

EZRC OEMOEMENOE

SUMMER CAMP

**12, 13 EN 14
AUGUSTUS 2025**

**DEZE
INTERNATIONALS
GEVEN JOU STRAKS
TRAINING**



CHRIS LECK

ENGELAND U16, U18
EX SALE SHARKS ENGLISH PREMIERSHIP
EDINBURGH PRO 14
PLAYIN POSITION: SCRUM HALF
CURRENT NATIONAL STRENGTH AND
CONDITIONING COACH





GABOR BESUIJEN

NL ORANJE INTERNATIONAL
RC DENDERMONDE HEREN 1
PLAYING POSITION: PROP



ARNO SEIJBEL

NL ORANJE INTERNATIONAL
SPECIALIST SCRUM COACH
TECHNICAL DIRECTOR OF EZRC
OEMOEMENOE
PLAYING POSITION: HOOKER





PHIL LECK

LEVEL 4 RFU COACH
EX SALE SHARK ACADEMY MANAGER
SCOTLAND CLUB INTERNATIONAL COACH
CURRENT POSITION;
DIRECTOR OF RUGBY RAZW NETHERLANDS
& HEAD COACH OEMOEMENOE

Je traint overdag

Je slaapt thuis

Zodat je lekker uitgerust aan de volgende dag kunt beginnen

All inclusive

(eten en drinken gedurende de dag wordt verzorgd)

**Gegarandeerd plezier en
resultaat**

INSCHRIJVINGS
KOSTEN : € 120,-
VOOR 3 DAGEN
INCL. SHIRT.

INSCHRIJVEN VIA
WWW.OEMOEMENOE.COM
OF SCAN DE QR CODE



Oemoemenoe Summer camp Program

SPONSORED BY

OOO coaching (Netherlands)

See the below schedule for all conference training session dates, times, and locations.

	12/08/2025	13/08/2025	14/08/2025
TIME	Group 1- field 1/ Group 2- Field 2	Group 1-field 1/ Group 2-field 2	Group 1-field 1/ Group 2 - field 2
10.00-10.15	Welcome /rules/culture	Warm up/ S and C fit for rugby	Warm up
10.15-11.00	Team building games	Contact skills	Team training for Touch tournament
11.00-11.15	Break	Break	Break
11.15-11.45	Static handling skills	Games	Olympics
11.45-12.30	S and C coaching	Kicking clinic	Olympics
12.30-13.15	Lunch	Lunch	Lunch
13.15-14.30	Problem solving games incl S and C	Handling/scrum clinic	Touch tournament
14.30-14.45	Individual skill units	Games	Presentations
14.45-15.00	Break	Break	Break
15.00-15.30	Warm down /review	Warm down /review	Warm down /review
15.30	Travel	Travel	Travel
	Home	Home	Home