



STELLENBOSCH
RUGBYACADEMY
since 2004

INFO LEAFLET 2017

A WORLD CLASS RUGBY EXPERIENCE!

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High Performance Rugby Camp

Date	3 – 15 July 2017
Who should attend?	The programme will prepare players of 16 years plus for rugby at an advanced level. It build a solid foundation for these players that will better prepare them for the new season and future. In the process they experience the SA rugby culture and beautiful country - gain international contacts and friends.
	Aspiring coaches and game analysts are also welcome. Your programme runs alongside the players' programme. You will interact with our coaches and the players, applying learned skills, taking part in discussions and asking questions. You will also focus on the areas of coaching you wish to develop further.
	Very intensive . build up to match at the end
Aims	We believe success in life is determined by character (90%) and competence (10%). If you want to be a well-rounded player or coach, you should first and foremost be a well rounded man. Therefore we want to train the whole person: physically, academically and spiritually. Therefore SRA helps to equip and support students in a professional manner to be:
Body	Quality rugby players with the necessary physical, technical / tactical skills to achieve their full potential as players, with a healthy lifestyle
Mind	Successful and innovative rugby coaches, referees or analysts who are ready for the challenges of life
Soul	Balanced young men with mental toughness and solid values, who can confidently make independent decisions in the adult world
Course outline	
General	Welcoming, logistics, meetings
Conditioning	Tests (1-on-1 feedback, remedial coaching, monitoring), mobility/stability, strength/power, speed, theory (nutrition, recovery, medical report)
Skills	Tests (1-on-1 feedback, remedial coaching, monitoring), positional, unit, theory
Mental toughness	Different topics (theory, practical)
Team training	Defence, attack, scrums, line-outs, kick-offs, kicking game, matches/7's, theory (game analyses, referee)
Academic	English course, coaching, business
Social	Outings / tours, social evenings, community projects, fellowship, team building

TIME TABLE EXAMPLE

	Mo	Tu	We	Th	Fr
07h00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
08h00	Welcoming /Ice breaker / Logistics / Medical report	Coaching or Business course	Coaching or Business course	Coaching or Business course	Meeting / 1-on-1s
09h30	Skills Tests / Field session	Field session	Field session (guest coach)	Field session / Tag training	Individual skills
11h00	Conditioning tests / Gym	Fitness	Conditioning Games / Strong Man competition	Recovery session . pool	Gym
12h30		Rest		Rest	Attend SRA Meeting
13h00	Lunch	Lunch	Lunch	Lunch	Lunch
15h00	Individual skills / Town outing	Individual skills	Community project: Township Tag / Dogs	Individual skills	Hike or Beach Touchies
17h00					
18h00	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	Film / Referee Evening	Games / Social Evening	Sausage / Potjiekos Evening (<i>Barbeque</i>)	Fellowship Evening with CRC / Street Light Community project	Town Evening

Saturday	Tour day! Cape Town & Peninsula / Newlands & Rugby museum (brunch, dinner)	Sunday: Rest day!
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Accommodation/meals,	Each house is equipped with a kettle, microwave, washing machine and refrigerator.
	Safe, modern accommodation . Wi-fi (1G/week . can also buy at our office), cleaning, bedding, exc.
	Three healthy, balanced, nutritious meals daily. Breakfast will be hamper meals @ home, and some weekends it will be a brunch (combination of breakfast and lunch).
	Superintendent (staff member), chaperone (senior student) and 24/7 support on campus
	The daily rate for early arrivals is R250/day.
Rugby HP programme	It is a challenging programme. Players with our students, and play matches during the season.
	We also use top guest coaches.
	Training kit / clothes: Top (hoodie / sweater), training / gym pants, rugby jersey
	Medical clinics and sport massage included . extra sessions at own cost
	Transport to rugby activities . including airport transfer (meet and greet). Students are advised to register with Uber before they come, just in case they need extra transport.
	Report with feedback, on-line rappsorts / footage , training programme, certificate . Students need a minimum of 80% attendance to get a Certificate.
Equipment	All personal items must be well marked. We supply bedding, food, transport and certain clothes. You bring following: <ul style="list-style-type: none"> • Toiletries, towel, water bottle, sunblock • Clothing: Warm clothes, shorts, swimwear, shirts, plastic bag for dirty / wet clothes, underwear, cap • Exercise clothing (togs, rugby jersey, mouth guard, playing shorts, gym clothing, sneakers, track suit) • Medicine (there is a first-aid kit available). Ensure staff have knowledge if you have special needs. • Lock, plug
Costing	R7 000 (14 days of R4 000 (7 days)

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