

SA BROCHURE 2018

Rugby Team Camps and Clinics



STELLENBOSCH
RUGBYACADEMY

since 2004

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A WORLD CLASS RUGBY EXPERIENCE

Since 2005 Stellenbosch Rugby Academy 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.

Louis Koen - Director of Coaching

TEAM CAMPS

Camps are presented **during the year** for **all age groups**.

A typical Camp can include:

- **Welcoming:** Tour of facilities, settle into rooms, discussion with coaches
- **Conditioning:** Tests, Fitness, Gym, Recovery
- **Skills:** Tests, Individual, positional, 7's
- **Match:** Game preparation / Jersey ceremony, After match function, Analyses / Technical Discussion
- **Evening programmes:** Guest speakers, Camp fire, Game evenings, Movie, Team building, Hike, Town
- **Include:** Accommodation, meals, wi-fi, chaperone
- We can assist with transport, tours, tournaments

Prize (typical camps)- From:

2 nights (3 days) R1 580	3 nights (4 days) R2 130
4 nights (5 days) R2 560	Week (8 days) R5 750

*Other options available. Discount for >3 nights.

TEAM CLINICS

We assist coaches with their special needs and programmes. Clinics can be presented at your school, or on our campus.

Our clinics (from 2 hours) are designed with the modern game in mind. You'll learn the latest techniques and skills from the very cutting edge of the game. It can include: conditioning, skills and team training. If at campus, it can also be combined with a Recovery session in the pool, a Gym-session or a balanced meal. There are also **other options** available.

Our coaches will instil the same values that drive our professional players, urging players to train and play with honesty, discipline, work ethics and respect.

Prize: R1 500/team (max 30 players) – extras R50/player

YOUR RUGBY PARTNER

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.

A full **Info Leaflet** and **Registration form** are available on our web site and on request. Contact us today for more information or a quote on your personalized needs.

Other options: See brochures on HP Camp; Primary school Holiday clinics.

Alie Brand - Director

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