



SPORTS 2017 CAMPS 2018

TOP CO-EDUCATIONAL SCHOOL IN SURREY
FOR THE **FOURTH YEAR RUNNING**

The Daily Telegraph and Sunday Times



REIGATE GRAMMAR SCHOOL



REIGATIANS:
GOOD
SPORTS

Our commitment to sport enables all students to maximise their ability, their progress and their enjoyment of sport.

SCHOLARSHIPS

for sporting excellence at 11+ / 13+ / 16+

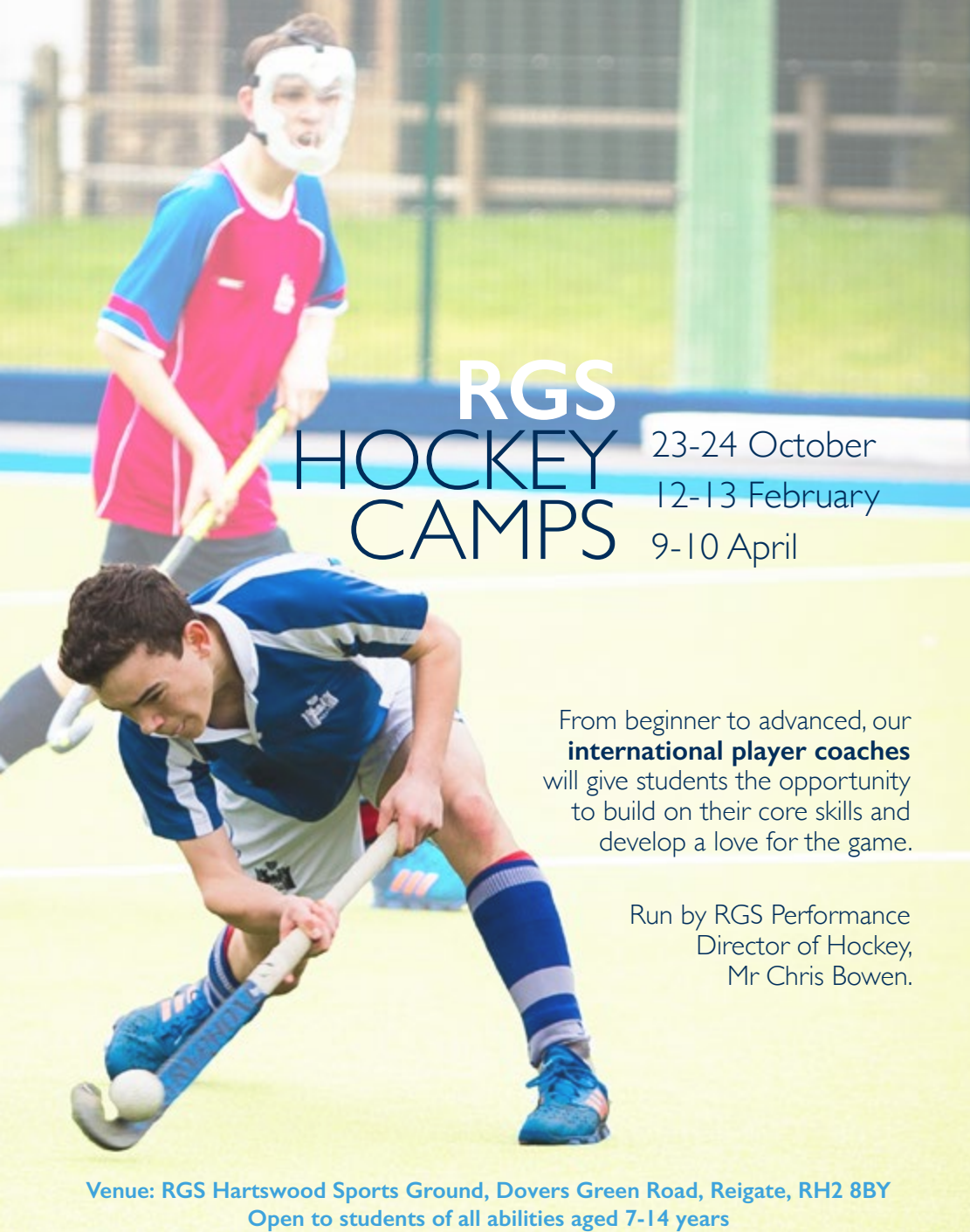
RGS SPORTS CAMPS

The RGS Sports Camps programme has been designed to give our students and students from the wider community access to top coaches and our world-class facilities throughout the year. Whether starting a new sport or looking to reach the next level in the sport they already play, there is a camp for every student.

RGS Camps and RGS Partner Camps offer students a unique opportunity to interact with and learn from specialist coaches and elite players from a diverse background, who will educate, challenge and inspire.

Phillip Mann
Director of Sport





RGS HOCKEY CAMPS

23-24 October
12-13 February
9-10 April

From beginner to advanced, our **international player coaches** will give students the opportunity to build on their core skills and develop a love for the game.

Run by RGS Performance
Director of Hockey,
Mr Chris Bowen.

Venue: RGS Hartwood Sports Ground, Dovers Green Road, Reigate, RH2 8BY
Open to students of all abilities aged 7-14 years

Please book using our on-line booking system via rgs.to/sportscamps

For further information please contact

Mr Chris Bowen, RGS Performance Director of Hockey cjb@reigategrammar.org



evo-hockey.com



EVO HOCKEY WORLD CLASS HOCKEY CAMPS

25-27 October
18-20 December
14-16 February
11-13 April
30 May-1 June

Delivered by Olympic medallists and the world's best players, coaches include:
Olympic Gold Medallist Susannah Townsend
GB International Dave Goodfield
Pakistan International Adnan Zakir
Two-time World Goal Keeper David Harte

Venue: RGS Hartwood Sports Ground, Dovers Green Road, Reigate, RH2 8BY
Open to students of all abilities aged 6-17 years

Please book via evo-hockey.com/bookings

For further information please contact

info@evo-hockey.com, evo-hockey.com

RGS RUGBY CAMPS

18-19 December
12-13 February

Covering all aspects of the game including handling skills, game management and spatial awareness.

Run by RGS Performance Director of Rugby, Mr Richard Birkett.

Venue: RGS Hartwood Sports Ground, Dovers Green Road, Reigate, RH2 8BY
Open to students of all abilities aged 7-14 years

Please book using our on-line booking system via rgs.to/sportscamps

For further information please contact

Mr Richard Birkett, RGS Performance Director of Rugby reb@reigategrammar.org



RGS RUGBY MASTERCLASS

26-27 October
3-4 January

15-16 February
12-13 April

Paul Turner Master Classes review core Rugby skills, passing, catching and spatial awareness and are a great opportunity to develop key areas of your game.

Camps are delivered by RGS Rugby Professional

Paul Turner (Former Welsh International Player/Coach) and will include sessions with current and ex-professional rugby stars such as **Jamie Roberts**, (Harlequins, Wales and British and Irish Lions)

Ugo Monye (Harlequins, England and British and Irish Lions) and **Joe Simpson** (Wasps and England).



Venue: RGS Hartwood Sports Ground, Dovers Green Road, Reigate, RH2 8BY
Open to students of all abilities aged 9-15 years

Please book via paulturnersport.co.uk

For further information please contact

Mr Paul Turner pt@paulturnersport.co.uk

16 October
19 October
18 December
13 April

RGS SWIMMING CAMPS



Join us for RGS Swimming Camps and develop all aspects of stroke technique, starts and turns. Land training will also be included as well as advice and guidance on stretches for dry side warm-ups and cool-downs.

Run by RGS Swimming Professional, Mrs Tina Cornelius.

Venue: Reigate Grammar School Swimming Pool, Reigate Road, Reigate, RH2 0QS
Please note students must be able to swim continuously for 200m.

Please book using our on-line booking system via rgs.to/sportscamps
For further information please contact
Mrs Claire Cline, RGS Head of Swimming clc@reigategrammar.org

RGS NETBALL CAMPS

26-27 October
18-19 December
14-15 February
3 April (One day)

RGS Netball Camps will assist students in progressing all aspects of their Netball technique including attacking and defending, core positional skills and game management.

Camps will be delivered by RGS Performance Director of Netball
Alice Travis, Hertfordshire
Mavericks Super League Player.

Venue: Reigate Grammar School MUGA, Reigate Road, Reigate, RH2 0QS
Open to students of all abilities aged 7-14 years

Please book using our on-line booking system via rgs.to/sportscamps
For further information please contact
Miss Alice Travis, RGS Director of Netball aat@reigategrammar.org



11-12 April
31 May-1 June
9-10 July
23-24 July

RGS CRICKET CAMPS

RGS Cricket Camps analyse and develop every part of a player's game including batting, bowling and fielding. Enhance key skills and put them into practice in game-related scenarios.

Run by RGS Head of Cricket, Mr James Leck

Venue: RGS Hartwood Sports Ground, Dovers Green Road, Reigate, RH2 8BY
Open to students of all abilities aged 7-14 years

Please book using our on-line booking system via rgs.to/sportscamps
For further information please contact
Mr James Leck, RGS Head of Cricket jcl@reigategrammar.org



PERFORMANCE ELITE

KIDS FITNESS CAMP

SPORTS PERFORMANCE 5 DAY CAMP OCTOBER HALF TERM / AGES 9-16

MONDAY 23RD OCTOBER - FRIDAY 27TH OCTOBER
9:30AM - 11:30AM

OUR SPORTS CAMPS ARE AIMED AT DEVELOPING SPORTS PERFORMANCE AND CONDITIONING DURING A KEY PERIOD OVER THE SUMMER HOLIDAYS WHERE MOST TEENAGERS ARE NOT STAYING ACTIVE OR KEEPING UP WITH THE VITAL TRAINING NEEDED FOR GOING BACK TO SCHOOL, SPORTS OR THEIR LOCAL SPORTS CLUBS.

STRENGTH - AGILITY - SPEED - POWER - FLEXIBILITY - MOBILITY



5 DAY CAMP (2HR SESSIONS) - £150
DROP-IN SESSION (2HR CLASS) - £40

HELD AT PERFORMANCE ELITE GYM AND GROUNDS, OLD REIGATIAN RUGBY CLUB RH2 8JX

07931 781452 info@performanceelite.co.uk www.performanceelite.co.uk





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