

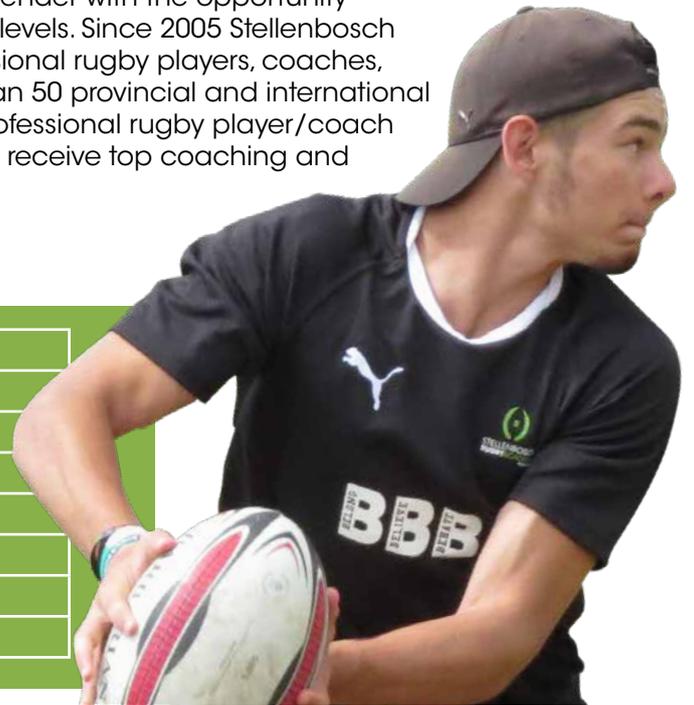
A WORLD CLASS RUGBY EXPERIENCE

Rugby is a global game.

Our goal is to provide players/coaches of all ages and gender with the opportunity to play in South Africa at both amateur and professional levels. Since 2005 Stellenbosch Rugby Academy (SRA) has specialized in training professional rugby players, coaches, game analysts and managers. To date we have more than 50 provincial and international players. We want to give you the chance to train like a professional rugby player/coach to become the best player/coach that you can be. You'll receive top coaching and have access to outstanding facilities.

We provide the following programmes:

TEAMS	
1 Partnership	2 Rugby Camps
3 Rugby Clinics	4 Tours
INDIVIDUALS	
5 Rugby Gap Year	6 High-Performance Camp
7 Rugby Camps	8 Rugby Exchange Programme
9 Rugby Internships	10 Rugby Scholarships



You will have the time of your life!

The SRA campus is located in the security estate, MT Simon, Stellenbosch. The estate has 20 fully furnished student houses for up to 100 students. Our campus has full facilities, including a hall, lecture rooms, training field, gymnasium/physio room, swimming pool, recreation and dining hall, braai facilities and office. Be part of SRA and experience the thrill of the exhilarating Stellenbosch student life. Nearby Cape Town is widely regarded as one of the most beautiful cities in the world. Come and experience the SA rugby culture and train in Stellenbosch, the cornerstone of SA rugby.

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STELLENBOSCH
RUGBY ACADEMY
since 2004

OPPORTUNITIES OF A LIFETIME!



Info on all the programmes below.

Info Leaflets are available on request or feel welcome to contact us for more information. Registration can be completed online. Visit our website for more info about SRA, who we are, our staff, accommodation, etc.

Teams (Clubs and Schools)

1. PARTNERSHIPS

SRA wants to build great partnerships between us and clubs/schools all over the rugby world. We are happy to provide benefits (contact us for the info leaflet with specific details on the benefits) and support to all of our partner rugby organizations.

2. TEAM CAMPS

Camps for all age groups are presented during the year. A typical camp includes welcoming, training kit, workshops or classes, comprehensive tests, strength and conditioning, skills, matches, accommodation, transport, social events and future development. There are also specific types of camps. Cost: from R1 500 (3 days), R2 300 (4 days), R3 125 (5 day), R6 000 (one week). Quotes will be provided on request.

[Download the Info leaflet from the website.](#)

3. TEAM CLINICS

We aim to provide teams with a great SA experience! Our 90-minute clinics are designed with the modern game in mind. Learn all the latest techniques and skills from the very cutting edge of the game. Clinics can include skills, conditioning and team training. Additionally, a recovery session (in the pool), a gym-session or a balanced meal may be included. Cost: R3 000 per team (max 30 players) with extras R50 per player.

[Download the Info leaflet from the website.](#)

4. ECO SA TOURS

Tours (can include coaching clinics, camps, matches and trips) can be arranged for all age groups at any time during the year. You can be provided with a quote for a customized program and suggested itinerary. This flexibility allows you to decide what your tour is going to be like. Contact Eco SA on +27 61 135 2168 or email them on info@eco-southafrica.com or www.eco-southafrica.com. For touring in SA in 2021 with the British and Irish Lions, please visit www.lions2021.com for more information. There will also be a rugby festival for men, women and under 19 youth teams in 2021, during the British and Irish Lions tour.



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Individuals

5. RUGBY GAP YEAR

Our 40-week season operates from January to October for players >18 years, as well as coaches and analysts. The 7's are held mostly during Oct / Nov. Experience a new rugby culture - not as a tourist or visitor, but as part of SRA. Normal training every day Monday to Friday. Play at Stellenbosch Rugby Academy / Maties Rugby Club, one of the top rugby clubs in SA and one of the biggest in the world. Stay in our student houses on campus and become a part of our teams and culture. Cost: R120 000 per year, cost incl. academic course, rugby programme, accommodation and meals plus transport. [Download the Info leaflet from the website.](#)

6. RUGBY HIGH-PERFORMANCE CAMP

Are you prepared to work hard to become the best you can be? Every day in and out? Come and live your dream! The Camp, for local and international players will be held from 2 - 15 July 2018. It aims to prepare players of 14 years plus for rugby at an advanced level. Trips every weekend, 3 meals per day and full kit is also included as part of the program. Coaches are welcome! Cost: R15 000. [Download the Info leaflet from the website.](#)

7. INDIVIDUAL RUGBY CAMPS

Experience a new rugby culture - not as a tourist or visitor, but as part of SRA. You'll train at Stellenbosch Rugby Academy and play at the Academy (Maties) or at a local school. Stay in our student houses on campus. Become part of our teams and culture. Lunch during the week is included, breakfast and supper self-catering, however we can assist. Included are 1-on-1's with players, a strength and conditioning programme, a report and certificate. Camps are presented during the year for all age groups. Players may choose the duration of their camp stay, with a 4 weeks minimum stay. Arrivals (start dates) or departures are normally on Sundays during the Academy season. Cost: R10 000 (2 weeks), R18 000 (month), R29 100 (2 months) - or ask for a quotation. [Download the Info leaflet from the website.](#)

8. EXCHANGE PROGRAMME

We aim to send some of our most promising players (18 years and older) or coaches on an exchange programme to overseas Clubs or Academies for the off-season (Sep-Mar or another specified period), while the overseas players come to us for the same period. The overseas club will arrange accommodation and food, club kit and transport - and SRA will do the same here. All spending money and flight will be the player's responsibility; however, assistance may be offered depending on the needs of the club, player or coach.

9. INTERNSHIPS

We run an internship programme for coaches and support staff. Come and intern with us for a 3-6-month period. We provide accommodation and meals on campus for free for the first 4 weeks. Gain full exposure to our programme and other opportunities that exist. We develop an intern development plan for you specifically to ensure you get the most out of your experience. [Download the Info leaflet from the website to see the required criteria.](#)

10. SCHOLARSHIPS

A Full scholarship for overseas players is offered as a 20-week course. A scholarship will be awarded to the player deemed most likely to become a professional player. The scholarship covers all costs for the player (incl. rugby and academic programme), excl. accommodation and food costs. The recipient can stay at the Academy campus for a nominal rental fee. Scholarships are also offered where 50% of the course costs are met. [Download the Info leaflet from the website to see the criteria required.](#)



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