

SA GAP YEAR OR RUGBY EXPERIENCE

Come for a great South African Rugby Experience!



STELLENBOSCH
RUGBYACADEMY
since 2004

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THE EXPERIENCE OF A LIFE TIME!

Rugby is a global game, and our goal is to provide players with the opportunity to play in South Africa at both amateur and professional levels.

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. There is no better place for a young player than packing his bags for pastures in a foreign country. **You will have the time of your life!**

Our partner, **Xchange SA**, can assist with the whole process – from flight to arrival to play – and back. (administrative matters: CV, typical agreement, visas, IRB clearance, action plan, etc). That

DREAM IT – DO IT – PLAY IT

You will experience a new rugby culture in the most natural way possible – not as tourist or visitor, but as part of a team and culture.

You train and play at Stellenbosch Rugby Academy and **Maties Rugby Club** (one of the top rugby clubs in SA and one of the biggest in the world). You stay in our student houses on campus. In the process you become a member of our teams and culture.

- **Welcoming:** Tour of facilities, settle into room, meet staff
- **Conditioning:** Tests, Fitness, Gym, Recovery, rehab
- **Skills:** Tests, Individual, positional, 7's
- **Rugby Theory:** Rugby, Life Skills, Psychology
- **Matches:** Games at Maties Club (juniors schools), analyses / discussion. Includes: Goal setting (with results, discussion), kit, rapport, and future training program
- **Academic:** Full-, part time and English course/s
- Fully equipped and affordable **accommodation** with 1 meal/day during week (incl. wi-fi, transport training)
- Be part of SRA & experience the thrill of the exhilarating Stellenbosch **student life**.

WHY GO OVERSEAS?

Player development: Get ahead with 25 h/wk on pre-season training during off-season or develop specific aspects of your game, incl. conditioning and skills. Experience different coaching techniques and styles. Coaches and analysts also welcome!

Opportunities: You believe you have what it takes. Look for the possibility of selection for representative teams that you may not have in own country. May be there is a possibility of a player / coach role that may not be available at your current club.

Life Experience: You want to use overseas rugby as a springboard to experience other places and cultures. **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.

NOW TURN YOUR DREAMS INTO REALITY

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.

Cost: R40 000 (3 months) – R120 000/year. Player can also come for shorter / longer periods. Trips, English classes, extra meals can be included.

You can also contact us about our Exchange programme, Internships and Scholarships. More options: See our General brochure, HP Camp, Rugby Camps.

Alie Brand - Director

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