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LONDON WASPS SUMMER COACHCLASS PROGRAM 2010

London Wasps would like to invite you to be part of the Summer CoachClass program

This July, August and September will see Wasps hosting their largest ever series of events which means you have even more opportunity to receive the best coaching at a convenient location.



Our program which will see us at venues across Buckinghamshire, Berkshire, Oxfordshire, Sussex and Kent is available to players from the age of 6 - 17.

As well as our standard CoachClass which will be held at nine venues we will also be running 5 CoachClass Academies. (information on these can be found in the rest

of this ezine)

To complete the program we will again be holding our "Rise Above the Rest" Residential CoachClass in association with the RAF.

If you would like to experience what the London Wasps CoachClass can offer a list of venues and dates are below

Standard CoachClass: This is available to players in from the Under 7s through to the Under 14 age groups (as per the 2010/11 season). If a CoachClass Academy is running at the same venue then it will be available to players in the Under 7s - Under 12s with the older age groups required to join the Academy.

High Wycombe RUFC (Academy available) - Monday 26th - Wednesday 28th July

Bicester RFC - Thursday 29th - Friday 30th July

Windsor RFC (Academy Available) - Monday 2nd - Wednesday 4th August

Buckingham RFC - Thursday 5th - Friday 6th August

Horsham RFC (Academy Available) - Monday 16th - Wednesday 18th August

Abingdon RFC (Academy Available) - Thursday 19th - Friday 20th August

Haywards Heath RFC - Monday 23rd - Wednesday 25th August

Medway RFC (Academy Available) - Thursday 26th - Friday 27th August

Amersham and Chiltern RFC (Academy Available) - Wednesday 1st - Friday 3rd September

Prices: Various discounts are available, see the attached flyer for details

2 Day CoachClass - £55.00 (+ £2.50 booking fee)

3 Day CoachClass - £80.00 (+ £2.50 booking fee)

Timings: The CoachClass runs from 10.00am - 3.30pm however players can be dropped off at any time from 9.00am onwards.

"This is the first time Josh has attended a CoachClass programme at the Wasps and he had a wonderful time. The coaching and feedback he received was top class and tremendously useful; giving him both confidence and constructive advice to help him develop his rugby skills at a high level." CoachClass Parent

Information on the rest of our CoachClass events can be found over the next couple of articles

For more details please contact Russell Bolton at russell.bolton@wasps.com

Book Your Summer CoachClass Place Now



SUMMER COACHCLASS ACADEMY

The CoachClass Academy is an extension of our CoachClass program aimed at players in the junior age groups.

As well as offering the quality coaching available on all of our courses the CoachClass Academy focuses not only on development of the players on field skills but also their game understanding, lifestyle management and all essential components that are required of being a professional player.

The players will be given specific written feedback from their performance on the course along with action plans to ensure their continued development.

The subjects included in the CoachClass Academy are:

- Rugby skills
- Nutrition and Hydration
- Motivation and Goal Setting
- Academies and Player Pathways
- Strength and Conditioning
- Game Analysis

The CoachClass Academy is the most complete development package available to young players.

The venues we will be at this Summer are:

High Wycombe RFC - Monday 26th -

Wednesday 28th July

Windsor RFC - Monday 2nd - Wednesday 4th August

Horsham RFC - Monday 16th - Wednesday 18th August

Abingdon RFC - Thursday 19th - Friday 20th August

Medway RFC - Thursday 26th - Friday 27th August

Amersham and Chiltern RFC - Wednesday 1st - Friday 3rd September

Price: Various discounts are available, please see attached flyer for more details

2 Day Academy - £65.00

3 Day Academy - £90.00

Timings: The CoachClass Academy runs from 10.00am through to 5.00pm each day. Players can however be dropped off from 9.00am.

"A big thanks to all of you for the fantastic CoachClass this week. The entire course was extremely well run and obviously required a huge amount of effort from you all, from the kitchen ladies through to coaches, first aider and office staff.

We were particularly impressed with not only the excellent coaching but the focus on discipline, good manners and sportsmanship, which sets rugby apart from many other sports. The emphasis on nutrition and having a "proper" sit down lunch available also reinforces to our budding sportsmen (and women!) that you are what you eat!. Please say a huge thank you to all your team, we have two shattered boys tonight who have offered to save up their own pocket money so they can attend the next CoachClass."
CoachClass Parent

[Book Your CoachClass Academy Place Now](#)



LONDON WASPS MAY RESIDENTIAL COACHCLASS - REPORT

On Monday 31st May 2010, 41 players aged of 12 to 15 arrived at Green Park in Aylesbury for the start of the London Wasps 5-Day Residential CoachClass. The aim of the Residential CoachClass was to provide players with a complete experience that will enhance their rugby playing ability and also develop their knowledge, confidence and leadership skills.

"Alex and Will are currently in the county side and U14 School of Rugby and said that the training received was to a far higher standard and was the best quality training they had ever received. Thank you." - CoachClass Parent

Upon arrival the players were briefed by CoachClass Development Officer Russell Bolton and received their London Wasps welcome pack including their Wasps shirt, water bottle and rucksack. In order to get the players to establish rapport with each other and our staff as quickly as possible, everyone made their way out to the pitch for the first session of the week. The players were introduced to our coaching team and the hard work began with the players being split into two age groups:

- Academy Group Black coached by [Kat' Merchant](#), Paul Loader and Sean Kenneally
- Academy Group Gold coached by Chris Davies, [Rochelle "Rocky" Clark](#) and Ryan Hunt

Throughout the CoachClass the players were educated on all aspects of the game. The first couple of days were spent developing the player's core skills, teaching them techniques and getting them to a standard where they could perform under pressure. The latter part of the CoachClass

is where the players are really tested, pushing their knowledge of the game and challenging them to solve problems that they are likely to encounter. The players also had the benefit of our coaches individual areas of expertise with time put aside to work on specific positional play. With four and a half hours of rugby per day, the player's physical and mental toughness were really put to the test and the boys in attendance all demonstrated a fantastic commitment and attitude towards their training.

Outside of the rugby sessions there were a variety of activities to keep the players focused. On each



morning the CoachClass Team delivered educational sessions based around elite performance. The subjects covered were:

- Nutrition and Hydration
- Motivation and Goal Setting
- Player Pathways, Academy Structure and the Seven Habits
- Strength and Conditioning
- Game Analysis

All players received an Elite Player Development pack which as well as containing worksheets for the players to complete, also contained a lot of the information covered in these sessions ensuring that they could look back on the information learned.

After the rugby sessions each day, we were joined by the Green Park Outdoor Education Staff who used their expertise to take us through a number of challenging activities that were designed to test teamwork and leadership skills as well as providing everyone with a lot of fun. The four different activities were

- Low Ropes Challenge – participants had to make their way over a course of suspended wires encountering different problems as they progressed
- Crate Stack Challenge – Participants were suspended on a series of pulleys and had a set amount of time to make a stack of crates as high as they possibly could
- High Equilibrium Challenge – A real test of nerves; participants had to climb a large pole and sit on the seesaw at the top, getting a total of three people up there at the same time. Once on top the challenge was to all stand up and take a leap of faith back to the ground
- Orienteering – Players were challenged to work as a team to identify points on a site map and locate them in the fastest time possible

At the end of the CoachClass, players were provided with full written feedback about their performance along with a full action plan of how to continue their development. **CoachClass Development Officer Russell Bolton said of the CoachClass,** "This week's CoachClass was a massive success. It is our first time using Green Park and it has proved to be a perfect venue that provides the right environment for the elite experience we are looking to offer the players. In terms of the players, they have put in a huge amount of effort throughout the course and I am confident we are sending them back out to their clubs and schools much improved and with the right tools to continue their development. The coaches have done an excellent job at passing on their experience and expertise and the players have reacted superbly to the demands placed upon them. In all, the week has been a great experience for all involved and we at London Wasps hope to see everyone again soon."

The final part of the course was a full debrief which also included the end of CoachClass awards. Each age group awarded two prizes to the most improved and best players of the week. The coaches' decision was not only based on the players performance on the field but also their conduct and attitude towards every aspect of the CoachClass. The winners were:

Academy Group Black

Most Improved Player of the CoachClass – Ollie Bowles

Player of the CoachClass – Cullen Hollyer

Academy Group Gold

Most Improved Player of the CoachClass – Connor Taylor

Player of the CoachClass – Juan Baistocchii

"Thank you so much for what appears to have been a great week for my son Max. He came back completely inspired and really appreciated the help and advice that the coaches gave him. I think he was a bit star struck by some of their achievements! A really excellent course, with importantly very good food too. We look forward to the next one and to being able to send my next budding rugby player." - CoachClass Parent

The London Wasps CoachClass Team would like to thank all those at Green Park who contributed to this fantastic experience and especially to Gary Shackleton who was integral in the organisation of the CoachClass.

[Why Not Book Your Place On Our Summer Residential](#)