

This Rugby Immersion Program for 14-17 year olds, both boys and girls, combines Rugby training and English studies. Elite coaches from Performance Architects, with diverse domestic and international experience, will lead the program. Sessions will cover various aspects of athletic development, including game management and core skills.

It is **set at beautiful St. Joseph's College**, a traditional British boarding school, in walking distance to Ipswich city centre.

Equipment needed

Players will need their sports kit, including football boots, gym trainers and a gum shield.

Cost of the 2-week Rugby & English camp: 1850 £

- 30 hours of English supported training
- 30 hours of English lessons
- Course material
- Progress report
- Really English online course
- 3 excursions (<u>London, Cambridge, Norwich</u>)
- Multi-activity sessions
- 14 nights accommodation (double or triple rooms with shared bathroom at St. Joseph's College
- Full board (breakfast, lunch and dinner)
- Return airport transfers

Cost of the Rugby course: 350 £

Not included in the cost:

- Flight ticket and airport -
- Registration fee: 80 £

Contact us:

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THE PROGRAM

WEEK 1

	Morning	Afternoon	Evening
Day 1	Arrive, meet and greet & transfer to Centre		Tour of the venue/meet staff
Day 2	English Lesson	Archery & Dodgeball	Team Quiz
Day 3	Rugby	English Lesson	Sports
Day 4	English Lesson	Rugby	Night Navigaton
Day 5	Norwich Excursion: Cathedral visit & city discovery time		Relax (late back)
Day 6	Rugby	English Lesson	Talent Show
Day 7	English Lesson	Rugby	Campfire







WEEK 2

	Morning	Afternoon	Evening
Day 8	London Excursion: River Cruise & city discovery time		Relax (late back)
Day 9	Rugby	English Lesson	Team Quiz (part 2)
Day 10	English Lesson	Rugby	Sports
Day 11	Rugby	English Lesson	Camping (overnight)
Day 12	Cambridge Excursion: Punting & city discovery time		Relax (late back)
Day 13	English Lesson	Rugby	Aqua Fun
Day 14	Rugby	English Lesson	Disco
Day 15	Depart		





