

PITTSFORD RUGBY CAMP

SUMMER 2010

Who: Open to any Pittsford males entering grades 6th-12th. **No prior rugby experience is necessary.**

What: The camp is a chance for new athletes to experience the game of rugby as well as an opportunity for returning players to further develop their rugby skills.

Where: Mendon Ponds Park at the corner of Pond and Douglas Road. Look for the goalposts.

When: July 12th – July 15th. 6-9 pm.

Camp Goals:

1. Introduce new young athletes in the Pittsford community to the game of rugby.
2. Develop the skills of current Pittsford Rugby team members.
3. Give the past, present, and future members of the Pittsford Rugby team an opportunity to learn and work together toward improving the play of individuals and the team as a whole.
4. Demonstrate proper skills and safe technique in the various phases of the game.
5. Provide an atmosphere for fun and appreciation of the game within a working environment.

Necessary Equipment: All players will need the following items each day at camp:

Cleats (rugby-specific cleats are not necessary)

Shorts and a t-shirt

Mouthguard

Water

The camp will be run by the Pittsford Rugby coaching staff with the assistance of graduated seniors who have three or more years of rugby experience. The coaching staff is comprised of five volunteer individuals who are committed to providing young people with the opportunity to experience the game of rugby. Head coach Peter Tuzzolino is a level-3 certified coach through the International Rugby Board and USA Rugby, with five year of coaching experience and ten years of playing experience. Coach Tuzzolino is joined by Andrew Creahan, Christopher Singer, Patrick Singer, and Thomas Welsher. Christopher Singer is also a level-3 certified coach with the I.R.B. and USA Rugby. Combined, the Pittsford Rugby coaching staff has over twenty years of coaching experience and over forty years of experience on the field. Both Coach Tuzzolino and Coach Welsher are teachers in the Pittsford School District, teaching Social Studies at Sutherland and Mendon respectively.



Visit the team's website at: www.pittsfordrugbyclub.com

Peter Tuzzolino
Level-3 I.R.B. & USA Rugby Certified Coach
Pittsford Rugby Head Coach
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Registration Steps:

There is no limit on numbers, but a minimum of 30 is necessary to run the camp.

1. Complete the registration and medical release sections below
2. Detach and mail form with payment to the below address
3. Payment deadline is Monday, July 5th

Camp Cost: \$100 per athlete (Includes camp instruction and a t-shirt)
Payment must be received by Monday, July 5th

Check Payable To: Friends of Sutherland – Rugby

Mail To: Suzanne Heindl
346 Marsh Rd.
Pittsford, NY. 14534

(Fill out registration form, Sign medical release, and Send w/ payment)

Camp Registration Form

Participant's Name: _____ Age: _____
Address: _____ School: _____
City/Zip: _____ Phone: _____
E-mail Address: _____ T-shirt size: __S __M __L __ XL __ XXL
Emergency contact – Name and Phone Number: _____

Medical Release

It is understood that the Pittsford Rugby Club is not responsible for accidents resulting in medical, dental, or other expenses including loss of personal items. As legal guardian of the participant above, I grant permission to provide emergency treatment if necessary. The participant named above and his family assume the risk of injury while participating, therefore, releasing the Pittsford Rugby Club, Coaching Staff, Camp Staff, and the Monroe County Parks Department from any liability.

Parent/Guardian Signature: _____ Date: _____
Insurance Provider: _____ Policy #: _____