

OVERSEAS TEAM BROCHURE 2018

Rugby Team Camps and Clinics



STELLENBOSCH
RUGBYACADEMY
since 2004

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WHY A CLINIC AT STELLENBOSCH RUGBY ACADEMY?

For a coach / player to stay at the top of the game, it is important that they stay in touch with latest law changes, newest techniques and playing styles, enabling them to take their talent to the next level.

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.

Come and experience the SA rugby culture where rugby is everything, and everything is rugby.

Louis Koen - Director of Coaching

CAMPS - A WORLD CLASS RUGBY

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

A typical Camp includes:

- **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 (HP Culture), Game evenings, Movie, Community projects, Town
- **Include:** Accommodation, meals, wi-fi, chaperone
- We can assist with transport, tours, tournaments

Prize (typical camps)- From:

2 nights (3 days) R1 500	3 nights (4 days) R2 300
4 nights (5 days) R3 125	Week (8 days) R6 000

**Other options available.*

CLINICS - AN OPPORTUNITY OF A LIFE TIME

We aim to provide teams with a great SA experience!

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

We assist coaches with their special needs and programmes. 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: R3 000/team (max 30 players) – extras R50/player

COME AND LIVE YOUR DREAM!

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

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 **Registration form** is available on our web site or contact us today for more information or a special quote.

Alie Brand - Director

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