



# Emerging Nations Training Camp VI

## + Test Euro Champ Tournament

### Women's 7's Rugby

Thurs. 21 – Mon. 25 April 2011



## ZÁNKA CENTRUM Zánka, Hungary

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### Emerging Nations Training Camps Experience Report 2010 & Upcoming ENTC VI 2011



The 5th ENTC (Emerging Nations Training Camp) took place from 1 to 5 April 2010 in Zánka, Hungary. ENTC II and III were supported by the FIRA and their experts and for the first time ENTC IV in 2009 was supported by the IRB thanks to the kind recommendation of FIRA President, Mr. Jean Claude Baqué who believed in our regional women's development project. We have now made it to ENTC VI with both IRB and FIRA support!



The Youth Centre and ENTC IV, V and now VI venue, Zanka, is like an all inclusive little city for kids that quickly earned its new name of "Kiddie College". It is huge and has everything that motivated, rugby spirited players need in order to develop - pitches, stadium, accommodation, cafeteria (great food, very flexible staff), drinking water, supermarket, coffee bar, bar, cross country/forest running paths, and the legendary Balaton Lake within walking/jogging distance! – An ideal "all-in-one" venue! ENTC V participating nations were: Austria, Croatia, Czech Republic, Finland, Hungary and Poland, Slovenia and a Barbarian team made up of Austrian, Czech, Hungarian & Polish development players.

The general purpose of these Emerging Nations Training Camps (ENTC's) is actually to close the gap in performance levels between countries where Rugby has long been established and nations that are quite new to this sport but have a heart for the game and the drive to learn and play the sport against all odds and at their own expense.



The IRB support was well demonstrated by their initiative to provide us with some of the best experts to whom they have access. Since ENTC IV the RFU has made coach expert Graham Smith, co-coach of England Women's National Team, available to us and every year we are also provided with a referee expert, this year it is Italy's Viorel Popescu. For ENTC VI we are also going to welcome Simon Jones to work with the coaches. This year we are expecting approximately 180 players and 26 coaches and 13 referees. The coaches and referees will work on their official IRB 7's Coach or Referee Certification Level 1 or 2.

The trainings are usually conducted in two sessions per day; one morning and one afternoon and are on average 2,5 hours each. At the end of every day, test matches are scheduled as a possibility to apply in practice what we have just learned during the day and, of course, to prepare for the TEST Euro on Sunday.

**Sunday: Tournament Day!** Our Test European Championship follows the same structure and procedures as the official FIRA European Championships. Every team plays 5 games which is a great test of physical and mental endurance for the FIRA Euros.



The Emerging Nations Training Camp, initiated and organised by Renée Carmine-Jones from the Austrian Rugby Union who represents the 7's emerging / developing nations of Europe, has become a huge success for the participating nations. For ENTC V and for this years ENTC VI she is working in close cooperation with Host Union Hungary. This cooperation with the Host Union and with Zanka make this event run smoothly and consistently every year.





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#### DETAILED DRAFT PROGRAMME

This may be altered to fit the needs of the participants

Legend: **PLAYERS** in GREEN / **COACHES** in BLUE / **REFEREES** in ORANGE / ALL TOGETHER in BLACK

There will be two groups of players; group 1 will be with GBS. Groups 2 will be with SH

#### Thursday - Day #1

**08:00 - 14:00 - Arrival of Teams**

**12:00 – 13:00 - Lunch for all**

**14:00 – Players Warmed up / Core Skills in your teams**

**Group 1 w/GBS**

14:15 – handling skills, passing with width

**Group 2 w/SH**

14:15 – 1 v 1 tackling

15:30 – DRINK BREAK

15:45 – Groups 1 & 2 swap coaches

**14:00 – 16:30 Coaches Session One w/Simon Jones**

**14:00 – 16:30 Referees Session One w/Viorel Popescu**

**Players & Referees**

**17:00 - Practice Games**

**18:00 - Conclude Day #1**

**18:30 – Player Dinner (at cafeteria)**

**17:00 – 19:00- Coaches Session Two w/Simon Jones**

**18:00 – 19:00- Referees Feedback Session w/Viorel Popescu**

**19:00 – Coaches & Referees** Dinner (at cafeteria)

**19:30 – 21:00 - Motivational videos for players, Q & A with GBS & SH**

**17:30 – 18:30- Coaches Session Five w/SJ**

**17:30 – 18:30- Referees Feedback Session w/Viorel Popescu**

**18:30 – Coaches & Referees** Dinner (at cafeteria)

**19:30 – 21:30 - 7' DVD – Men's games from Hong Kong and Australia**

#### Saturday- Day #3

**08:00 – 08:30 - Breakfast (at cafeteria)**

**09:30 - Warm-up**

**Group 1 w/SH**

10:00 – Scrummage

**Group 2 w/GBS**

10:00 – Lineout, jumping & lifting (Hooker's throw?)

11:00 – Groups swap coaches

12:00 – Tournament day, pre-game prep, mental & physical, and post game/tournament day warm down & quick recovery process

**13:00 - Conclude Day #3.**

**09:30 - 11:30 Coaches Session Six w/SJ**

**09:30 – 11:30 Referees Session Three w/VP**

**Coaches & Referees**

11:30 - 12:00 – Coaches, Referees & Tournament Director, Test Euro Planning Session, Rules & Regulations, Q & A

**12:00 – 13:00 Test Euro Tournament Timetable & Referees Assignments w/VP** (Print 50 copies of each to hand out to coaches & Referees)

**13:00 – 14:00 – for all Lunch (at cafeteria)**

**14:00 – Free Time**

**14:00 – Men's XV's match @ Stadium: Hungary vs. Croatia**

**14:00 – 15:00 Making sure all is ready for Test Euro Tournament**

**18:30 – for all Dinner (at cafeteria)**

**19:30 – 20:30 – All Referees explain Test Euro procedures, rules & regulations, areas of concentration, past ENTIC ALL STARS that went to the London WASPS report on experience!**

#### Sunday- Day #4 TEST EURO CHAMP Day (next page)

#### Monday- Day #5

**09:00 – 09:45 - Breakfast (at cafeteria)**

**09:45 – 10:00 – for all -Feedback Session (incl. Players)**

This will help planning for ENTIC VII

**10:00 - Conclude ENTIC VI**

**Teams Travel Home Safely!!**

#### Friday- Day #2

**08:00 – 08:30 - Breakfast for all (at cafeteria)**

**09:15 - Warm-up**

**Group 1 w/GBS**

09:30 – Attacking play, decision making, supporting the linebreak

**Group 2 w/SH**

09:30 – Defense, 1 v 1 and organised

10:45 – DRINK BREAK

11:00 – Groups swap coaches

**12:15 – Warm down**

**09:30 - 12:00 Coaches Session Three w/SJ**

**09:30 – 12:00 Referees Session Two w/VP**

**12:30 – 13:30 – for all Lunch (at Cafeteria)**

**14:00 - Warm up**

**Group 1 w/GBS**

14:30 – Breakdown & ball retention

**Group 2 w/SH**

14:30 – Defensive patterns

**14:00 – 16:30 Coaches Session Four w/Simon Jones**

**14:00 – 16:30 Referees Session Three w/Viorel Popescu**

**Players & Referees & Coaches**

**16:30 - Practice Games**

**17:30 – Players conclude Day #2**

**18:00 – Player Dinner (at cafeteria)**





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## Sunday- **Day #4** TEST EURO CHAMP Day @ Stadium

**07:00 – 08:00** - Breakfast (at cafeteria)

**08:30** - Warm-ups  
- Mental Preparation for Games

**09:00 – 12:00** – *Tournament part 1*

**11:30 – 13:00** - LIGHT Lunch breaks in groups with packed lunches

**13:00 – 15:30** - *Tournament part 2*

**15:30 – 15:45** - Hand in Team Sheets & determine Ranking

**15:45 – 16:00** – **All Stars Game vs. Champions**

**16:00 – 16:30** – Photo Shootings

### Tournament Director, Referees, Coaches & Experts & Zanka Coordinator

**16:30 – 17:00** - Tournament & TC Feedback Session on site

**18:30 – for all** - Banquet Dinner (at Cafeteria)

**19:30 – 20:30** - **ENTC V Awards Ceremony**

Team Sharing & Thank You Time 4 all

*20:30 – 23:30* - *ENTC VI CELEBRATION Cont. sharing & Party!*  
*Possibly move celebrations to the bar*





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#### Participation Process:

To secure participation and accommodation a €500 deposit/commitment fee is required that will be returned to your manager/coach/union at the end of the camp if no damage or injury/hospital costs were incurred during the camp.

Accommodation + 3 meals a day will cost a special all inclusive rate of €30 a day for players in 6 – 8 bedded rooms and €35 a day for staff (whether player /referee /coach /manager/physio or driver). So, depending on arrival date, participants will either be staying 4 or 5 nights (Wed. night or Thurs. morn. to Mon. morn) and either pay €120 or €150 per player and/or €140 or €175 for staff.

Account details are as follows:  
OERV-AUSTRIAN RUGBY UNION  
BIC/SWIFT GIBAATWWXXX  
IBAN AT872011128964486300

PLEASE INCLUDE IN SUBJECT LINE:  
(COUNTRY NAME) ENTC VI PARTICIPATION Fee  
If you pay deposit & participation fee at same time then write:  
(CN) ENTC VI COMMITMENT FEE €500 +PARTICIPATION Fee

Invoices will be provided by request once full payment has been made.

Please let me know if any questions remain on your part or that of your unions.

Those of you flying into Budapest should already have been put in contact with one another in case you wish to coordinate joint transportation to Zanka return.

#### REMINDERS for upcoming Dates:

- Confirm INTEREST in participating (by 12 November 2010)
- €500,- Deposit/Commitment fee (by 04 Feb 2011) if deposit is not needed for player emergency, it will be returned to team manager/coach by host union on last day of ENTC VI, not by bank transfer as last year
- **Registration Forms handed in (by 18 March 2011)** – don't forget to register coaches and referees for the IRB Certification Courses! And please provide us with their e-mail addresses as well so that the Coach and Referee Educators can reach them about preparation and materials they need to bring.
- Final / Complete Payment (by Friday 8 April 2011)
- ENTC VI from Thursday 21 April to Monday 25 April 2011)

We expect participation of up to 12 Nations. The following Nations have confirmed

Austria, Bulgaria, Croatia, Croatia/Slovenia Barbarians, Czech Republic, Denmark, Georgia?, Hungary, Luxembourg, Poland, Romania, Serbia and Slovakia

Further requests or information please contact:

Renée Carmine-Jones, Women's Rugby 7's Emerging Nations Representative & ENTC Project Manager

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Csaba Priskin, ENTC Test Euro Champ Tournament Director & On Site Coordinator

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#### Location of the Sports Center / Mini Olympic Village!

The Sports Centre is located on a beautiful piece of land that is approx. 209 hectares, on the shore of the largest fresh-water lake in Europe, in the beautiful environment of the Balaton highlands rich in historical and natural resources, right in the middle of many popular touristic attractions.

#### 1 ACCOMMODATION

##### Summer buildings :

two-story residences with rooms of 6 or 8 beds (with shower and WC in rooms) for the coaches, referees, managers, physios and other staff, there are rooms of 2, 3, 4 and 6 beds with shower and WC. In the residences there are workshop and seminar rooms and a meeting/socialising room.



6 bedded rooms and 8 bedded rooms

#### 2 MEAL OPTIONS

The kitchen and restaurant capacity of the Sports Centre makes possible to serve thousands of person at the same time.

Besides the central restaurant some smaller establishment of catering trade await the guest.

Special meals are available (vegetarian, diabetic, gluten free, kosher, etc...) special menus are available according to previous requirements. We have requested high energy sports menus and FISH on Easter Friday by popular demand/request.

For your special meal requests please contact Renée.

#### 3 SPORTS ESTABLISHMENTS AND SERVICES

Zánka has advantageous geography location beside the numbers of sport facilities (sport hall, stadium, open-air sport fields, gym, aerobic-hall, sauna etc.) that offers possibilities for different type of sports as well as training camps and sport events.

Based on the own cultural and sport establishments the Centre is suited for international meetings and conferences as well as major sports championships.

Stadium	- 110 x 65 m sports ground with grass - 400 m , 6 raceway - audio technic is available	3000 people
Sports Fields	2 sports fields (side by side) near stadium	
Fitness center	- GYM with many new machines - Aerobic-hall	20-30 people
Sauna	dry sauna with a small cold-water-pool	8 people





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Venue: Zánka Youth Sports Centre ([www.zanka.hu](http://www.zanka.hu))

