



Camp Outline Life University January 24-25, 2015

0830 - 0900	Coaches/selectors meeting
0900 - 0915	Player Check-in Pavilion level.
0915-0930	Warm-up
0930 -11:00	Skills Assessment. Ruck defense presentation prior to contact.
11:00 – 11:15	Fitness test forwards
11:15 – 11:30	Fitness test backs.
11:30 – 12:00	Scrum half/hooker assessment.
12:00-12:30	Coaches/selectors meeting. Player break.

All players except hooker and scrum half's will have a break between 11:30 - 12:30.
Light snacks are highly suggested to bring during break sessions.

12:30 – 1:30	Forwards/backs team phase play. Forwards Scrum/Lineout. Backs- South set plays and back defense.
1:30	Divide into scrimmage teams.
2:00	Red vs Blue Scrimmage. 20 minute games. Should more than 55 players attend and positions allow, more teams for scrimmage will be added.
4:00 – 4:30	All players released.
4:30	Coaches/selectors meeting.

Sunday-

0900 – 0915	Warm-up
0915 – 10:00	Divide backs/forwards
10:00 – 10:30	Phase play
10:30 – 10:40	Personal time
10:40 – 10:45	Jerseys on
10:45	2nd Warm - up.
11:00	USARS vs Life U Series of scrimmages with allocated times. Coaches to meet after scrimmage.