



SARACENS

SARACENS RUGBY CAMPS

BETTER PLAYERS. BETTER PEOPLE.

HONESTY | DISCIPLINE | HUMILITY | WORK RATE

PHILOSOPHY

DOING RUGBY CAMPS... THE SARACENS WAY

Saracens have become triple European and five times Premiership Champions by focusing on its core values and an emphasis on fun, happiness and making memories. As well developing outstanding rugby players the coaches at Saracens aim to develop outstanding people. They have done it 'The Saracens Way'.

Saracens Rugby Camps offer children a unique opportunity to experience the Saracens culture, receiving expert coaching on and off the pitch in an exciting, safe and fun environment. Whilst developing their rugby skills on the pitch children will learn how the Saracens values of Discipline, Honesty, Work Rate, and Humility have contributed to the clubs success.

Through a structured and progressive programme, Saracens Rugby Camps aim to provide children with an exciting and fun rugby experience that will develop ***Better players. Better people.***



PLAY THE
SARACENS
WAY

Saracens
Harrow School
Residential Camp



WHAT IT TAKES TO BE A SARACEN!

Whilst at a Saracens Rugby Camp children will strive to adhere to our core values:

Discipline

We understand our role within the team and commit to be the best that we can be.

Honesty

We are honest with our self and help create a safe environment where others can give and receive honest feedback.

Work Rate

We work together as a team and always give 100%.

Humility

We are good losers as well as good winners and we treat everyone with respect.

OUR SARACENS

To become a Saracen requires far more than exceptional rugby ability. It demands a commitment to the clubs values and a willingness to be part of a team, part of the Saracens family. This philosophy has led to Saracens developing some of the world's leading rugby players, many of whom have come through the Saracens Academy to enjoy national and international recognition.

Zoe Harrison

A fly half who loves to attack, Zoe has played a leading role in Saracens Women becoming double Tyrells Premiership Champions and has been rewarded with selection for England.

Maro Itoje

Maro Itoje is a product of the Saracens Academy and his rise to the top of the rugby world has been truly meteoric, scooping up many individual accolades whilst making the leap to senior club, England and British & Irish Lions rugby.

Owen Farrell

Another product of the Saracens Academy, Owen has become not only an outstanding international fly half but one rugby's most influential leaders on and off the pitch.



OUR CAMPS

Saracens Rugby Camps offer a variety of courses and clinics for boys and girls aged 6 to 18 years of all playing abilities with a focus on having fun, making friends and developing **Better Players. Better People.**

Our complete skills clinics cover the full range of skills throughout the course, developing techniques specific to a player's own age grade as well as the core fundamentals.

We also offer more tailored, positional-specific clinics which take a closer look at the finer nuances of certain playing positions in smaller, more focussed groups.

A typical day at a skills clinic may follow a similar structure on the following table.

TIME	SESSION	CORE VALUES FOCUS
10:00 - 10:30	WARM-UP CATCH & PASS/RUNNING CENTRED GAMES	WORK RATE/DISCIPLINE
10:30 - 11:00	TRANSITION GAME	HONESTY
11:00 - 11:30	TACKLE/TAG TECHNIQUE	DISCIPLINE/HUMILITY
11:30 - 12:00	ATTACK - GO FORWARD AND SUPPORT	WORK RATE
LUNCH 12:00 - 13:00		
13:00 - 13:30	DECISION MAKING SKILLS	HUMILITY/HONESTY
13:30 - 14:00	AGE-SPECIFIC CONTACT ELEMENTS	WORK RATE/DISCIPLINE
14:00 - 14:30	DEFENSIVE CONNECTIVITY	DISCIPLINE/WORK RATE
14:30 - 15:00	SHOWCASE GAMES	ALL

VENUES

ALLIANZ PARK & SARACENS PARTNER CLUB & SCHOOL NETWORK

We are delighted to be able to host many of the Saracens Rugby Camps at Allianz Park; the home of the reigning Gallagher Premiership and European Champions, giving children the unique chance to tread in their heroes' footsteps!

We work closely with our fantastic network of partner rugby clubs & schools so that we can host our camps at local venues across Hertfordshire, Essex, Kent and other areas of the Saracens community.



FREQUENTLY ASKED QUESTIONS



What content will be covered?

Our clinics aim to cover as wide a variety of skills as possible, whilst still allowing time to go into sufficient detail. Camps lasting multiple days will inevitably allow for greater depth, but single day camps still aim to provide a good variety. Participants can expect to cover catch & pass skills, tackling and contact techniques, go-forward & support in attack, defensive connectivity and more

Is my child the right age?

The majority of our camps are open to both boys and girls in the under-7 to under-14 age grades. Some specialist clinics extend to under-17. If you are unsure which age grade your child is in, remember that your child will be two different ages in one school year [9 turning 10 in Year 5 for example]. They are “under” whichever the biggest number (under-10). Easy!

Does my child need to be a member of the club hosting the camp?

No. We encourage players from surrounding clubs and schools to attend camps at other Partner Clubs as well as their own to develop their skills with – and against – players that they don’t usually encounter at their regular club or school sessions.

Are Saracens camps suitable for less experienced players?

Absolutely. The majority of our camp participants play regularly, but our experienced coaching staff are aware that we cannot account for ability or experience of each group until they have been observed on the day. Less experienced players will be offered more support where needed; and more experienced players will be appropriately challenged!



BOOK NOW AT
WWW.SARACENS.COM/RUGBYCAMPS

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