



WHAT IS THE DUBAI 7s EPP AND FURTHER DETAILS?

The Dubai 7s is committed to giving young, aspirational rugby players the opportunity to learn and engage with the best players in the world. Delivering a world class camp which includes specialist coaching on and off the field to help young athletes to understand the meaning of high performance, on the field, in the classroom and ultimately in the workplace.

The coaching team come from every corner of the world to match the diverse rugby community in the UAE. From former to current international captains, world record holders and world class experts, this program is the first of its kind in the Middle East.

We use rugby 7s as a tool to educate players on the field as they learn to perform the fundamentals of rugby at a high pace, high stress in the Olympic form of the game. With modules on players welfare, mental health, nutrition, movement and leadership all involved leave with a greater understanding of the application required.

For more details please refer to the 2021 EPP Prospectus.

Program Schedule

Sunday October 17th: Top Up Day

This is an optional 'extra' day of specialist coaching. Players choose two specialist clinics to work with individual coaches in small groups working on specific skills be it strengths or weaknesses

Arrive 7.30-8am
Camp runs from 8am - 3pm with collection between 3-4pm

October 18th - 20th: The Performance Camp

Arrive 7.30-8am
Camp runs from 8am - 3pm with collection between 3-4pm

On the final day (20th), parents are invited to join the camp to watch live matches from 2.30-4pm followed by an end of camp braai.

October 21st: Coach the Coach & Women's & Girls sessions

AM - The international coaching team will host a 'Coach the Coach' session for school and club coaches from the across the UAE. This will feature both on field and in classroom engagement on how to deliver the building blocks of a 7s program at a fundamental level to leave a lasting impact in schools and clubs and give coaches an opportunity to engage.

*All coaches that sign up for the Coach the Coach clinic are invited to join the performance camp as a development opportunity to watch all the sessions and engage with the coaches

* AM Girls session, PM Women's session
The International coaching team will host a one day session for women and girls from across the region. This will be an onfield session broken down into specialist units.

Costs

The Performance Camp (18th-20th October) - AED 1350*
The Top Up Day - AED 300 (including lunch)

*Price includes kit, drinks, sports supplements & lunch each day,

Coach the Coach Clinic - AED 200
Women's & Girls Development Clinic - AED 250

Contact

To sign up for the program this coming October please [CLICK HERE](#) or

[EXPRESS INTEREST](#)

For further details on the program please contact Program Manager, Matthew Burn on matthew.burn@emirates.com