

MUNSTER RUGBY

SCHOOL OF EXCELLENCE 2026

INFORMATION PACK

Residential / non residential camp at Bandon Grammar School

@munsterrugby



WELCOME

Dear Parent/Guardian,

Munster Rugby would like to thank you for registering your daughter(s) for our 2026 School of Excellence.

We have an action-packed schedule from arrival on Sunday to departure on Friday afternoon, which we hope will provide great memories, new friendships and above all, an increased rugby knowledge and skill set.

This pack outlines the camps itinerary and includes helpful information regarding camp essentials and how best to prepare ahead of the camp this summer.



DROP-OFF & PICK UP TIMES

Residential

Arrive | Bandon Grammar Sunday 16th from 6:15pm on for registration followed by an information meeting at 7pm in main hall (parents are asked to attend this meeting with the players)

Pick-up | Friday 21st August 2.30pm.

Non-Residential

Arrive | Monday 17th August for registration & information meeting in lecture hall (on pitch for 9.30am with residential players).

Pick-up | Friday 21st August 2.30pm.

STAFF INFO



All coaching will be provided by fully qualified and vetted Munster Rugby coaches.

Medical Liaison will be on campus for the week to assist with any injuries.

If you need to contact your child during the week of camp or if you have any queries or concerns, please contact:

Ray Gadsden - Rugby Manager, Munster Rugby School of Excellence **087 904 8031**

SAMPLE PLAYER SCHEDULE

| TIME | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|---|-------------------------|-------------------------|-------------------------|-------------------------|---|
| 8.00 - 9.30am |  | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 9.30 - 11.00am | | Corner Stone 1 | Corner Stone 2 | Corner Stone 3 | Corner Stone 4 | Games |
| 11.00 - 11.15am | | Break | Break | Break | Break | Break |
| 11.15 - 12.45pm | | S&C / Mobility / Skills | S&C / Mobility / Skills | S&C / Mobility / Skills | S&C / Mobility / Skills | Games |
| 1.00 - 2.00pm | | Lunch | Lunch | Lunch | Lunch | Lunch |
| 2.30 - 4.00pm | | Game Sense 1 | Game Sense 2 | Game Sense 3 | Game Sense 4 | Pack up and Depart @ 2.30pm |
| 4.30 - 5.30pm | | Down time | Down time | Down time | Down time |  |
| 6pm - 7pm | Registration | Dinner | Dinner | Dinner | Dinner | |
| 7pm - 8pm | Meeting and Room Allocation | Talk - Guest Speaker | Talk - Guest Speaker | Team Building | Talk - Guest Speaker | |
| 8pm - 9pm | Team Building | Team Building | Team Building | Team Building | Team Building | |
| 9pm | Supper | Supper | Supper | Supper | Supper | |
| 10.00 - 11.00pm | Bedtime | Bedtime | Bedtime | Bedtime | Bedtime | |

SAMPLE MENU

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|---|--|--|---|--|---|
| Breakfast | Please note no food will be provided before supper on Sunday night. | Bacon & Boiled eggs | Baked porridge | Scrambled eggs | Pancakes | Beans on toast |
| Lunch | | Bacon Cabbage Mash Potato, onion and cheddar cake | Chicken Chow mein Tofu Chow Mein | Chicken & pineapple fried rice Pak Choi & egg Fried Rice | Beef meatballs & pasta Ratatouille Pasta | Moroccan honey & lemon Chicken Legs with couscous S.Potato,kale,bean Shakshuka |
| Dinner | | Buffalo Chicken Pasta Bake Butternut Squash & Mozzarella Pasta Bake Chocolate Fudge Cake | Chilli Con Carne Sweet Potato & Bean Chilli Banoffee Pie | Black Bean Fajitas Raspberry Cheesecake | Puy lentil shepherd's pie Triple Choc Cookies | |
| Supper | | Sandwiches, Biscuits & Cordial | Sandwiches, Biscuits & Cordial | Sandwiches, Biscuits & Cordial | Sandwiches, Biscuits & Cordial | Sandwiches, Biscuits & Cordial |
| | | | | | | |

Continental Breakfast Each Morning (Cereals, Yogurt, Fruit Salad, Pastries, Toast and Bread)

Lunch and Dinner Served with a selection of Salads (Mixed leaves, Coleslaw, Pesto pasta Salad, Tomato Salad etc.)

Please inform us of any dietary requirements.

WHAT TO BRING

Players who are attending on a residential basis are required to bring the following items:

- Rugby gear sufficient for five days (jerseys, shorts, socks).
- Two large towels.
- Rain jacket (Training).
- Toiletries (toothbrush, toothpaste, shampoo, soap etc).
- Rugby boots (see note below).
- Trainers (sufficient for running).
- Flip-flops/crocs.
- Moderate amount of casual wear for free time.
- Mouthguard.
- Large water bottle.
- Large plastic bag for used gear.
- Foam roller for recovery (optional).

Snacks to bring

All players are encouraged to bring snacks for breaks inbetween sessions. Below are Munster Rugby recommended healthy snacks:

- Nuts & Seeds.
- Bananas / Apples / Oranges / Pears.
- Nut Butter.
- Rice Cakes / Ryvita.
- Tubs of tuna.

PRECAUTIONS TO TAKE

- Please do not send your child to camp with an existing injury, as players will be exposed to large amounts of exercise during the week.
- Please ensure that your child has a large water bottle that he can refill on-site. We can experience warm weather at this time of year so it is vital that all players are well hydrated.
- Please ensure that you provide your child with adequate sun cream as the majority of camp activities will be outdoors. Sunburn and sun related injuries can be very debilitating.
- As a large volume of activity time will be spent on foot it is important to take steps to minimise the risk of foot/skin problems:
 - If possible NO new boots - preference is to bring those that are well broken in.
 - Use moulded studs if possible - do not use large winter weather studs.
 - Provide your child with blister care plasters.
 - Pack plenty of socks - both sports type and traditional rugby socks.
 - Ensure toe nails are cut and any pre-existing toe nail issues remedied, where possible prior to attending the camp.

ACCOMMODATION

Players will board in shared dorms. Bandon Grammar School provides separate toilets and shower rooms. As we recognise the importance of boarders (whether Irish or international) keeping in touch with home, regulated internet access is available. Firewalls and other measures are in place to regulate activity.

PLAYER EXPECTATIONS & BEHAVIOURAL PROTOCOLS

1. Each player is expected to participate fully in all aspects of the Munster Rugby School of Excellence programme in a positive manner.
2. To behave in a well-mannered and respectful way at all times towards Munster Rugby staff, Rockwell College staff & facilities, and fellow camp members to ensure all have an enjoyable and memorable week.
3. To respect personal belongings and the belongings of others while on camp. Munster Rugby is not responsible for any lost items including all rugby gear, clothing etc. All players are encouraged to include their name on belongings.
4. It is the players' responsibility to notify staff or the camp manager of any issues/injuries/illness immediately.
5. Residential attendees are not permitted to leave the school at any stage of the week unless the camp manager is notified by parent/guardian and player is picked up by parent/guardian.
6. Players' activity on social media accounts should remain respectful and in line with Munster Rugby values at all times during the camp. Please note wifi will be turned off every night at 10pm.
7. Mobile phones are not permitted in any meetings or with guest speakers.
8. In the event of fire or emergency evacuation, exit in a controlled manner to the pre-agreed meeting point and await further instructions from staff.

INJURY & ILLNESS PROTOCOLS

1. Munster Rugby staff will notify the parent/guardian via phone immediately in the event of illness/injury to a player.
2. Munster Rugby will document the complaint in a written report.
3. Munster Rugby will have a medical liaison officer on-site at all times to deal with any player complaints.
4. No medical practitioner will be on-site, therefore you should cater for any of your child's ongoing medical conditions as per normal.
5. Munster Rugby will not be responsible for the cost of treatment for injury/illness incurred at the School of Excellence nor be obliged to give a refund for the camp place.

TERMS & CONDITIONS

Payment is regarded as acceptance of the conditions of enrolment as outlined below.

Non-residential hours are from 9.30am - 8pm (2.30pm on Friday for all players). Munster Rugby is not responsible for children left unsupervised outside of these hours.

Munster Rugby cannot be held liable for damage to or loss of possessions. We strongly recommend that all valuables are left at home.

Players who have health/dietary requirements must notify the camp at booking stage.

Munster Rugby cannot be held liable for any medical expenses incurred as a result of injury obtained at the Munster Rugby School of Excellence. It is understood that all participants take part at their own risk and are required to have their own insurance cover in place.

The camp will operate on the highest safety standards. Munster Rugby shall not be responsible for any illness, disease, accident, travel delays or loss of property unless occasioned by the wilful act of negligence on the part of the camp or its employees.

All Munster Rugby School of Excellence staff have undertaken the National Garda Vetting process and currently comply with the IRFU policy regarding recruitment and vetting to work in age-grade rugby.

Munster Rugby will reserve the right to suspend any child that causes disruption to the camp due to misbehaviour. In such instances, no refunds will be made, and any additional costs involved, including transportation, will be at the parent's/guardian's expense.

By signing the Munster Rugby School of Excellence application form or booking online, you accept that your child may be used in photographic or video material for promotional purposes by Munster Rugby.

Parent/Guardian must be contactable through the duration of the camp – Sunday 16th – Friday 21st August.

Munster Rugby reserves the right to cancel, amend, alter and change any camp or its content without the need for prior notice.

Any overseas participants wishing to attend must adhere to all Irish Government guidelines in existence at the time of the camp.

Children must be aged between 13-17 years

All data collected is to facilitate and organise the attending participants. We may disclose your personal data to other stakeholders of our association and third parties for the purpose of organising the summer camps. Munster Rugby is the Data Controller of your personal data and is responsible for storing and otherwise processing the personal data that you provide in a fair, lawful, secure and transparent way. Munster Rugby will retain your personal data for the duration of the summer camp and in line with our retention period. You can consult our privacy policy on www.munsterrugby.ie. You have several rights around the processing of your personal data which can be consulted at www.dataprotection.ie. If you have any concerns about the way your Personal Data is being used or processed by Munster Rugby, please contact our Data Protection Executive at dataprivacy@munsterrugby.ie

Cancellations

€100 (plus administrative fees) will not be refunded if a place on the camp is cancelled. Players who fail to arrive at the camp without notification will not receive a refund.

Enquiries| Please contact Ray Gadsden: RayGadsden@munsterrugby.ie



www.munsterrugby.ie