



HAKA RUGBY CAMP



3 DAY SCHEDULE

TIME	DAY 1	DAY 2	DAY 3	TIME
8:30-9:15	ARRIVE /COLLECT GEAR/ MEETING/POWHIRI	ARRIVE	ARRIVE	8:30-9:15
9.15-9:35	HUI/MEETING + KARAKIA	HUI/MEETING + KARAKIA	HUI/MEETING + KARAKIA	9.15-9:35
9.35-10:00	WHUTUPAORO/RUGBY SKILLS TEST	KAPA HAKA/WAIATA	KAPA HAKA/WAIATA POROPOROAKI REHERSAL	9.35-10:00
9.45-10.00	Kick, Catch, Pass, Tackle, Ruck, HRG 300, Evasion. HRG 1min Core	WHUTUPAORO/RUGBY BALL INTO CONTACT	SKILLS TEST	9.45-10.00
10.00-12:15	HAKA/GAMES	FIELD	WHUTUPAORO/RUGBY CATCH PASS/SUPPORT	10.00-12:15
12.15-12:30	RELAX	RELAX	RELAX	12.15-12:30
12.30-13.30	KAI/LUNCH	KAI/LUNCH	KAI/LUNCH	12.30-13.30
13.30-14.30	WHUTUPAORO/RUGBY DEFENCE	WHUTUPAORO/RUGBY RUCK	KAPA HAKA/WAIATA	13.30-14.30
14.30-15:00	KAI/SNACK	KAI/SNACK	KAI/SNACK	14.30-15:00
15.00-16.00	KAPA HAKA/WAIATA/ TEAM BUILDING	KAPA HAKA/WAIATA POROPOROAKI REHERSAL	TOURNAMENT	15:00 -16:00
16.00-16.20	KARAKIA & END OFF DAY	KARAKIA & END OFF DAY	POROPOROAKI/FAREWELL	16.00-16.20
16.30-17.00			KAI/DINNER	16.30-17.00