

# PRINCETON UNIVERSITY

## RUGBY CAMP

### RUGBY TIGER CAMP

July 10 – July 13, 2023

*For day campers the fee includes instruction, lunch and a camp t-shirt. For overnight campers the fee includes instruction, meals, housing and a camp t-shirt.*

#### Day 1

- 9:00a | Check-In
- 9:30a | Camp Introduction
- 10:30a | On-Field Session
- 12:30p | Lunch
- 2:30p | On-Field Session
- 5:00p | Day Campers Pick-Up at Finney/Campbell Field**
- 5:30p | Dinner
- 7:30p | Evening Activity
- 10:00p | Lights Out

#### Day 2 and Day 3

- 7:30a | Wake Up & Breakfast
- 8:30a | Day Campers Drop-Off at Finney/Campbell Field**
- 9:00a | On-Field Session
- 12:30p | Lunch w/ Film Review
- 2:00p | Afternoon On-Field Session
- 5:00p | Day Campers Pick-Up at Finney/Campbell Field**
- 5:30p | Dinner / Camper Feedback Questions
- 7:30p | Evening Activity / Film Review
- 10:00p | Lights Out

#### Day 5: Final Day of Camp

- 7:30a | Wake Up & Breakfast
- 8:30a | Day Campers Drop-Off at Finney/Campbell Field**
- 9:00a | On-Field Session / Games
- 12:00p | Check-Out for All Campers**

**Rugby Tiger Camp**

The Princeton Rugby Tiger Camp offers 4 days to immerse yourself into a complete rugby environment. Camp includes curriculum to improve attacking and defensive skills as an individual, as well as facilitate and test player integration into basic systems of play. Everything from catching and passing, tracking and tackling, to maintaining connection under pressure in defense and creating attacking opportunities will be covered. You'll have an opportunity to work with the Princeton University Varsity Rugby Team's Head Coach, Josie Ziluca, staff and current players. This camp is loaded with fun games, skill and knowledge acquisition, physical and nutritional support, and friendships waiting to blossom. Come play rugby with the Tigers this summer!