

# SA BROCHURE 2018

*High Performance Rugby Camp*



**STELLENBOSCH**  
**RUGBY** ACADEMY

since 2004

[WWW.STELLENBOSCHRUGBYACADEMY.CO.ZA](http://WWW.STELLENBOSCHRUGBYACADEMY.CO.ZA)

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## COME AND LIVE YOUR DREAM!

Rugby is a wonderful tool that shapes us for life. The very reason you are reading this brochure, is a testimony that something about this game has touched your soul, has ignited your passion and fuelled your spirit.

**Our culture is largely based on the same professional culture of some of the world's top teams.** Are you prepared to work hard to become the best you can be – every day in and out?

*Come and live your dream!*

**Louis Koen - Director of Coachina**

## MAKE RUGBY YOUR LIFE

The Camp is presented from **2 – 15 July 2018**, for local and international players. It aims to prepare players of **16 years plus** for rugby at an advanced level.

- **Welcoming:** Tour of facilities, settle into rooms
- **Info session** and Ice breaker
- **Conditioning:** Tests, Fitness, Gym, classes (recovery, nutrition)
- **Skills:** Tests, Individual, Positional, 7's, Vision, classes (passing, defence, breakdown, core drills)
- **Theory:** Laws of Game, Analyses, Guest speakers
- **Social:** Game evenings, Movies, Town evenings, Community projects, Hike, Braai competition, Burger evening, Fellowship, exc...
- **Included:** Accommodation, 3 meals/d, wi-fi, chaperone 24/7, transport, training kit, meetings / 1-on - 1's with players
- **Report** (with programme, certificate) at the end

## A WORLD CLASS RUGBY EXPERIENCE

**The programme aims to build a solid foundation for players that will prepare them for the new season and future.**

Since 2005 SRA specializes to train professional rugby players, coaches, game analysts and referees. So far we had more than 40 provincial and international players.

The **SRA campus** is located in the security estate, MT Simon and consists of 20 fully furnished student houses accommodating 100 students. Our campus has full facilities, including a hall, lecture rooms, gymnasium / physio room, training field, swimming pool, recreation and dining hall, braai facilities and office.

**More options:** See brochures: Rugby Camps and Clinics, Rugby Gapyear

## AN OPPORTUNITY OF A LIFE TIME!

**Come and experience the SA rugby culture where rugby is everything, and everything is rugby.** Train in Stellenbosch, the corner stone of SA rugby.

Near by is Cape Town, widely regarded as one of the most beautiful cities in the world. You will also gain international contacts and friends.

A full **Info Leaflet** and **Registration form** are available on our web site and on request. Contact us today for more information. **Prize: R 7000 (or R3 000/wk)**

**Alie Brand - Director**

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