



2008 Österreich am Ball Women's Rugby Trophy

Do.20.-Mo.24.3.2008
Emerging Nations Training Camp
+ Mock 7's Euro Champ
Korneuburg, Austria



2008
ÖSTERREICH AM BALL

RUGBY Nations participating (**EM 2008 Football Nations**):
Austria/ Bosnia/ Bulgaria/ Croatia/ Czech Republic/ Finland/ Hungary/ Luxembourg/ Poland/ Serbia

CLOSING THE GAP

Raising the level & standard from the "Bottom" up for a better rugby challenge for all!

This event is taking place under the patronage of our Chancellor, Dr. Alfred Gusenbauer, the Austrian Sports Minister, and was made possible by the project www.fussballverband.at

As a result of their financial assistance we can offer the following funding to **the first 8 Nations to sign up** a team and confirm their participation in the ENTC & Tournament Day:

- 50% of accommodation costs covered by Sports Ministry (€15,-/person/day for 4 days –Thurs. to Sun. night)
- A funded National Team = max. **15 people** (12 players, 1 coach, 1 manager & 1 functionary /union rep. /referee)
- More than 8 Nations & 15 people per team are welcome to participate but they must unfortunately cover 100% of their accommodation costs on their own or through their union.

PRELIMINARY TRAINING CAMP & TOURNAMENT INFORMATION

Tournament Date: **Sunday 23 March** → "2008 Österreich am Ball" Women's RUGBY Trophy with competitive "Euro.Champ. Test Matches" among participating national teams

Training Camp Date: **Friday 21 to Monday 24 March 2008 (Arrival: Thursday 20 March, evening)**

Training Camp Venue → Korneuburg, AUSTRIA (Stadium Facilities)

Accommodation Fee: Hotels €15,-/pers./day for room + breakfast = €60,- for 4 days (Sports Ministry pays 50% = €60,-)

Meal Fees: €5,- / meal 2x / day x 4 days = €40,- for 4 days

Transportation costs: vary depending on means of transportation and point of departure/arrival

Stadium & training pitch + facility costs: €800,- /day x 4 days = €3'200,- (covered by Sports Ministry)

Tournament Referees: We would like min. 4 referees involved with tournament day. Last ENTC we all decided we would like to have official referees for tournament day (rather than willing & able coaches) for this mock/test European Championship. As a result, we hope to attract referees from various participating nations to ensure a neutral process. Any nations interested in giving their referees this kind of practice or exposure, of working with women at a Euro. Champ. level, are also welcome to sign up their referees to participate either in the Training Camp and/or Coach + Referee Training.

Player participation includes:

- 5 rugby sessions over 3 Days, exciting, high quality rugby instruction under guidance of France's Women's A Team Trainer, **Gérald BASTIDE** and France's **Éric PLANES**, responsible for Women's Rugby "Grand Sud" and Technique Department Advisor of Roussillon.
- Potential national team player evaluations may be conducted throughout camp by your respective coaches.
- "2008 Österreich am Ball" Women's RUGBY Trophy Tournament Day (Sunday 23 March).

Coach & Referee participation includes:

- Learn while watching rugby experts in action throughout training camp & tournament & immediately put it into practice.
- Question & answer periods before, during and/or at the end of various training sessions.
- National Coach & Referee 7's specific Sessions on various afternoons with knowledge sharing/exchange among NT Coaches, Training Experts & Referees
- Referee sessions guided by Germany's **Kerstin Ljungdahl**, who was the first female Referee in Germany and the only qualified female IRB Officials Educator in Europe. She will select parts of the new IRB Level 1 and 2 Referee program for her sessions. Assisting her we have Hungary's highly motivated **Csaba Priskin**, Secretary of the Hungarian Referee Committee and main Referee Training contact. He has facilitated all of our EN Women's activities from the beginning.





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Draft Training Camp & Tournament Program

This is a draft and has been altered to fit the needs of the participants and coaches

Thursday/Friday – Arrival days

Players assemble Thurs. evening (Finland -Thurs. morn.?) & get good nights rest. Some arrive Friday throughout the day; please inform us in advance for hotel bookings. **Thursday 21:00** - Meet players & officials for briefing on updated TC schedule

Friday - Day #1

08:30 – 09:00 - Breakfast (at hotel)

09:30 - Warm-up

10:00 - **Session One**

12:30 – 13:30 - Lunch (at stadium)

14:00 - Warm up

14:30 - **Session two**

Players & Referees

16:30 - Practice Games

17:30 - Conclude Day #1.

Coaches

16:30 – 18:30- Coach Training Sessions with experts

19:00 – Dinner for all (at stadium)

20:00 – 21:30 - Players & coaches watch some women's rugby games/ Coaches & Managers pick expert's brains & assess next day's plan & discuss coaching issues

21:30 - Players & officials meet - briefing on TC schedule

Saturday- Day #2

08:30 – 09:00 - Breakfast (at hotel)

09:30 - Warm-up

10:00 - **Session Three**

12:30 – 13:30 - Lunch (at stadium)

14:00 - Warm up

14:30 - **Session four**

Players & Referees

16:30 - Practice Games

17:30 - Conclude Day #2.

Coaches & Expert Trainers

16:30 – 18:30- Coach Training Sessions with experts

19:00 – Dinner for all (at stadium)

20:00 – 21:00 - Players & coaches watch some women's rugby games/ Coaches & Managers pick expert's brains & assess next day's plan & discuss coaching issues

Sunday- Day #3 Tournament Day

"2008 Österreich am Ball" RUGBY Trophy

08:00 – 08:30 - Breakfast (at hotel)

09:00 - Warm-ups

- Mental Preparation for Games

09:30 – 12:30 - **Tournament Session one**

12:30 – 14:00 - LIGHT Lunch breaks in groups

13:00 – 16:00 - **Tournament Session Two**

16:30 – 17:00 - **"2008 Österreich am Ball"**

RUGBY Trophy Awards Ceremony

(Hand in Team Sheets & determine Tournament Ranking)

17:30 - Dinner (at stadium)

Players

18:30 – 19:30 – **SHARING TIME**

Referees, Coaches & Expert Trainers

18:30 – 19:30 - Tournament Feedback Sessions

All Participants

20:00 – 20:30 - Thank yous

20:30 – 22:30 – Continue Sharing time and Party!

Monday- Day #4

09:00 – 09:30 - Breakfast (at hotel)

10:00 - Warm-ups

10:30 - **Session Five**

13:00 - Conclude Day #4 for players.

13:30 - 14:30 - Lunch (at stadium)

14:30 - Departure Time - Free Time - Tour Vienna

For further requests or information please contact:

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