Rugby PA is holding a High School 7s All-Star Camp this coming weekend, January 12, to identify young rugby talent in the Pennsylvania area.

The clinic is similar to the MARFU Men's 7's Combine event that occurred in July 2012 in Wilmington, Del.

USA Rugby and Rugby PA High School All-Star coaches and selectors will be present and evaluating players for the 2013 All-Star 7s squads, to participate in future 7s tournaments.

High school coaches are welcome to attend. All participants will be provided testing feedback. Dan Currie and his coaching staff will be picking 24 individuals to represent the 2013 RUGBY PA High School Boys 7s squad.

This year's camp will also be attended by Salty Thompson the USA Rugby High School All-Americans Head Coach. Players must be a high school student or home schooled to be eligible to make the USA Rugby High School All-American team. (Players can not be over the age of 18 as of September 1, 2012)

OPEN CAMP DATE: Saturday January 12, 2013

OPEN CAMP AGENDA

11:00 AM to 12:00 PM – Sign in and registration

12:00 PM to 6:00 PM - A) 40 meter sprint B) Yo-Yo testing

The coaching staff will review, discuss and demonstrate basic 7s principles including:

- Attack in the open field *Decisions under pressure
- Defense in the open field *Ball Handling
- Kick-offs and 22 drop-out *Contact Defense
- Lineouts *Sidestep
- Scrums *Switch/Double Switch
- Penalty kicks *Swivel Move
- Sevens language *Individual skills

$75.00 per individual player registration fee (Pre-Registered players will be provided a lunch and a free t-shirt)

To register, click here.