



# U19 Men Panthers

## U19 Camp at MTSU Saturday, May 17<sup>th</sup>



The U19 South Men Panthers All-star Team will compete for the **FIRST TIME** ever in the **U19 North America Caribbean Rugby Association (NACRA) Championships -- July 12-19th in the Caribbean island of Trinidad**. This is an official IRB sanctioned event with games against the home team Trinidad, Mexico, and other Caribbean Island Nations. [NACRugby.com](http://NACRugby.com)

Players interested in joining the U19 South Team should attend this camp. There will be a \$20 camp fee. Water, snacks and a subway sandwich for lunch shall be included. Any player traveling more than (4) hours is free.

### May 17<sup>th</sup> Schedule of Events (all times are Central)

**10:00 AM – Check-in & Meeting**

**10:20 - 12:00 – Warm-ups, Skills, 7-minute fitness, Positions, Team**

**12:00 – 1:30 Lunch Break**

**1:30 PM – Team Meeting & Warm-ups**

**2:00 – Rotating Scrimmages**

**5:00 – Approximate time for final Team Wrap-up**

### Player Preparation

All players need to complete the application online go to [www.USARugbySouthPanthers.com](http://www.USARugbySouthPanthers.com)

Players need to wear a numbered rugby jersey and rugby shorts. Also have cleats, mouthpiece, tape and be ready to practice and play. Make sure you review all Program information and Player Eligibility Requirements on the Player flyer and on the website. Prepare for weather conditions such as rain, wear sunscreen etc.

Coach Mark Williams email [PantherU19Men@usarugbysouth.com](mailto:PantherU19Men@usarugbysouth.com)

Cell 615-533-7691

For Directions to MTSU Sport Club Complex

2111 E Main St.

Murfreesboro, TN 37130-4042

<https://maps.google.com/maps?safe=active&q=2111+east+main+street+murfreesboro&ie=UTF-8&hq=&hnear=0x8863f8bfb26efce5:0x32bddd6f694c9412,2111+E+Main+St,+Murfreesboro,+TN+37130&gl=us&ei=fENiU7qXMOSIygHuy4DYBw&ved=0CCUQ8gEwAA>