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ARETÉ PERFORMANCE & RGS SPORTS RUGBY & HOCKEY CAMPS FEBRUARY HALF-TERM

**£49/DAY or £199
FOR THE WEEK**

18-22 FEB 2019
at RGS High Wycombe



PROUDLY SUPPORTED BY:



We welcome players with all levels of experience. We provide a games-based approach to learning, challenging players on their core skills and attacking decision-making in an enjoyable, highly energised environment. In each session the games will be adapted to pose various challenges and players are encouraged to find solutions from both a technical and tactical perspective.

Our training system is delivered by highly qualified Performance Coaches who can adjust training on a daily basis, ensuring the right type of training is applied at the correct time. This approach will allow you to have a greater understanding of the demands of your sport and how to structure training to most efficiently influence performance.