

SUPER 6 HIGH PERFORMANCE



LUKE LEWIS



CRAIG GOWER



CARL JENNINGS

**SKILLS DEVELOPMENT PROGRAM
FOR RUGBY LEAGUE & RUGBY UNION
SCHOOL HOLIDAY SCHEDULE 2019**



S6HP

*Giving every young athlete the best opportunity
to fulfil their potential in sport & life*

Register Today: 0435 931 200

DREAM BIG
TRAIN SMART



We are very excited to announce Rugby League Legends **Luke Lewis** & **Craig Gower** have joined forces with **Carl Jennings**, former NRL & Super 15s Head Strength & Conditioning Coach, to launch their exciting skill development program for young aspiring Rugby League & Rugby Union players.

This will be a unique opportunity for young boys and girls between the ages of 8 – 14, within the Western Sydney area to be coached and mentored by the very best.

Our specially designed S6HP Rugby Skills development curriculum, will focus on helping young players learn the fundamental skills required for effective & safe play. **(PASS - CATCH - RUN - TACKLE - KICK- PLAY THE BALL)**

WE HAVE 4 PROGRAMS PLANNED FOR THE APRIL SCHOOL HOLIDAYS

Tue 16th April

Wed 17th April

Tue 23rd April

Wed 24th April

COST

8-14 years, Skill Development Program: \$150 for the Half Day (9:00am to 1:30pm)

This includes our S6HP Rugby Development Kit (Shorts / Shirt & Cap)

VENUE

Penrith Panthers Stadium (Outside field)

Mulgoa Rd & Ransley St, Penrith NSW 2750

Limited places available.

Contact us today.

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Facebook: Super 6 High Performance Program