

Ponsonby Rugby Football Club

Finding pre-season tough? Want to make 2011 your year? We are pleased to offer all Ponsonby Rugby Football Club players an opportunity to join our **'Club Academy Program'** to develop their strength, speed and fitness for a fraction of the price.

Limited spaces (5 players only), apply now.

When: 28th Feb – 24th March

Venues:

Netfit Training Room (NTR), 11 Sultan St, Ellerslie,
Cornwall Park (CWP), Pohutakawa Drive, Greenlane
One Tree Hill College (OTH), Great South Rd, Ellerslie

Week 1	Monday 28 th February	Tuesday 29 th	Wednesday 1 st March	Thursday 3 rd March
AM	Strength testing @ NTR, 7.30am-8.30am	Weights @ NTR, 7.30am-8.30am		Weights @ NTR, 7.30am-8.30am
PM	Cond/Speed testing @ OTH, 6.30pm-7.30pm	Club Rugby, 6.30pm-8pm	Speed @ OTH 6.30pm-7.30pm	Club Rugby 6.30pm-8pm
Week 2	Monday 7 th March	Tuesday 8 th March	Wednesday 9 th March	Thursday 10 th March
AM	Weights @ NTR, 6.30-7.30am	Weights @ NTR, 7.30am-8.30am		Weights @ NTR, 7.30am-8.30am
PM	Speed @ CWP, 6.30pm-7.30pm	Club Rugby, 6.30pm-8pm	Speed @ OTH 6.30pm-7.30pm	Club Rugby 6.30pm-8pm
Week 3	Monday 14 th March	Tuesday 15 th March	Wednesday 16 th March	Thursday 17 th March
AM	Weights @ NTR, 6.30-7.30am	Weights @ NTR, 7.30am-8.30am		Weights @ NTR, 7.30am-8.30am
PM	Speed @ CWP, 6.30pm-7.30pm	Club Rugby, 6.30pm-8pm	Speed @ OTH 6.30pm-7.30pm	Club Rugby 6.30pm-8pm
Week 4	Monday 21 st March	Tuesday 22 nd March	Wednesday 23 rd March	Thursday 24 th March
AM	Strength testing @ NTR, 7.30am-8.30am	Weights @ NTR, 7.30am-8.30am		Weights @ NTR, 7.30am-8.30am
PM	Cond/Speed testing @ OTH, 6.30pm-7.30pm	Club Rugby, 6.30pm-8pm	Speed @ OTH, 6.30pm-7.30pm	Club Rugby 6.30pm-8pm

Plus you will receive:

- 4 week gym membership (Netfit Training Room)
- Twin Training shirt
- Personal training folder
- Training resources

Cost: \$200 per player (less than \$10 per session)

(Just want to do speed sessions? Email Chad now for quotes)

Secure a place now, contact Chad for a registration form.

Chad Tuoro

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