



2015 Men Panthers Fall Selection Camp
October 17 & 18th, 2015
Charlotte RFC
Open to All Aspiring Athletes

Decision making will be evaluated during all phases and be just as important as skill sets.

All sessions will have high work rates therefore coming fit ready to work is essential.

October 17, 2015 Saturday

08:30 - 0900 Orientation/Check – in

0900 - 1030 Skill Sets

- Catch/pass
- Breakdown
- Defense

10:30 – 11:30 Forwards

- Scrum
- Lineout
- Defense
- Phase Play

10:30 – 11:30 Backs

- Attack
- Defense
- Phase Play

11:30 – 12:00

Scrum Half evaluation/Break

12:00 – 12:30

Scrimmage Organization

12:30 - 14:30

Multiple 20 minute games

14:30 – 15:00

Sunday's team selection announced

15:00

Players released

15:00 – 17:00

Coaching evaluation Atlanta Renegades vs Charlotte RFC

October 18, 2015 Sunday

08:30

Leave Motel

09:00 – 10:00

Team Run Through

10:00 – 12:00

Kickoff vs Charlotte RFC

12:00 – 12:30

Game evaluation

12:30

Players released