

Sporting Club Rugby 7's Academy and the Kansas City Blues Rugby Club Present



**RUGBY 7's
ACADEMY**

**SC7A HIGH PERFORMANCE
RUGBY PROGRAM**



*Powered by the
Kansas City Blues
Rugby Club and
CrossFit on 18th*

CROSSFIT
ON 18th

**CROSSROADS
BOOTCAMP**



June 13th – June 29th, 2016

Sporting Kansas City Training Facility at Swope Park

- ⦿ Athletes will have the opportunity to train daily in a high performance environment, under the direction of the coaching staff from Sporting Club Rugby 7's Academy, the Kansas City Blues, and guest coaches.
- ⦿ This 2-week evening program provides a unique and exciting rugby experience for committed Collegiate-aged athletes to advance their overall game.
- ⦿ The focus on skill development, decision making, and preparing the body for the uncompromising world of Rugby 7's will be reinforced by competitive play in 2 tournaments as part of the program.
- ⦿ Throughout the program, certified personal trainers and Olympic weightlifting coaches from CrossFit on 18th will provide dedicated counseling on nutrition, recovery, speed training, and strength & conditioning for rugby.
- ⦿ Evening sessions in Week 1 will introduce the foundations of testing protocol and elite-level 7's training while preparing athletes for competition in a local 7's tournament on June 18th.
- ⦿ Evening sessions in Week 2 will include performance evaluations, recovery, and training that will culminate in regional competition at the Denver 7's in Denver, CO on June 25th.
- ⦿ The program will wrap on June 29th with individual development planning and program awards.

Registration opens on April 20th, and will run until May 31st.

Athletes who register will receive a SC7A Training Top, Ball,

Nutrition Guide, Fitness Program, and SC7A Playbook.

Participation in the SC7A High Performance Program includes membership for the SC7A and Blues Summer 7's programs.




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RUGBY 7's ACADEMY

Monday, June 13th	6:30pm	Check-in & Intro meeting Nutritional counseling by Cara Cockrill from CF18  Fitness baselines (10m, 40m, YoYo, Bench, Squat) Skills evaluation
Tuesday, June 14	7:00pm	Speed session coached by Dana Davenport from CF18  Introduction to attacking skills & decision making Introduction to set pieces
Wednesday, June 15	7:00pm	Advanced attacking skills & decision making Defensive skills & strategies
Thursday, June 16	7:00pm	Controlled full contact scrimmaging Coach evaluations
Friday, June 17	7:00pm	Meeting & Game Planning Advanced set piece work Organized Walkthrough
Saturday, June 18		Fountain City 7s, Kansas City, MO
Sunday, June 19		Off
Monday, June 20	7:00pm	Stretching & mobility lead by CF18  Film Review Player & Coaches Evaluations
Tuesday, June 21	7:00pm	Practice Session
Wednesday, June 22	8:00pm	Strength training for Rugby & Olympic Weightlifting Seminar at Crossfit on 18th 
Thursday, June 23	7:00pm	Practice Session
Friday, June 24		Travel to Denver Meeting & Game Planning & Walkthrough
Saturday, June 25		Denver Qualifier
Sunday, June 26		Travel home from Denver
Wednesday, June 29	7:00pm	Film Review Individual Development Plans Camp Recap & Awards BBQ party