

FITNESS AND TECHNICAL SKILLS CAMP

When & Where :

From the 18^h to the 24th July in Nîmes - France
(departure from BXL).

For who :

Places limited to 40 players born before the 01/01/1994.

Targets :

Giving you tools and knowledge about fitness and technical training to help you to get ready as well as possible for the next season. By a coherent work in a gym, on the field and on the athletic track.

At the end of the week, you'll get a certificate which explains your level of fitness and the work you'll need to perform to prepare for next season.

Friendliness :

Even if the high level forces you to observe a healthy lifestyle, we won't forget the fun and the friendliness because it's an important part of our sport.

Then you will take part to:

- **Seven a side rugby,**
- **A ferrade (bull game),**
- **a Beach rugby festival,**
- **a canoë track,**
- **swimming pool,**
- **a BBQ.**

➡ 430 €



In addition :

Degreed instructors,

Full time osteopath and physio,

Beach, beach rugby, kayaking, Nîmes visiting,
7's rugby.

Tennis – Badminton – Table tennis –
Pétanque, ...



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Planning & details on

Cad-deb.com



