



## RUGBY

### PETROC PRE-SEASON

Take your game to the next level under the expert coaching of Johny Carter who formally played professional rugby in Spain for El Salvador in the Spanish top division and now works at Barnstaple RFC, one of the top clubs in the region, as a player/coach. Whether you're an experienced player or new to the game you are welcome.

We will cover various areas of the game in our sessions ranging from but not limited to: Rugby Skills, Speed Training, Mobility, Nutrition, Strength & Conditioning plus Video Analysis. We will always adapt to your level, needs and requirements. Our sessions will be split between the field, sports hall and gym.

Get ready to hit the ground running. Join the team on 23, 30 June & 7 July 2025 from 15:00-16:30 on the field at Petroc College.

Don't miss out on this incredible opportunity to improve your skills, meet new people and have fun while doing it!

Email [sports@petroc.ac.uk](mailto:sports@petroc.ac.uk) to sign up now and let's get you started on the most successful season ever!!

# PETROC

SPORTS ACADEMIES