



# 2020 BOYS RUGBY CAMPS

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## CONTACT INFORMATION

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***Thank you for choosing Army West Point Boys Rugby Camps!***



## CAMP OVERVIEW

THE ARMY WEST POINT BOYS RUGBY CAMPS OFFER AN EXTRAORDINARY RUGBY EXPERIENCE. CAMPERS WILL EXPERIENCE ELITE LEVEL COACHING FROM THE CURRENT WEST POINT COACHING STAFF, PLAYERS AND COACHES FROM TOP COLLEGIATE RUGBY PROGRAMS IN THE NORTH EAST, CURRENT AND FORMER COLLEGIATE ALL-AMERICANS, MAJOR LEAGUE RUGBY PROFESSIONALS, AND USA NATIONAL TEAM PLAYERS AND COACHES. CAMP IS LOCATED AT THE HISTORIC UNITED STATES MILITARY ACADEMY AT WEST POINT, DEVELOPING LEADERS OF CHARACTER FOR OVER 200 YEARS. CAMPERS COMPETE DAILY AT THE ANDERSON RUGBY COMPLEX, AMERICA'S FINEST COLLEGIATE RUGBY STADIUM, NESTLED ON THE BANKS OF THE HUDSON RIVER. OUR MISSION IS TO PROVIDE A SAFE, FUN, CHALLENGING, AND REWARDING CAMP EXPERIENCE FOR ALL OF OUR CAMPERS.

- The Army West Point Boys Rugby Camp has both overnight and day camper options.
- Campers participate in a safe, active, and fun-filled learning environment.
- Each camper receives special instruction on skills, tactics, rules, sportsmanship, etiquette, mental toughness, goal setting, leadership, conditioning, and nutrition.
- The Army West Point Boys Rugby Camp focuses on individual instruction
- We offer a teaching ratio of 10 (campers) to 1 (instructor).



# CAMP STAFF

	<p><b>Army West Point Head Coach (2015-Present)</b>          -USA National Team Player (Rugby World Cup 2003)          -USA National Team Asst. Coach (Rugby World Cup 2011)          -Four Time Collegiate National Champion          -Three Time Collegiate All-American          - Collegiate Coach at Oxford University, Cal-Berkeley, San Diego State and Stanford</p>
	<p><b>Camp Director</b>          -Army West Point Assistant Coach (2018-Present)          -USA National Team Player          -Current Major League Rugby Professional Player          -Four Time Collegiate National Champion          -Four Time Collegiate All-American</p>

COACH SHERMAN AND SUMSION WILL BE JOINED BY A WORLD CLASS STAFF OF COACHES AND COUNSELORS FROM THE CURRENT WEST POINT COACHING STAFF, PLAYERS AND COACHES FROM TOP COLLEGIATE RUGBY PROGRAMS IN THE NORTH EAST (2018 PARTICIPATING UNIVERSITIES BELOW), CURRENT AND FORMER COLLEGIATE ALL-AMERICANS, MAJOR LEAGUE RUGBY PROFESSIONALS, AND NATIONAL TEAM PLAYERS AND COACHES.





# PERFORMANCE DEVELOPMENT CAMP

<b>Session</b>	<b>Performance Development Camp</b>
<b>Dates</b>	July 20-22, 2020
<b>Ages</b>	10-14 and 14-18 (Separate + Concurrent Camps)
<b>Check In Time / Location</b>	8am-9am: Anderson Rugby Complex
<b>Check Out Time / Location</b>	6pm: Anderson Rugby Complex (Camp Finale Championship Tournament 4pm-6pm)

***COMMUTERS MUST CHECK IN ON FIRST DAY OF CAMP AT REGISTRATION\****

OUR PERFORMANCE DEVELOPMENT CAMP IS OPEN TO ALL BOYS AGES 10-18 OF ALL EXPERIENCE LEVELS, WITH BOTH COMMUTER AND OVERNIGHT OPTIONS AVAILABLE. THE CAMP IS DESIGNED TO ACCOMMODATE BOTH THE BEGINNING RUGBY PLAYER LOOKING TO LEARN THE GAME, AS WELL AS THE ADVANCED PLAYER LOOKING TO REFINE, POLISH, AND ADVANCE THEIR SKILLS. CAMP PARTICIPANTS WILL BE BROKEN INTO TRAINING GROUPS BASED ON THEIR AGE, EXPERIENCE, AND ABILITY LEVELS TO PROVIDE EACH CAMPER WITH THE APPROPRIATE COMPETITION LEVEL. CAMPS ARE STRUCTURED TO TEACH AND IMPROVE CAMPERS TECHNICAL SKILLS AND TACTICAL KNOWLEDGE. ADDITIONALLY, CAMPERS ARE AFFORDED THE OPPORTUNITY TO SHOWCASE THEIR ABILITY AND IMPROVEMENT, THROUGH DAILY GAMES AND COMPETITIONS, CULMINATING IN OUR CAMP FINALE CHAMPIONSHIP TOURNAMENT.

CAMPS ARE OPEN TO ANY AND ALL INDIVIDUALS WHO MEET THE REQUIREMENTS.



## COMPETITION & ANALYSIS CAMP

<b>Session</b>	<b>Competition &amp; Analysis Development Camp</b>
<b>Dates</b>	July 23-26, 2020
<b>Ages</b>	10-14 and 14-18 (Separate + Concurrent Camps)
<b>Check In Time / Location</b>	2pm-3pm: Anderson Rugby Complex
<b>Check Out Time / Location</b>	12pm: Anderson Rugby Complex (Camp Championship Competition 10am-12pm)

***COMMUTERS MUST CHECK IN ON FIRST DAY OF CAMP AT REGISTRATION\****

OUR COMPETITION & ANALYSIS CAMP IS OPEN TO ALL BOYS AGES 10-18, AND IS GEARED TOWARD EXPERIENCED PLAYERS, WITH BOTH COMMUTER AND OVERNIGHT OPTIONS AVAILABLE. THE CAMP IS DESIGNED TO ALLOW CAMPERS MULTIPLE OPPORTUNITIES TO COMPETE IN DAILY SCRIMMAGE COMPETITIONS, AND THEN EVALUATE THEIR PERFORMANCE THROUGH EXPERT COACHING AND ANALYSIS THROUGH FILM REVIEW, STATISTICAL ANALYSIS, AND OTHER FORMS OF PERFORMANCE FEEDBACK SUCH AS GPS PHYSICAL LOAD MONITORING. CAMPERS WILL LEARN TO BREAK DOWN THEIR PERFORMANCE THROUGH VARIOUS LENSES SUCH AS TEAM ATTACK, TEAM DEFENSE, UNITS AND SET PIECE PLAY, AND INDIVIDUAL POSITIONAL PLAY. OVER THE COURSE OF THE FOUR DAYS, CAMPERS WILL LEARN HOW TO BECOME A BETTER STUDENT OF THE GAME FOR CONTINUED PERFORMANCE IMPROVEMENT, BOTH DURING CAMP AND BEYOND.

CAMPS ARE OPEN TO ANY AND ALL INDIVIDUALS WHO MEET THE REQUIREMENTS.



# HIGH-PERFORMANCE COMBINATION CAMP

<b>Session</b>	<b>High-Performance Combination Camp</b>
<b>Dates</b>	July 20-26, 2020
<b>Ages</b>	10-14 and 14-18 (Separate + Concurrent Camps)
<b>Check In Time / Location</b>	8am-9am: Anderson Rugby Complex
<b>Check Out Time / Location</b>	12pm: Anderson Rugby Complex (Camp Championship Competition 10am-12pm)

***COMMUTERS MUST CHECK IN ON FIRST DAY OF CAMP AT REGISTRATION\****

OUR ELITE HIGH-PERFORMANCE EXPERIENCE COMBINES OUR PERFORMANCE DEVELOPMENT AND COMPETITION & ANALYSIS CAMPS INTO ONE WEEK LONG ELITE CAMPER EXPERIENCE. CAMPERS WILL IMMERSE THEMSELVES IN A HIGH-PERFORMANCE RUGBY ENVIRONMENT FOR A FULL WEEK TO DEVELOP THEIR ABILITIES TO THEIR MAXIMUM POTENTIAL ON AND OFF THE FIELD.

CAMPERS WILL REMAIN ON POST BETWEEN CAMPS AND WILL BE SUPERVISED FOR THIS BRIEF PERIOD.

CAMPS ARE OPEN TO ANY AND ALL INDIVIDUALS WHO MEET THE REQUIREMENTS.



# GENERAL CAMP INFORMATION

## • Entrance

- All visitors 16 and over must present a valid ID to enter West Point.
- Please anticipate and plan accordingly, all luggage is to be inspected prior to admittance on to West Point.
- All camp visitors and residents are to enter through Stony Lonesome or Thayer Gate and proceed to Anderson Rugby Complex.
- Signs will be posted.

## • Parking and Shuttle to Dorms

- All vehicles will park at Gillis Field House or designated parking areas. Signs will be posted to direct you to your specific sports camp check-in location.

## • Check-In

- Check-In will take place at Anderson Rugby Complex on River Road (Google Maps).

## • Facilities

- Campers will be training at Anderson Rugby Complex and Foley Athletic Center.

## • Dormitory/Barracks

- All overnight campers are housed and supervised in dormitory rooms operated by the United States Military Academy.

- **Rules and Regulations**

- All campers are required to comply with the Army West Point Summer Camp guidelines, which are established to ensure personal safety, hygiene, and property damage prevention. Rules and expectations are discussed during the start of each session and are posted inside the dormitory. Any camper found to be disruptive and unwilling to follow behavior guidelines will be sent home without a refund.

- **Cancellations**

- All refunds must be approved by the Camp Director and are processed on a case by case basis. You will be notified once a final refund decision has been made.

- **Camper Dining**

- Campers will dine at the Eisenhower Cafe, a very visible and prominent location on campus. First Meal served to your camper will depend on the camp (see above). Campers will be served breakfast, lunch and dinner daily. On the last day of camp your camper's last meal will depend on the camp (see above).
- Your children will be well-fed at camp. If you choose to send snacks with them. We ask that these snacks be limited in quantity and be healthy in nature as past experiences have shown us that young campers tend to overindulge. Thus, resulting in stomach-aches and 'sugar highs' that are unpleasant for all involved. The children will also have the opportunity to purchase snack items from Grant Hall on a cash only basis. Parents: When packing snacks for your children to consume in the barracks at camp, please be sensitive to other campers that may have peanut allergies. To ensure the health and safety of all campers, we request that you avoid sending peanut products with your child.

- **Camper Housing**

- All overnight campers will be housed and supervised in dormitory rooms operated
  - by the United States Military Academy.
- We ask that campers do not bring valuables. The United States Military Academy and Army Athletic Association are not responsible for lost or stolen items.

- **Typical Daily Schedule (Overnight Camps)**

- 7:30am: Wakeup and Breakfast
- 9:00am: Morning Training
- 12:00pm: Lunch
- 2:00pm: Afternoon Training
  - TBD Off Field Activity
- 5:30pm: Dinner
- 6:30pm: Evening Training / Competition
- 8:45pm: Return to Barracks
- 10:00pm: Lights Out







## CAMP PACKING LIST

What to Bring		What <u>NOT</u> to Bring
<b>ON-FIELD</b>	<b>OFF-FIELD</b>	Mini-refrigerators
Water Bottle	Small Electric Fan (No A/C in Barracks)	Large Coolers
Cleats and Sneakers	Bedding / Pillow (Sleeping Bag or Sheets/Blankets)	Unsealed Snacks / Food
Rugby Shorts and Socks (Athletic Shorts/Socks)	Alarm Clock	Valuables / Electronics (Doors Remain Unlocked)
Rugby Jersey or Athletic T-Shirts	Toiletries (Shampoo, Soap, Toothpaste, Etc.)	<i>Parents: When packing snacks for your children to consume in the barracks at camp, please be sensitive to other campers that may have peanut allergies. To ensure the health and safety of all campers, we request that you avoid sending peanut products with your child.</i>
Kit Bag / Backpack to Carry Training Gear	Shower Shoes (Flip flops, etc.)	
Sunscreen	Towel	
Mouthguard	Bathing Suit	
	Off Field Clothing for Down Time	
	Mini-safe (If desired to lock up valuables)	

*The United States Military Academy and Army Athletic Association are not responsible for lost or stolen items. All items (including valuables, money, etc.) are brought at the risk of each camper and are not the responsibility of USMA, the Army Athletic Association, coaches and staff. Please keep in mind that elevators are NOT available (even to the top floor) for carrying bags.*



# CAMP PACKING LIST

**ABOUT WEST POINT:** FOUNDED IN 1802, WEST POINT IS ENTWINED WITH THE HISTORY OF OUR NATION. LESS THAN 50 MILES NORTH OF NEW YORK CITY, ALONG THE BANKS OF THE HUDSON RIVER, THE STATE-OF-THE-ART SPORTS FACILITIES AND ACADEMIC LECTURE HALLS OF THE ACADEMY PROVIDE THE PERFECT SETTING FOR THE TERRAIN-RICH ENVIRONMENT USED FOR CADET MILITARY TRAINING. THE ACADEMY DEVELOPS CADETS TO LIVE HONORABLY WITH UNCOMPROMISING INTEGRITY AS U.S. ARMY OFFICERS IN SERVICE TO THE NATION.

THE UNITED STATES MILITARY ACADEMY HAS BEEN EDUCATING, TRAINING, AND INSPIRING LEADERS OF CHARACTER FOR OUR UNITED STATES ARMY AND FOR THE NATION FOR MORE THAN 200 YEARS. WEST POINT PROVIDES A 47-MONTH LEADER DEVELOPMENT PROGRAM STEEPED IN ACADEMIC RIGOR, MILITARY DISCIPLINE, AND PHYSICAL CHALLENGES, ALL BUILT UPON A MORAL-ETHICAL FOUNDATION. THE ACADEMY IS AN INTERNATIONALLY RECOGNIZED INSTITUTION FOR ACADEMIC, MILITARY AND PHYSICAL EXCELLENCE, AND WE ARE PROUD THAT TODAY'S CADETS WILL BECOME TOMORROW'S MILITARY, PUBLIC, AND PRIVATE-SECTOR LEADERS.

**ARMY RUGBY TRADITION:** ARMY MEN'S RUGBY IS THE MOST SUCCESSFUL SPORTS TEAM AT WEST POINT. SINCE 1961, ARMY RUGBY HAS BEEN BUILDING A PROUD LEGACY AND TRADITION OF SUCCESS, AND IS A CONSISTENT POWERHOUSE ON THE NATIONAL COLLEGIATE RUGBY SCENE. THE TEAMS SUCCESS CAN BE ATTRIBUTED TO A STRONG TEAM CULTURE, BUILT AROUND THE FABRIC OF A PROUD BROTHERHOOD AND LEGACY.

**WHERE WILL I STAY?** ALL OVERNIGHT CAMPERS WILL STAY IN THE BARRACKS ON POST AT WEST POINT.

**WHERE WILL I EAT?** MEALS ARE PROVIDED AND SERVED IN EISENHOWER HALL.

**WHAT IS THE LEVEL OF SUPERVISION AND SAFETY?** CAMPERS WILL BE SUPERVISED AT ALL TIMES, INSTRUCTORS AND COUNSELORS WILL RESIDE IN THE BARRACKS.

**WHAT MEDICAL SUPPORT IS PROVIDED AND REQUIRED?** ALL CAMPERS WILL HAVE ACCESS TO ATHLETIC TRAINING SERVICES. EMERGENCY MEDICAL SERVICES WILL BE AVAILABLE THROUGH KELLER ARMY HOSPITAL. ALL CAMPERS NEED TO HAVE VALID HEALTH INSURANCE (NOT PROVIDED BY YOUR SCHOOL) IN ORDER TO PARTICIPATE IN CAMP (NO EXCEPTIONS).



**ARMY WEST POINT™**  
RUGBY

*Thank you for choosing Army West Point Boys Rugby Camps!*