

Camp Discovery

(Pty) Ltd Game Reserve

Leadership, Sport and Adventure Academy

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Company Reg. No. 2002/019899/07

VAT Reg. No. 4660228208

Dear Principal and Rugby Organiser,

USN SCHOOLS 5 STAR RUGBY WEEK FOR HIGH SCHOOL TEAMS 27 – 30 APRIL 2018

Are you tired of Rugby tours with thin hostel mattresses, cold showers and hostel food? Use this opportunity to treat yourself and your team to a 5-star USN Rugby week for High Schools!

MORE ABOUT CAMP DISCOVERY

Camp Discovery is a 270 hectare game reserve, situated 60km north of Pretoria in the Dinokeng Conservation Area. A variety of game, bird and tree species are found here in typical bushveld habitat. Regular game drives are part of the program. Sightings include species like eland, giraffe, sable antelope, roan antelope, oryx antelope, waterbuck, red hartebeest, kudu, impala, blue wildebeest, springbuck, reedbuck, bushbuck, zebra, nyala, duiker, steenbuck and warthog. We also breed with golden gnu and black impala.

Our facilities and facilitators are of excellent quality. Activities that add value to the program are amongst others cycling, archery, obstacle courses and our excellent menu!

MORE ABOUT THE WEEK

Well known sport scientists believe that playing 3 games in 4 days, has a big effect on injuries 2 weeks later in the season! It's just too much workload on the body for one week! Therefore, we will only be playing 2 full matches, strength against strength, with an off day for coaching by some of the **Lions Super Rugby** players. Games will be played on Saturday the 28th of April and Monday the 30th of April, with coaching on Sunday, 29 April.

• www.campdiscovery.co.za • www.campdiscovery.co.za • www.campdiscovery.co.za •

Directors: WL van Deventer (Chairman), VD Mazibuko, JA Haasbroek

DATE

27 - 30 April 2018

AGE GROUPS

u/14, u/15, u/16, 2nd en 1st Teams

FEES

- R1 700-00 per player
- 1 coach/manager free per team
- Additional coaches/managers : R1 700-00

THE FEE INCLUDES THE FOLLOWING FOR THE PLAYERS

- Comfortable and neat accommodation
- Balanced meals
- Well trained facilitators to look after the teams
- Matches
- A game drive
- Team building activities such as letteria course, obstacle course, group dynamics, "bundu race", bicycles, air rifles, archery and swimming pool games
- Evening activities including campfires, dvd nights and night marches
- First aid on site throughout the tournament
- Professional group-, team-, and individual coaching
- Motivational sessions
- Quality Referees
- After match recovery sessions for teams, that includes ice baths, recovery drinks and sport massages
- Video analysis room for post-game analytics. Each team will also get a post analysis session with an A-grade referee to discuss general mistakes and rules
- Rugby jerseys will be washed after the first game
- **Coaching by some of the Lions Super Rugby players**

THE FEE INCLUDES THE FOLLOWING FOR THE COACHES

- Relaxing at a bonfire in the evenings
- Physical preparation of the players, warming up and cooling down before and after matches
- Neat, fully equipped chalets (Bring own towel)
- All Rugby equipment will be supplied
- Video and team analysis

WHAT TO BRING ALONG

Players:

- Own bedding
- Own cutlery and crockery
- Rugby match kits for 2 matches (Rugby jerseys will be washed after the first game)

Coaches:

- Towels
- Rugby balls
- Schools/Teams must supply their own first aid kit and strapping material.

BOOKINGS

- A deposit of R 1000,00 per team is required to ensure your place.
- Please send us your bookings form **as soon as possible** !

Please pay your deposit into the following account (Please use your school's name & "USN 5 Star" as reference):

**Camp Discovery (Pty)Ltd
FNB Hatfield
Branch code : 25 21 45
Account nr : 62101822668**

Please send your entry form back to us ASAP to avoid disappointment!

**For any enquiries on this Rugby week, please contact Natasha at
012 722 0072 during office hours or email her at
info@campdiscovery.co.za**

You can also visit us at www.campdiscovery.co.za.

We are looking forward to welcome you at our beautiful venue and exiting rugby week!

Camp Discovery Greetings,

**Marie van Deventer
Marketing Manager
Cell: 082 697 1415
Email: marketing@campdiscovery.co.za**



Camp Discovery
USN High School Rugby Week 2018
Booking Form
2018

Name of school: _____

Tel: _____ Fax: _____

Organiser: _____ Cell: _____

Coach: _____ Cell: _____

Email: _____

27 - 30 April 2018

Age Groups	Number of players per team	Number of coaches/managers per team
u/14 A		
u/14 B		
u/15 A		
u/15 B		
u/16 A		
u/16 B		
2nd		
1st		

- R1000 deposit paid**
- Proof of payment attached**
- I undertake to pay the outstanding amount 21 days before the start of the Rugby week**

Please fax the bookings form to 012 722 0073 / 086 516 7634 or email it to info@campdiscovery.co.za

Principal Name: _____ **Signature:** _____

Date: _____