



RECRUIT VISIT WEEK · LIFE UNIVERSITY

FREE TO ATTEND

DON'T TAKE OUR WORD FOR IT. **COME LIVE IT.**

Seven days inside a program that won six trophies last season. Train with the squad, sit in the analytics room, live on campus — and be in the sheds on matchday when we play SNU.

\$0	OCT 26	OCT 31	NOV 1	2027/28
TO ATTEND	ARRIVE MONDAY	LIFE VS SNU · 11:00	DEPART SUNDAY	+ TRANSFERS

WHAT SHE GETS

- **Full squad training** — in the session, coached, not watching from the sideline
- **A lift** with our performance staff
- **Matchday from the inside** — briefing, sheds, warm-up, touchline, review
- **Her own data** — GPS, speed and workload from her week, benchmarked against position standards, with a written 12-month plan
- **Academics** — sit in on a class, meet admissions, talk scholarships, and a 1-to-1 with the Director of Women's Rugby

THE WEEK

Mon 26	Arrive · campus walk · evening skills
Tue 27	Lift · full squad training · sit in on a class
Wed 28	Unit training · analytics room · admissions
Thu 29	Position work · opposition review · 1-to-1
Fri 30	Captain's run · team meal · matchday briefing
Sat 31	MATCHDAY — sheds, 11:00 kick-off vs SNU
Sun 01	Recovery · match review · where she fits

Can't do the full week? She can join **Wednesday 28 October** and still get the analytics session, admissions, captain's run and the full matchday — or come for Saturday alone.

COST TO HER

Nothing. Campus housing with a player host, all meals with the team, and training kit for the week.

GETTING HERE

She covers travel to Marietta. We collect her from Atlanta (ATL), 40 minutes away.

FOR FAMILIES

Welcome all week. Own hotel — we send the University's recommended list on confirmation.



TWO MINUTES TO SIGN UP.

life-dashboard-ed8.pages.dev/visit

Scan the code or send her the link — we reply within 48 hours with confirmed dates, her player host and what to bring. Questions first? ryszard.chadwick@life.edu · Ryszard "Rys" Chadwick, Director of Women's Rugby