

ZÁNKAI CENTRUM

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### ZÁNKAI CENTRUM

## FIRA Emerging Nations Training Camps & European Championship Venue

### From Camp Experience Report 2009-2011 & Upcoming U17 TC 2011

The Youth Centre and ENTC IV to VI venue in Zanka and location of several Austrian training camps of all levels is like an all inclusive little city for youth that quickly earned its new name of "Kiddie College". It is huge and has everything that motivated, rugby spirited players need in order to develop - pitches, stadium, accommodation, cafeteria (great food, very flexible staff), drinking water, supermarket, coffee bar, bar, cross country/forest (adventure) running paths, and the legendary Balaton Lake within walking or jogging distance! – An ideal "all-in-one" venue!



ENTC VI in April 2011 hosted 12 European women's developing nations from the region and due to the successes of our ENTC and the IRB having been witness to those successes, Zanka has the honour of being the venue for the B-Group Women's 7's European Championship the first weekend in June 2011.

The general purpose of these Emerging Nations Training Camps (ENTC's) and FIRA U17 Camps is actually to close the gap in performance levels between countries where Rugby has long been established and nations that are quite new to this sport but have a heart for the game and the drive to learn and play the

FIRA/IRB support is always well demonstrated by their initiative to provide the U17 Camps with some of the best experts to whom the FIRA has access. This year FIRA has announced that for the Austria & Switzerland U17 Camp 2011 the Coach Educator will be Olivier BARAGNON from the French Rugby Federation and the Referee Educator will be Viorel POPESCU from the Italian Rugby Union.



The trainings are usually conducted in two sessions per day; one morning and one afternoon and are on average 2,5 hours each. At the end of every day, test matches are scheduled as a possibility to apply in practice what we have just learned during the day and, of course, to prepare for the Tournament on Sunday. Tournament day is an official tournament with Austria, Switzerland and a guest team from Hungary and each team plays 2 matches.





# FIRA U17 Training Camp & Tournament

## Youth XV's Rugby

Thurs. 09 – Mon. 13 June 2011

### DETAILED DRAFT PROGRAMME



This may be altered to fit the needs of the participants

—Legend: **PLAYERS** in GREEN / **COACHES** in BLUE / **REFEREES** in ORANGE / ALL TOGETHER in BLACK—

#### Thursday - Day #1

**10:00 – 12:00 - Arrival of Teams**

(stretch legs, get to know/walk the grounds with map)

**12:00 – 12:45 - Lunch for all / official opening**

(seating: mix it up/buddy system)

**12:45 – 13:15– Unpack & get settled in**

#### **Players & Referees & Coaches**

**13:30 – Players/Coaches split into 2 teams of A/CH mix.** After dynamic warm up, review some core skills in your mixed teams, game plan.

**14:00 – Mixed teams play 3 x 10 mins (3 min breaks)**

#### **Players**

**14:45 – Feedback Session with Olivier:** Diagnostic evaluation of positioning of players in General play (GP): How to maintain game continuity always moving forward in GP starting from good quality possession in the game situation

**15:45 – jog to „ZánkaLand“ & compete in 2 mixed teams from earlier**

**17:30 - Players conclude Day #1**

#### **Coaches**

**16:00 – 18:00- Coaches Session – Assess game level** (with regard to U17 high level benchmark) and + / - points & evening programme planning

#### **Referees**

**16:00 – 18:00- Referees Feedback Session w/Viorel Popescu.**

Identify rules emerging from general play.

#### **Players & Referees & Coaches**

**18:00 – Dinner (at cafeteria)**

**19:00 – 20:30 –Presentation of Programme by Educators,**

explanation of spirit of this camp with support video + rules video; + motivational videos for players provided by A & CH coaches and Olivier; During U17 Camp additional information to be provided to participants regarding anti-doping program, medical follow & nutritional follow ups, stretching & recovery

#### **Coaches**

**20:30 – 21:30 – N1 Training session preparation with team managerial staff**

#### Friday- Day #2

**08:00 – 08:30 - Breakfast for all (at cafeteria)**

#### **Players**

**09:00 - 09:30 - Players in their mixed teams make notes** (1 person writes down main points) from Olivier's feedback session & of evening presentation & then write down bullet points of what they would like to gain from this camp.

**09:45 – 10:45 – in mixed teams – dynamic, light, upper body warm up, then passing competitions (pitch)**

#### **Coaches & Referees**

**09:00 - 10:30 – Referees:** Video session: Presentation to coaches of 4 laws emerging from General play (4 groups – 15' each); presentation & discussion on rules concerning safety of players)

#### **Coaches**

**10:30 - 11:00 – Presentation :** game assessment (2 groups : 2 x 15'); game level & +/- points; objectives for next 2 training sessions (T1 & T2)

#### **Referees**

**11:00 – 13:00- Referees Session w/Viorel**

#### **Players & Coaches**

**11:15 – 12:00 – Training Session 1: lead by Coaches** (pitch)

Subject : Positioning & repositioning in General Play (according to new objectives following mixed matches of day 1).

**12:00 – 12:30 - Training Session lead by Olivier**

**12:30 – 13:00 - Small group play** (practice) – Technical skills

**13:00 – 13:45 – Lunch for all** (Cafeteria)

#### **Coaches**

**13:45 - 14:30 – Preparation of Training Session 2**

#### **Players & Coaches**

**14:30 - 16:00 - Training Session 2 : lead by Coaches** (pitch) working with 2 groups of players. In each one there are 13 players from each nation. For each group, 2 coaches lead the warm up, 2 coaches lead the small group part and 1 coach leads the collective group part (13 V 13).

#### **Referees**

**14:00 – 16:00 - Referees Session w/Viorel;** Subject : «Why is there an interruption of the movement of the ball and players? Is it a consequence of the rules or the game? Video analysis. Preparation of evening presentation for players : video of the game (analysis of the fouls committed)

#### **Players & Referees & Coaches**

**16:30 – 17:30- Practice Games**

**17:30 – Players conclude Day #2**

**17:30 – 18:30- Coaches Session w/Olivier**

**17:30 – 18:30- Referees Feedback Session w/Viorel Popescu**

**18:30 – 19:15 - Players & Coaches & Referees** Dinner (cafeteria)

**19:30 – 21:30 - video of the game** (analysis of fouls committed)

#### Saturday- Day #3

**08:00 – 08:30 - Breakfast** (at cafeteria)

#### **Coaches**

**08:45 - 09:15 – Preparation of Training Session 3**

#### **Players & Coaches**

**09:30 - 11:00 - Training Session 3: lead by Coaches** (pitch)

Subject : Player's positioning in General play

Part 1 – small groups - Technique – 8 v 8 or 7 v 7 with technical skills

Part 2 – session 3 (separate workgroups) - Team preparation for Test-match

**Players 11:30 - 12:30 – SWIMMING IN THE BALATON**

**Coaches 11:30 - 12:30 – Analysis of Training Session 2**

#### **Referees**

**09:00 – 12:00 - Referees Session w/Viorel;** (w/support video)

Subject: check details about « Safety & Continuity » in rules emerging from game.

Prepare feedback for players for their afternoon session (on the pitch)

**12:30 – 13:15 – Lunch for all** (at Cafeteria)

#### **Players & Referees & Coaches**

**13:55 – Photo** of both teams w/staff, 1 entire staff photo & 1 photo of all participants together

**14:00 – 15:30 – Referees lead the session;** Presentation: aspects of the rules of general play (tackler – tacklee) on the pitch; Organisation: 5 groups of 2 referees presenting to 5 groups of 10 players and 2 referees; Assessment of game.

#### **Players & Referees & Coaches**

**15:30 – 16:30 - Practice / Assessment Games**

**16:30 – Players conclude Day #2**

#### **Referees & Coaches**

**16:45 – 18:15 - Analyse ASSESSMENT GAME:** all trainees (refs & coaches)

**18:30 – 19:15 - Players & Coaches & Referees** Dinner (cafeteria)

**19:30 – 21:30 – video session:** motivational videos for players provided by A & CH coaches and Olivier;

#### **Coaches & Referees**

**19:30 – 21:30 – Preparation of Tournament Day +** General meeting Global/general analysis of the Test-match by the Olivier (30' maxi); (with support video) Presentation of game analysis by referees and coaches followed by discussion

#### Sunday- Day #4 Tournament Day @ Stadium (next page)





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## Sunday- **Day #4** Tournament Day @ Stadium

**07:00 – 07:30** - Breakfast (at cafeteria)

**08:30 – 09:00** - Warm-ups  
- Mental Preparation for Games

**09:00 – 10:15** - *Match 1*

**10:45 – 12:00** - *Match 2*

**12:00 – 12:30** - LIGHT Lunch (or breaks in groups with packed lunches?)

**13:00 – 13:05** - All Teams / Participants together for a **Photo**

**13:05 – 13:30** - Warm-ups

**13:30 – 14:45** - *Match 3*

**Tournament Director, Referees, Coaches & Experts & Zanka Coordinator**

**15:00 – 15:15** - Tournament & Training Camp Feedback Session on site

**15:15 – 16:15** - **MUSCLE RECOVERY SWIM IN THE BALATON LAKE**

**17:00 – 19:00** - **Banquet Dinner** & Thank You Time 4 all (at Cafeteria)

**19:00** – Departure - Teams Travel Home Safely!!





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## ZÁNKAI CENTRUM

### Participation Process:

To secure participation and accommodation 100% payment is required by **03 June 2011**. We figured a one time payment of 100% of the fee is more convenient than paying 50% of the fee 30 days in advance and another 50% before arrival so this is the arrangement we made with the venue. And if we were to pay cash upon arrival we would have to pay the total amount for both teams in Hungarian Currency (HUF).

Accommodation (in 6 – 8 bedded rooms – please bring own towel and soap) + 3 meals a day, stadium/pitch fees, conference rooms, the Banquet, etc., will cost a special all inclusive rate of €168 per player for 4 days in 6 – 8 bedded rooms.

Host Union, Austria, covers accommodation and transportation within Austria/Hungary for IRB educators who live in single rooms in the staff building next to the player building.

For any additional purchases, please have some Hungarian Currency, for example for coffee or snacks available at their supermarket (below cafeteria) or for drinks at their sports pub or for any extra activities/facilities that the venue offers (water park, paddle boats, etc).

Account details are as follows:

OERV-AUSTRIAN RUGBY UNION  
BIC/SWIFT GIBAATWWXXX  
IBAN AT872011128964486300

PLEASE INCLUDE IN SUBJECT LINE:  
(COUNTRY NAME) U17 Deposit

Invoices will be provided by request once full payment has been made.

Please let me know if any questions remain on your part or that of your unions.

### REMINDERS of Dates, past & upcoming:

- Booking of Venue in Zanka (November 2011)
- Confirmed participation & acceptance of venue offer (24 May 2011)
- **Registration Forms handed in (by 02 June 2011)** – don't forget to forward details about your coaches and referees (full name, e-mail address, mobile phone, age, years of experience, previous certifications, what level/age group they coach/referee) for the IRB Educators who may also contact them about preparation and materials they need to bring for the camp.
- **Final / Complete Payment (by latest Friday 3 June 2011)**

TRAVEL SAFELY AND ENJOY ZANKA AND THE TRAINING CAMP!!

Further requests or information please contact:

Renée Carmine-Jones, Women's Rugby 7's Emerging Nations Representative & ENTC Project Manager

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## ZÁNKA CENTRUM

### Location of the Sports Center / Mini Olympic Village!

The Sports Centre is located on a beautiful piece of land that is approx. 209 hectares, on the shore of the largest fresh-water lake in Europe, in the beautiful environment of the Balaton highlands rich in historical and natural resources, right in the middle of many popular touristic attractions.

#### 1 ACCOMMODATION

Summer buildings :

two-story residences with rooms of 6 or 8 beds (with shower and WC in rooms) for the coaches, referees, managers, physios and other staff, there are rooms of 2, 3, 4 and 6 beds with shower and WC. In the residences there are workshop and seminar rooms and a meeting/socialising room.



6 bedded rooms and 8 bedded rooms

#### 2 MEAL OPTIONS

The kitchen and restaurant capacity of the Sports Centre makes possible to serve thousands of person at the same time.

Besides the central restaurant some smaller establishment of catering trade await the guest.

Special meals are available (vegetarian, diabetic, gluten free, kosher, etc...) special menus are available according to previous requirements. We have requested high energy sports menus and FISH on Easter Friday by popular demand/request.

For your special meal requests please contact Renée.

#### 3 SPORTS ESTABLISHMENTS AND SERVICES

Zánka has advantageous geography location beside the numbers of sport facilities (sport hall, stadium, open-air sport fields, gym, aerobic-hall, sauna etc.) that offers possibilities for different type of sports as well as training camps and sport events.

Based on the own cultural and sport establishments the Centre is suited for international meetings and conferences as well as major sports championships.

Stadium	- 110 x 65 m sports ground with grass - 400 m , 6 raceway - audio technic is available	3000 people
Sports Fields	2 sports fields (side by side) near stadium	
Fitness center	- GYM with many new machines - Aerobic-hall	20-30 people
Sauna	dry sauna with a small cold-water-pool	8 people







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Venue: Zánka Youth Sports Centre ([www.zanka.hu](http://www.zanka.hu))

