each group will be doing through the day, which will also be visible on a large white board.
- Every day each group will be challenged with an 'Aim for the Day'. This may involve teamwork, punctuality, sportsmanship or effort levels. At the end of each day the Head Coach will award points to the best performing groups. This will all mean that there will be a winning group at the end of the academy who will all win prizes for their efforts.
- Groups will do a mixture of technical rugby sessions indoors and outdoors. These sessions will always have different themes and will be based on age and ability levels. As an example the younger age groups may spend a session advancing certain aspects of their passing, where as the older age groups will have 'tactical awareness' and phases of play sessions.
- Every age group will have sessions regarding preparation for rugby matches including diet/nutrition, physical conditioning and mental preparation. As always this will be age appropriate.
- As with all Matt Dawson Rugby Academies every attendee will receive a certificate, feedback form and other 'Academy' gifts. There will also be various spot prizes on offer throughout the week.