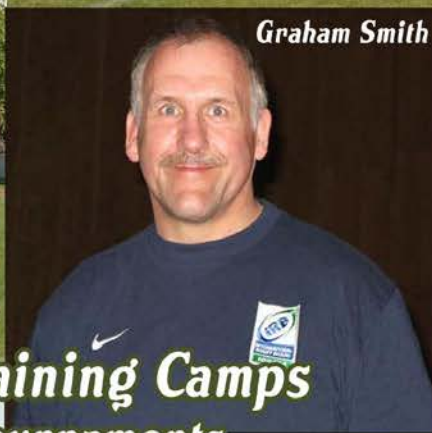




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Graham Smith



**Emerging Nations Training Camps**  
**+ Test Euro Champ Tournaments**  
**Women's 7's Rugby**  
**Easter every year!**



Simon Jones



Sarah Hunter



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# ENTC VII

Easter 2012

Thursday 5 to Monday 9 April

Emerging Nations Training Camps

+ Test Euro Championship Tournaments

Women's 7's Rugby

Easter every year!

Venue:

**ZANKA, HUNGARY**

Host:

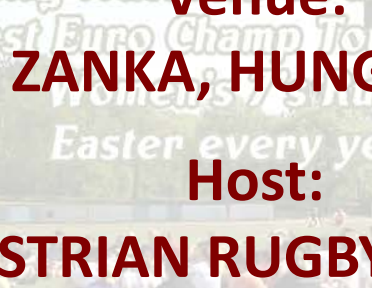
**AUSTRIAN RUGBY UNION**



Graham Smith



Sarah Hunter



Simon Jones



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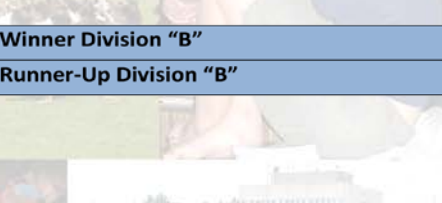
# 2011 FIRA Euro Rankings

## FIRA-AER Women's 7's European rankings 2011

Ranking 2011 & (comparison 2010):	Nation:	
<b>1 (+4)</b>	<b>England</b>	Winner "Top 12" & European Champion
<b>2 (-1)</b>	Spain	
<b>3 (-1)</b>	Netherlands	
<b>4 (+2)</b>	Russia	
<b>5 (-2)</b>	France	
<b>6 (+1)</b>	Portugal	
<b>7 (+1)</b>	Germany	
<b>8 (-4)</b>	Italy	
<b>9 (-)</b>	Sweden	
<b>10 (-)</b>	Moldova	
<b>11 (+11)</b>	<b>Ukraine</b>	Winner Division "A"
<b>12 (-)</b>	<b>Switzerland</b>	Runner-Up Division "A"
<b>13 (+1)</b>	Romania	
<b>14 (-3)</b>	Finland	
<b>15 (+2)</b>	Czech Republic	
<b>16 (+3)</b>	Croatia	
<b>17 (+1)</b>	Austria	
<b>18 (-5)</b>	Belgium	
<b>19 (+6)</b>	Norway	
<b>20 (-)</b>	Bulgaria	
<b>21 (-6)</b>	Latvia	
<b>22 (+1)</b>	Malta	
<b>23 (+3)</b>	<b>Poland</b>	Winner Division "B"
<b>24 (+5)</b>	<b>Denmark</b>	Runner-Up Division "B"
<b>25 (-9)</b>	Andorra	
<b>26 (-5)</b>	Israel	
<b>27 (-)</b>	Georgia	
<b>28 (-4)</b>	Hungary	
<b>29 (-1)</b>	Lithuania	
<b>30 (+3)</b>	Serbia	
<b>31 (-1)</b>	Luxembourg	
<b>32 (-1)</b>	Bosnia Herzegovina	
<b>33 (-1)</b>	Slovenia	



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**European Women's Sevens Series 1<sup>st</sup> Round (12) 16-17 June – TBC (Netherlands)**

1. England
2. Spain
3. Netherlands
4. Russia
5. France
6. Portugal
7. Germany
8. Italy
9. Sweden
10. Moldova
11. Ukraine
12. Switzerland

**WRWC Sevens Qualifier (Final Rd.)/European Sevens Series Finale (16) 30 June/1 July – Moscow (Russia)**

1. EWSS 1<sup>st</sup> from 1<sup>st</sup> Round
2. EWSS 2<sup>nd</sup> from 1<sup>st</sup> Round
3. EWSS 3<sup>rd</sup> from 1<sup>st</sup> Round
4. EWSS 4<sup>th</sup> from 1<sup>st</sup> Round
5. EWSS 5<sup>th</sup> from 1<sup>st</sup> Round
6. EWSS 6<sup>th</sup> from 1<sup>st</sup> Round
7. EWSS 7<sup>th</sup> from 1<sup>st</sup> Round
8. EWSS 8<sup>th</sup> from 1<sup>st</sup> Round
9. EWSS 9<sup>th</sup> from 1<sup>st</sup> Round
10. EWSS 10<sup>th</sup> from 1<sup>st</sup> Round
11. EWSS 11<sup>th</sup> from 1<sup>st</sup> Round
12. EWSS 12<sup>th</sup> from 1<sup>st</sup> Round
13. Qualifier 1
14. Qualifier 2
15. Qualifier 3
16. Qualifier 4

**WRWC QUAL. TOURNAMENT 1<sup>st</sup> Round" A" (12) 9-10 June – Sofia (Bulgaria)**

- |             |              |
|-------------|--------------|
| 1. Romania  | 7. Andorra   |
| 2. Croatia  | 8. Hungary   |
| 3. Austria  | 9. Lithuania |
| 4. Bulgaria | 10. Bosnia H |
| 5. Latvia   | 11. Wales    |
| 6. Denmark  | 12. Slovakia |

**Top 2 from each 1<sup>st</sup> round of qualification tournaments (except Slovakia) qualify for the Final round**

**WRWC QUAL. TOURNAMENT 1<sup>st</sup> Round" B" (10) 9-10 June – Brussels (Belgium)**

- |               |              |
|---------------|--------------|
| 1. Finland    | 7. Israel    |
| 2. Czech Rep. | 8. Georgia   |
| 3. Belgium    | 9. Serbia    |
| 4. Norway     | 10. Scotland |
| 5. Malta      |              |
| 6. Poland     |              |

**Top 5 from final (excl. Russia) qualify for WRWC Sevens (Moscow) 2013**

# EMERGING NATIONS TRAINING CAMPS

## ENTC VII

Thursday 5 to Monday 9 April 2012

Venue: ZANKA, HUNGARY

*Emerging Nations Training Camps*

*+ Test Euro Champ Tournaments*

*Women's 7's Rugby*

### Aims:

Closing the gap between the Top 10 and the A & B Groups

Pre-Rankings for European Championship 2012

To identify areas where National Teams need to work

NT Coaches Conduct National Team Selection

For European Championship 2012

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...Love life!*

Graham Smith

Sarah Hunter

# ENTC VII

Thursday 5 to Monday 9 April 2012

Venue to be voted on

**As a TES Adopted Project we are provided with:**

A Certified Elite Level Coaching Expert for Players

A Certified Elite Level Coaching Expert for Coaches

A Certified Elite Level Referee Expert on 7's

+ 2 RFU assisted HP Union / Team Role Model Player / Coaches

**IRB Coach Training & Certification** (in parallel)

Last 2 years coaches had the chance to receive their IRB L1 + L2 Seven's Certifications.

This year we offer coaches a Continued Personal Development Course on 7's Strength & Conditioning.

**Referee Training & Certification** (in parallel)

Referees & Tournament Directors in Training

Run Test European Championship Tournament Day in Stadium

Test and rate potential Euro Champ referees & make a selection from the top ones.



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# ENTC VII

Thursday 5 to Monday 9 April 2012

Venue ZANKA, HUNGARY

## *Past participating nations:*

Austria  
Bosnia I Herzegovina  
Bulgaria  
Croatia  
Czech Republic  
Denmark  
Finland  
Hungary  
Luxembourg  
Poland  
Romania  
Serbia  
Slovakia  
Slovenia

## *Also invited / welcome:* Smith

Andorra  
Belgium  
Georgia  
Greece  
Israel  
Latvia  
Lithuania  
Malta  
Norway  
Ukraine

## *+ Development teams from:*

Italy  
Germany  
Netherlands  
Portugal  
Switzerland

*In the past some nations with only a small selection of youth players have brought them along to be mixed into teams for an U18 tournament:*

Austria, Czech Rep, Hungary, Poland, Serbia

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# ENTC VII

Thursday 5 to Monday 9 April 2012  
Venue ZANKA, HUNGARY

Graham Smith

## EXPECTED NUMBERS:

**15 Participating Nations**

**15 Players per Nation**

**200 NT Squad Players**

**15 to 20 NT Active Coaches**

**10 to 15 Seven's Referees**

**30 to 40 U18 NT Players**

Emerging Nations Training Camps  
+ Festival of Rugby Tournaments  
Fasten every year!

Simon Jones

Sarah Hunter

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# ENTC PROGRAMME

- **DETAILED DRAFT ENTC 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 and 2 expert coaches for the players

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# Programme (Thursday)

## 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/Expert 1**
- 14:15 – handling skills, passing with width  
**Group 2 w/Expert 2**
- 14:15 – 1 v 1 tackling
- 15:30 – BREAK
- 15:45 – Groups 1 & 2 swap coaches
- 14:00 – 16:30 **Coaches Session One**
- 14:00 – 16:30 **Referees Session One**
- **Players & Referees**
- 17:00 – Practice Games
- 18:00 – Conclude Day #1
- 18:30 – Player Dinner (at cafeteria)
- 17:00 – 19:00- **Coaches Session Two**
- 18:00 – 19:00- **Referees Feedback Session**
- 19:00 – **Coaches & Referees** Dinner (at cafeteria)
- 19:30 – 21:00 - Motivational videos for players, Q & A

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Women's 7's Rugby  
Every year!

# Programme (Friday)

## Friday- Day #2

- **08:00 – 08:30 - Breakfast** for all (at cafeteria)
- **09:15 – Warm-up**  
**Group 1 w/Expert 1**
- 09:30 – Attacking play, decision making, supporting the linebreak
- **Group 2 w/Expert 2**
- 09:30 – Defense, 1 v 1 and organised
- 10:45 – BREAK
- 11:00 – Groups swap coaches
- **12:15 – Warm down**
- **09:30 – 12:00 Coaches Session Three**
- **09:30 – 12:00 Referees Session Two**
- **12:30 – 13:30 – for all Lunch** (at Cafeteria)
- **14:00 – Warm up**
- **Group 1 w/Expert 1**
- 14:30 – Breakdown & ball retention
- **Group 2 w/Expert 2**
- 14:30 – Defensive patterns
- **14:00 – 16:30 Coaches Session Four**
- **14:00 – 16:30 Referees Session Three**
- **Players & Referees & Coaches**
- **16:30 - Practice Games**
- **17:30 – Players conclude Day #2**
- **18:00 – Player Dinner** (at cafeteria)
- **17:30 – 18:30- Coaches Session Five**
- **17:30 – 18:30- Referees Feedback Session**
- **18:30 – Coaches & Referees Dinner** (at cafeteria)
- **19:30 – 21:30 - 7' DVD – Men's games** from Hong Kong and Australia

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# Programme (Saturday)

## Saturday- Day #3

- 08:00 – 08:30 - Breakfast (at cafeteria)
- 09:30 - Warm-up
- **Group 1 w/Expert 2**
- 10:00 – Scrummage
- **Group 2 w/Expert 1**
- 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**
- **09:30 – 11:30 Referees Session Three**
- **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 (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 – 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 ENTC ALL STARS that went to the London WASPS report on experience!

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# Programme (Sunday)

## 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 VII Awards Ceremony**

Team Sharing & Thank You Time 4 all

- 20:30 – 23:30 - **ENTC VII CELEBRATION Cont. sharing & Party!**

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# Programme (Monday)

## Monday- Day #5

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

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

• This will help planning for ENTCT VIII

10:00 - Conclude ENTCT VII

- Teams Travel Home Safely!!



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Sarah Hunter

Simon Jones

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