STELLENBOSCH RUGBY ACADEMY

INFORMATION PACKAGE 2019

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STELLENBOSCH RUGBY ACADEMY
since 2004
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A WORLD CLASS RUGBY EXPERIENCE!
Globally over 7.2 million people play rugby, and even more are connected to the business of the sport. If you want to be a part of the worldwide development of rugby, the Rugby High Performance Diploma course is your chance to take your career to the next level!

In cooperation with world class partners like Unisa, World Rugby (previously IRB), SARU and other top training providers, we develop the unique RUGBY HIGH PERFORMANCE DIPLOMA, where players, managers, and coaches are trained in ONE programme. We believe it is one of the most innovative and challenging rugby courses in the world! See examples of the week programmes on our website (documents / training programmes).

Stellenbosch

Stellenbosch is widely regarded as the home of SA rugby, with a rich tradition over more than 150 years. It is home of:

- The well-loved father of modern Maties rugby, Doc Danie Craven, was a Springbok player, Springbok coach, President of the SA Rugby Union, President of the IRB and mentor of many Springbok players.
- The University of Stellenbosch (Maties), is the biggest rugby club in the world, and the club that has produced the most Springboks.
- The famous Boys’ School, Paul Roos Gymnasium, named after the first Springbok captain of 1906; and alma mater of the most Springboks of any school in SA.
Meet our Director
- Alie Brand

- Founded SRA in 2004.
- Higher Diploma in Education, a BA and MPhil degree (Stellenbosch University).
- 15 years teaching experience at schools and at Boland College, where he filled the positions of Project Manager, Campus Head and Sports Manager.
- Qualified referee and coach (level 2).
- Involved in club management since 1999, including the management of Van der Stel, Helderberg and Maties.

We believe success is determined by character (90%) and competance (10%)

If you want to be a well-rounded player or coach, you should first and foremost be a well rounded man. Therefore we want to train the whole person: physically, academically and spiritually. At SRA we follow a unique approach to our training methods in order to prepare our students not only for a successful sports career, but also for life in general.

When a student enrolls at SRA, he becomes part of the Rugby Academy family. The student, his parent(s) and staff become equal partners in their education and training. Therefore we urge you to go and see the film “Courageous” as a family together, to understand the vision of the Stellenbosch Rugby Academy.

Students will receive an information letter and training programme during November. The Rugby Academy officially opens on Monday 14 January 2019 for students (registration day), and parents can make final arrangements on 15 January. You are more than welcome to come and visit us, take a tour of our facilities or attend some of the activities during the year. Visit our website, Facebook, YouTube channel, Instagram for more information, video’s and photo’s. We look forward to meet you, and play a role in preparing you to make a success of your life in every way.

Are you prepared to work hard to become the best you can be – every day in and out, every month in and out, every year in and out?

Come and live your dream!
“We believe SRA is God’s business. Through our Christ centred approach in all our activities, we follow a unique approach to our training methods in order to prepare our students not only for a successful sports career, but also for life in general.”

2. Live your dream!

“It’s not about rugby, it’s about young men. It’s not about building a championship team, It’s about building championship boys. Boys who will be forever strong.

- Larry Gelwix (Forever Strong)

Our History

Stellenbosch Rugby Academy (SRA), one of the oldest rugby training institutions in South Africa, was established in Stellenbosch in 2004 by Alie Brand. It is a private institution, registrated as Stellenbosch Rugbyakademie Trust (trustnr. IT 1478/2004). SRA officially opened its doors in 2005 with one full-time staff member, 4 part-time staff and 23 students. Currently, here are about 70 full-time students and various staff members. It is an incredible testimony of God’s faithfulness and grace.

Who is Stellenbosch Rugby Academy (SRA)?

SRA was founded to accommodate the many talented young players that want the best possible chance to pursue a professional career in Rugby. We follow SARU’s High Performance requirements and guidelines for national rugby academies - including quality programs, pathway to WP/further, as well as a life after rugby. We go even further, and have a holistic approach which means we take players on potential (not just talent) - and help to develop them. The focus is not only on rugby, but rather on using rugby as a vehicle to help develop balanced, well-rounded young men who reach their full potential in life. We give preference to talented players or coaches with character, who want to study and / or play rugby in Stellenbosch. We would like to give players, not spotted at trials or overlooked due to whatever reason, the chance to develop further.
Our vision

Inspiring players, coaches and managers, to become men of value.

Our focus

SRA wants to equip and support students in a professional manner to be:

- **Body**: Quality rugby players with the necessary physical, technical/tactical skills to achieve their full potential as players, with a healthy lifestyle
- **Mind**: Successful and innovative rugby coaches, sport and business managers who are ready for the challenges of life
- **Soul**: Balanced young men with mental toughness and solid Christian values, who can confidently make independent decisions in the adult world

“Try not only to become a man of success, but rather try to become a man of value.”

- *Albert Einstein*
Our culture

Inspiring players, coaches and managers, to become men of value.

“It is the first place where I felt true brotherhood, making true friends, whilst getting closer to professional level coaching.”

- William Holder (old-student)

The SRA Culture is emphasised in our three pillars of the SRA culture:

*Belong *Believe *Behave

We live our culture through our chivalry – for those before us and the future knights. Students strive to become a Knight. A Knight is an elite warrior - sworn to a code of law called chivalry and under girdled by four values:

Honesty – Humility – Discipline - Work Ethics

1st Year: Page Boy
Basic training - help each other

2nd Year: Squire
Advanced training - help others

Senior: Knight
Go out and serve those in need
3. Meet our Our Staff

Your journey starts with a world class Coaching staff!

Our coaching staff drives the plans, culture and values at SRA. They combine individual- and team goals, so that players can commit themselves to something greater than themselves. We also use specialist coaches like Allan Zondagh, Brendan Venter (backs); Pieter de Villiers, Piet Faasen, Ashley Evert (forwards) and Christo Spies (sport psychologist). Dr Jannie Brink (medical doctor) and an internal physio are responsible for the medical programme.

Louis Koen
- Director of Coaching

• Studies: B Sc in Sport Science, University of Stellenbosch
• International Rugby Board (IRB) educator and coach (level 2)
• Player career: WP (46 games - 570 points), Lions, Stormers, Cats, Bulls, Springboks (also 2003 World Cup, 15 games, 145 points)
• Coaching career: Boland Cavaliers, Stormers coaching team (2008), International Rugby Academy
• Part of Springbok coaching staff, Head SARU Mobi-Unit (from 2012)
• Involved with SRA since 2012

Warren Petersen
- Head coach
- Backline and 7’s coach

• Studies: National Diploma in Sport Science, Bachelor in Human Movement (North Western University - PUK)
• Player career: Play Boland u/19, Leopards and Boland Vodacom and Currie Cup, South Africa 7’s
• Coaching career: Leopards (u/18, u/19, seniors, 7’s), Pukke (back line), Durbell RFC (u/20A), Maties u/19, Maties and Maties Young Guns
• Also co-ordinator Coaching clinics
• Involved with SRA since 2012
Okkie van der Merwe
- Skills, Forwards coach

- B Com degree in Sport Management, RAU (LU), Post Graduate Education (Unisa)
- Player career: RAU 1st, Transvaal u/23, SA Universities, Border, Golden Lions Vodacom group, Falcons A
- Coaching career: Border Rugby development, Dr. EG Jansen (u/19), RAU (3’d), Brokpan, NMMU (Saasveld), SA Agricultural Team, PW Botha College, George-Suid primary, Ruggakids, Paarl Gymnasium u/16A, Maties Young Guns
- Also Co-ordinator Scouting and Mental Toughness programme
- Involved with SRA since 2016

Francois du Toit
- Analist & backline coach

- Former student at SRA
- Diploma in Sport Management (Eta), IRB Coaching (level 2), "BokSmart", IRB Referee (level 1)
- Coaching career: Helderberg Hostell, Helderberg u/20, schools, clinics
- Superintendent Student Houses
- Coordinate Schools coaching and camps / clinics
- Involved with SRA since 2015

Hendrik Louw
- Conditioning & Forwards coach

- Former student at SRA
- Diploma in Fitness and Sport management(Eta), IRB Coaching (level 2), "BokSmart", IRB Referee (level 1)
- Professional conditioning /personal trainer, coach Helderberg hostel, different schools and clinics
- Assisted by physio and intern
- Involved with SRA since 2014

Annemarie Brand
- Financial manager

- An accountant with a Higher Educational Diploma in Commerce from the former Cape Technicon & US
- Assisted by Janine Adonis
- Involved with SRA since 2004

Alexia Rudolph
- Administration Manager

- Manage reception & office administration
- Involved with SRA since 2012

Ronel Botes
- Accommodation Manager

- Responsible for catering, student- and guest accommodation
- Involved with SRA since 2014
4. Our Programs

Our passion is to develop individual players and coaches – to understand who they are and where they are going. This journey will change their lives!!

1. Gap Year

This Rugby program is designed as a Gap Year for young rugby players between the ages of 19 and 21. The development year after school is the most important year for aspiring players not contracted as a professional player. The holistic development of each individual from being an aspiring professional player to not making it into the elite groups, will help them to handle the positive and negative of being a professional rugby player, but also for the same type of journey in life. We have seen that most young men need a year of guidance to decide in which direction their new chapter in life would start. Our unique “Man making” program, that forms part of the course, will help them to bridge the gap between education and a career, and assist them in discovering their true potential. Students can also select their own short courses from a variety of options: from coaching, refereeing, analyzing, management, etc. (see Sport and Business studies / practical program). That will been for their own cost.

Most young rugby players dream of becoming a professional player. But, if he does not succeed, what is he going to do after his rugby career? After the Gap year, he will have a better understanding what he wants to do with the rest of his life.

2. Rugby Coaching program

This practical program offers a balance of theoretical study, practical training and work-based learning experience to prepare students for the exciting world of coaching. It will be selected from the following short courses:

<table>
<thead>
<tr>
<th>Coaching (World Rugby level 1)</th>
<th>Chaperone / Teamwork</th>
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</thead>
<tbody>
<tr>
<td>Sevens (World Rugby level 1)</td>
<td>Scouting</td>
</tr>
<tr>
<td>Laws of the Game (World Rugby)</td>
<td>Social media</td>
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<tr>
<td>Referee 1 (World Rugby)</td>
<td>Rugby Performance Analysis</td>
</tr>
<tr>
<td>SARU Club Management</td>
<td>Sport massage</td>
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<tr>
<td>Rugby medic</td>
<td>Sport Psychology for Coaches</td>
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<tr>
<td>Concussion / Keep Rugby Clean</td>
<td>PT in schools</td>
</tr>
<tr>
<td>SARU Boksmart Safety</td>
<td>Work / Play rugby Overseas</td>
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<tr>
<td>Tag rugby</td>
<td>Sport Chaplin</td>
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</tbody>
</table>

The Coaching 15’s and 7’s courses (World Rugby level 2) as well as more practical experience can be done the following year.
3. Rugby HP programme Combine (SA & Overseas)

This is one of our exciting NEW programmes, where we give students the opportunity to go and play rugby overseas. Our partner, Eco SA Sport and Travel, will assist us in this regard.

We want to send some of our promising and selected players or coaches to overseas Clubs or Academies for the off-season (between Sept – March) or a period that suits the club. We will ask the Club to arrange accommodation / food, club kit and transport. We will arrange the flight ticket - the spending money, passport and visa will be for the player’s account.

Why go overseas? See this as a great opportunity to develop and gain valuable experience, not for making money in the beginning. The player will experience different coaching techniques and styles. Perhaps there will be opportunities of selection for representative teams that you may not have in your own country, do an internship or perhaps get a scholarship or study. In the process you can experience other places and cultures.

4. Rugby High Performance Diploma

This is our traditional program, where players complete the Rugby and Academic course in 2 years. See Info Leaflet (part 4, 5) for full details.

5. Internship and Exchange programme (Year 3)

Graduate students now have a great opportunity to do a formal SA internship of their choice. It helps that young people do not stay unemployed or start with a wrong career choice. We have a partnership with XChangeSA. They concentrate in finding opportunities in internships or volunteer programs in and around Cape Town. Internships are of a high quality, some with very large companies or organisations - in any field of study or interest.

We can also send selected players for an Exchange program to local / overseas Clubs for the off-season or certain period, while the overseas players come to Stellenbosch Rugby Academy for the same or other period. The Club will arrange accommodation, club kit, transport and food - and we will do the same here. The spending money and flight costs will normally be for the player’s account, but assistance can be considered depending on the club and player’s needs. Players can also work overseas (Workaways or Away2Xplore) and earn good money.
5. Rugby Player programme

Rugby is a wonderful tool that shapes us for life. The very reason you are reading these words is a testimony that something about this game has touched your soul, has ignited your passion and fuelled your spirit. Sport in general creates opportunities for us to grow, socialize and broaden our cultural awareness. It also teaches us that there is a prize to pay if you want to excel in life and that through perseverance you can reach your goals. In our society today we see a lot of people giving up on their goals, dreams, marriages and relationships, because they were not willing to go the extra mile or give attention to the detail. It seems that we are looking for a quick fix or the fast track to success without a willingness to apply ourselves to the nitty-gritty. Too many players think that they can skip the nitty-gritty and that playing rugby at a high level is limited to the playing field only.

Aim of programme

The player must understand:

• Appreciate those who has gone before you & that you are inspired to leave your own mark
• The DNA of SRA – What we stand for and what we are all about
• What character is and how you can develop your own character
• A High Performance Environment / Culture
• A High Performance Conditioning program
• How to become mentally tough & battle hardened
• The basic Principles of play – The SRA way
• How to assess your own game

Objectives:

The SRA way of play is: Play with high tempo and continuity – score tries – enjoy it!
Therefore we must be stronger, fitter, faster, more skillful and more organized.

The key objectives off our rugby programme are to:

Create a learning environment
Develop men that are mentally tough & battle hardened

Produce skillful players to play high tempo continuity game
Produce a winning team

Serve in our communities
Create a fun environment

Therefore we want to improve our players’ functional strength, help them to become skillful and fit at the same time, whilst enjoying themselves!
Objectives:
- Keep them playing!
- Increase power output in the competition exercises
- Maximize preparation (slow gradual increase of player’s ability to play/perform - term 1, 2)
- Maximize readiness (daily fluctuation in psychological, tactical, technical, physical performance - term 3, 4)

The programme is presented in the following five performance areas:

- Conditioning
- Skills
- Theory
- Team training and Matches
- 7’s

Strengh and Conditioning

<table>
<thead>
<tr>
<th>MODULES</th>
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<tbody>
<tr>
<td>1. Conditioning</td>
</tr>
<tr>
<td>2. Mobility and Stability</td>
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<tr>
<td>3. Strength and Power</td>
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<tr>
<td>4. Speed</td>
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<tr>
<td>5. Testing and Monitoring</td>
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</table>

It is the physical and physiological development of players for elite sport performance. Our coaches will assist you on your training journey by setting individual goals and being with you every step of the way. They’ll make sure your exercise technique is correct, and offer guidance, advice and motivation. Conditioning is an essential component if players want to go all the way. Players train in small groups with the conditioning coach. It is presented at our own gymnasium on campus (Mount Simson), field and swimming pool.

Objectives:
The program includes:

- **Comprehensive programme and training** suitable for the development and preparing players for professional rugby. These include: Body composition, functional movement, physical performance, speed and fitness. Players also receive a training programmes during holidays.

- **Ongoing monitoring and testing of players** (Boksmart pre-participation testing, specialized tests each term, drug tests). There is a weekly one-on-one’s with injured players.

- **Recovery**: Medical clinic (swimming, cycling, physio after each game), recovery system, life style (food / supplements, medicine, sleep, professional attitude, etc.)

- **Top class rehabilitation**. Players have access to sport massage and physiotherapist on campus. Dr. Jannie Brink, our medical doctor, has years of experience at the WP u/19- & u/21-teams.

**Skills**

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<tr>
<th>MODULES</th>
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<tr>
<td>1. Position specific skills</td>
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<td>2. Individual</td>
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<tr>
<td>3. Unit skills</td>
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<tr>
<td>4. Monitoring and Testing</td>
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</tbody>
</table>

With our **Edge programme**, we want our players to always create something with ball in hand, to ensure that your team or team mate will be in a better position after you handover possession. The program consists of **individual and positional skills**.

The program includes:

- **Individual skills**: Handling, breakdowns, defence and continuity.

- **Position specific skills**: Players do specific positional training.

- **Specialized tests and video analysis**: Sessions and stats to improve technique and skills.

**Theory**

This modules are unique, because it gives our students a holistic understanding as the learning (theory) and practical (training) compliments each other all the time. This programme has been designed to help you walk the extra mile; to look into the detail of the SRA Way of Play and Life - to ultimately assist you in becoming a **professional rugby player and a man of value**.
WP probably have one of the strongest club leagues in South Africa. We play at the famous Maties Rugby Club and in their Hostel League, and players are therefore eligible for WP u/19 and u/21 trials, where they get excellent exposure. The SRA (Knights) play with 2 teams/squads – as a Matie 3 and Matie Hostel team. So far we had more than 50 national and international players.

The programme consists of team training (including jersey ceremony). We record games weekly – players assist with their own team/player analyses (Stratus). Info are also available to parents via YouTube. There is a weekly one-on-one meeting about the game. It includes performance analyses, feedback on the performance, exc.

- **Individual:** Time played, points scored, attack, breakdown, attack, discipline.
- **Team:** Tries, penalties, free kicks, tackles, handling, defense, attack, yellow and red cards

We want to develop talented 7’s players for local and international tournaments. Our strategies are largely based on the same professional culture of die SA Sevens here in Stellenbosch. Students will have the opportunity to train with them, and play in different matches and tournaments. **Join us on the quest to play this exciting game around the globe – and make great lifelong memories with some new brothers.**
Summary

The Rugby program includes:

- **Boot Camp** in January.
- **Annual rugby tour** during June.
- **Weekly meetings with players** to discuss the program.
- Ongoing **1-on-1’s** with players after matches; and communication with parents if students under achieve (eg. attendance <80%).
- Full range of **Puma clothing and kit** (can buy extras at a big discount too), **club and gymnasium fees, outings and transport** (training). This excludes medical costs - so players must make sure that they are on a medical plan.
- Parents receive a continuous and **complete report** of students’ academic and rugby progress each term. Attendance stats are available on our web site weekly.
- Portfolio with every player’s stats, physical information and video is available.

From their second year, students get the opportunity to play or coach **rugby overseas**, as part of our Exchange program.

Players who are **under-performing** may be required to immediately leave the Rugby Academy, but will still be responsible for all fees..
6. Sport and Business Studies (Marketing) programme

Rugby, sport and the business industry is a multi-billion rand industry and is the creator of many thousands of jobs. There is a definite gap in SA and overseas regarding professional players, sport coaches and managers. We understand that if we want to send a generation of students into the market that have an advantage over other students, they must be equipped with:

- **A relevant qualification.** Therefore we assist students to complete the Higher Certificate ("bridging course") in year 1 - to proceed with their degree studies in year 2.
- **Sufficient practical experience.** Student already starts with his internship from year 1 to integrate his academic knowledge with work experience in the appropriate field.

**Aims**

- Equip students with comprehensive and practical skills so that they can start and run their own businesses (entrepreneurs); or could be involved in other businesses (business managers).
- Train competent sport professionals.

**Higher Certificate in Business**

(Qualification code: 98236; NQF level 5; 120 credits)

**UNISA** has a proud history in SA, which dates back as far as 1873. More than 400 000 students are being supported to achieve their dreams through open distance learning. UNISA is accredited by CHE (Council on Higher Education) as well as international. A qualification obtained at UNISA, is seen as very valuable by prospective employers. Unisa offers a diverse choice of study fields at levels from certificate to degree.

Students must have a National Senior Certificate (matric), with at least 30% in the language of teaching, and 30% in Mathematics.
Content of course

<table>
<thead>
<tr>
<th>YEAR 1</th>
<th>YEAR 2</th>
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<tbody>
<tr>
<td>BNU1501 Numeracy</td>
<td>MNM1505 Consumer Behaviour</td>
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<tr>
<td>HRM1501 Human Resource Management</td>
<td>MNM1507 Marketing Communication</td>
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<td>MNM1501 Personal Selling</td>
<td>MNM1520 Public Relations</td>
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<td>MNM1502 Customer Service</td>
<td>SUS 1501 Sustainability and Greed</td>
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<tr>
<td>MNM1503 Marketing</td>
<td>MNM1522 Branding</td>
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</tbody>
</table>

Presentation

Unisa provides the material and structure, and we present the course as full time classes on campus. This course duration is 1 year, and is presented from June (year 1) to June (year 2). This give our students the opportunity to complete most practical courses in the beginning of the year (semester 1), register in time and then start studying. Students receive all material (paper and / or electronic), attend lectures and conduct ongoing tasks, tests / exams on modules. Students will have access to discussion forums on MyUnisa, where study material will also be provided. Attendance results of classes appears weekly on our website. Unisa also has an examination centre in Stellenbosch.

Successful students immediately start with their degree studies after completing this course (June - year 2).
Internship or Practical programme

This is unique, as students start their internship from day 1, and in this way start writing their on CV. The practical programme offers a balance of theoretical study, practical training and work-based learning experience to prepare students for the exciting world of sport and business. It is a structured and practical learning experience.

Content - We offer a variety of great short courses with practical experience. It gives students chances to be head and shoulders above the rest in the industry.

<table>
<thead>
<tr>
<th>YEAR 1</th>
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<th>YEAR 2</th>
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<td>Coaching (World Rugby level 1)</td>
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<tr>
<td>Referee 1 (World Rugby)</td>
<td>Tag rugby</td>
<td>Sport massage</td>
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</table>

Presentation

The courses are mostly presented on campus. Students receive material (paper and / or electronic), attend courses and conduct tasks or tests. We assist with the practical work. Parents receive results on our reports (twice a year - and attendance stats of classes appears weekly on our website). The more practical experience - the better of your chance to get a good job! Make sure you bring a tablet or laptop. A vehicle is recommended – not compulsory.

<table>
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<tr>
<th>CAREER POSSIBILITIES</th>
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<tbody>
<tr>
<td>Ability to coach at junior to club level</td>
</tr>
<tr>
<td>Quality to referee at school and club level</td>
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<tr>
<td>Game and performance analyst</td>
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<tr>
<td>Coach different sport codes</td>
</tr>
<tr>
<td>Assist with First aid and occupational health and safety</td>
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<tr>
<td>PT trainers in schools</td>
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<tr>
<td>Fitness and conditioning coach – individuals and teams</td>
</tr>
<tr>
<td>Lifestyle consultant, present life skills</td>
</tr>
<tr>
<td>Programme designer</td>
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<tr>
<td>Sport massage</td>
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</table>
There are also other courses available. It will be explained in more detail now.

**Other courses**

Whether you have a passion for rugby as player, coach, referee or game analyst - and want to make it your career, or you want to combine it with other relevant academic courses - we offer an opportunity for you!

We also offer students a variety of other study options. Courses are available from the University of Stellenbosch, Unisa, Intec, Boland College, Master Maths, and other online options. SRA supply staff members as mentors for distance education students. We also assist students to improve their matric results.

1. **Unisa: BEd, BCom (or other degrees)**

Unisa offers a variety of accredited degree, diploma or certificate courses. The favourite Unisa courses are: BEd Education, BCom Business Management, Sport and Business management (short course) or the Higher Certificate courses (to qualify for degree studies).

Our coordinator will meet students during class time as their mentor, and also coordinate the Support programme. We place students in schools / businesses after their second year, to start working (earning a salary - schools pays for degree) and study if they want to. More info on our web site. **We would strongly recommend that students apply by end September at Unisa (R105), just to keep their options open. It cannot be done at a later stage. Then they can register the following year during January or June for a specific course.** More info available on request.

**Bachelor of Education - Intermediate Phase (4 years)**

There is a huge need in our schools for well trained male teachers and coaches. This BEd Degree focuses on the education & training of Grade 4 – Grade 9 learners. A National Senior Certificate (Degree endorsement) with an achievement rating of 4 (50% - 59%) or better in the language of learning and teaching is required.

**BCom - Marketing Management (4 years)**

This degree opens career opportunities in business: as marketing managers, sales managers, advertising managers, product managers, brand managers, marketing research managers, marketing planning managers sales representatives or marketing consultants in the manufacturing, services or retail industries.

A National Senior Certificate (Degree endorsement) with an achievement rating of 4 (50% - 59%), in the language of learning and Mathematics is required.
2. Intec College (computer to technical studies)

INTEC College offers the widest range of distance-learning courses covering many disciplines from computer to technical studies. It is a modern SA College with a solid track record spanning more than 100 years. Courses are relevant and adaptable. They have branches in Johannesburg, Cape Town, Pretoria, Port Elizabeth and Durban. INTEC is accredited by Umalusi, the Council for Quality Assurance in General and Further Education and Training, www.umalusi.org.za (Umalusi Prov. Accr. No. FET 00037 PA). The Rugby Academy supply mentors for students, and INTEC ongoing study support and individual attention from qualified tutors. See their web site: www.intec.edu.za.

3. Matric / University of Stellenbosch

We offer a unique support program in January / February, where our students are assisted in the March Supplementary examination to obtain their matriculation - exemption or better their marks. Mathematics and Science can also be done in town by Master Maths. It is important that students immediately register with the Department of Education, with Luckhoff Secondary in Stellenbosch as the Examination centre.

Some students would like to play Young Guns or Varsity Cup. They can either write the supplementary matric exam to better their marks or study via Unisa (certain subjects are recognized by US) - and study the next year at US. More information is available on request.
7. Campus and Accommodation

First-class SRA Student Accommodation

The modern campus of Stellenbosch Rugby Academy is located in the security estate of MT Simon. The campus consists of 23 student houses (can accommodate 100 students), hall, lecture rooms, gymnasium/field/fitness room, swimming pool, recreation hall, dining hall, braai facilities and office. It is extremely pleasant and suited for studies, sports and student life. Students quickly form a cohesive brotherhood, which creates a lasting network of friends for the rest of their lives. The superintendent manages the student houses to ensure a comfortable and secure atmosphere.

Our accommodation offers the ultimate convenience & peace of mind for students & parents:

- Fully furnished houses (4/6 students/house), with kitchen, bathroom, lounge / dining room (with DSTV), braai area.
- Each house has its own internet connection, washing machine, tv, refrigerator, microwave, kettle.
- Weekly cleaning services and collective tumble driers.
- A peaceful environment, parking, 24/7 secured access.
- Transport will be provided to training sessions for students without own transport.
- A balanced lunch during the week (Monday – Fridays) is included.
- Resident Head on campus

To make the best of your SRA experience, we strongly recommend that our students make use of our housing facilities. They are however free to organise private accommodation if they so wish. The capacity of our student housing is unfortunately limited and sought after. We therefore recommend applying for registration and accommodation as soon as possible. When a student is accepted for the SRA accommodation, the parents/guardians of the student sign a contract for a year and pay accordingly. Students may also bring their own transport. Home inspections are done weekly, because it teaches students how to run their own homes on a daily basis one day. It also includes tidyness (inside and outside), maintenance and pride in your property. Parents deserve a lot more respect afterwards! To remain true to our commitment to excellence and high standards, students who fail will not be admitted for the next year. Furthermore, students who do not adhere to the house rules (see prospectus), stand the chance of losing their accommodation.

Private-students

Students may stay in private accommodation. They are also accommodated on campus during the day, may buy meals, and may use the other facilities such as the recreation room, pool, etc.
8. Student Life

“Happy players off the field, are happy players on the field.”

Stellenbosch is the most famous student town in South Africa and is surrounded by beautiful mountains and the famous winelands. A town that is world renowned for sporting activities and student life, only 40 minutes away from Cape Town. Known as the mother city, Cape Town is also the first choice tourist destination for visitors to South Africa and the home of Table Mountain, one of the seven world wonders of nature. It is also home to Robben Island, the prison where the father of the new South Africa, Nelson Mandela, was imprisoned for 27 years. By being part of the Stellenbosch Rugby Academy you have the opportunity to experience the thrill of the exhilarating Stellenbosch student life. We want to make sure the players are happy.

Student affairs

The SRC is part of our management team and is 24/7 responsible for the welfare of our students. They meet with students weekly. There are mainly six dimensions of a person’s life, contributing to make you a happy person: physically, emotionally, intellectually, career, social and spiritual. This following two unique programmes help our students to be happy, and to achieve their full potential. It is presented as follow:

Student Support programme

This unique program helps our students to meet the demands of student life effectively, overcome obstacles and ultimately achieve their full potential.

<table>
<thead>
<tr>
<th>Individual</th>
<th>The Weekly Spiritual Hope is a voluntary Get Together or Bible study. It takes place every week. We are partnering with Scas. Our Sport Chaplin assists with the counselling of problems.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student houses</td>
<td>There is a Superintendent, SR and house captains. House meetings take place every week.</td>
</tr>
<tr>
<td>Parents</td>
<td>Students and parents receive a Prospectus. We also communicate via WhatsApp groups (students, parents), Facebook, Twitter, Instagram (ongoing), newsletters and newspaper (quarterly).</td>
</tr>
</tbody>
</table>

We believe that the different elements of our Social program are essential for an unforgettable student life. Every student deserves the opportunity to celebrate this special time to the fullest! We plan a variety of interesting activities this year. Hopefully every student will return with many stories of all their adventures!
9. Registration

Registration-process

- Study this information leaflet carefully.
- A personal appointment (student and parents – as far as possible) is scheduled to discuss your needs and expectations.
- A complete Registration form of the Rugby Academy (available on our web site or on-line), along with a certified copy of the matric certificate/ results are required.
- Students receive a provisional letter of registration, with student number that can be used for study loans, etc.
- As soon as the deposit for the course fees and accommodation is paid, you will receive a final letter of confirmation and further correspondence.
- Registration closes 31 October; after that students can apply for late registration (should there be space available).

Payments are done as follow:

1. After successful application:
   Registration fee (not refundable): Course (R5 000) & accommodation (R5 000)

2. Payment 1:
   A week before registration: Course fees (7 Jan.)

3. Payment 2:
   Registration day: Accommodation fees (14 Jan.)

Study loans and bursaries

SRA has a special agreement with ABSA, where parents receive 100% student loans if creditworthy. More information about student loans is available on our website (documents/ loans and bursaries). Apply in advance. We also have a partnership with Fundi Capital if parents want to do monthly payments. Fundi is a registered credit provider. Since inception, they have awarded nearly 900 000 loans to the value of more than R5,5 bn in SA. They offer educational loans (and bursaries) for all levels of tuition – schools, universities and colleges. It covers the following fees: registration, course, textbooks, accommodation, laptop / tablet, other study equipment, as well as outstanding balances. There are no credit checks for Government employees (eg. education, police, defence force, law and order, correctional services, municipality, sport, culture, home affairs, traffic, justice, hospitals, Eskom; …).

Contact our coordinator, Thorn Williams, directly now, to assist you with financing your fees:
thornw@fundi.co.za or 086 263 2069 or 061 370 1028.
Conclude

We also offer merit bursaries for top players. Visit our website (documents / loans and bursaries) for more info. Please contact Mrs. Brand at our office for detailed information about different payment options.

Programmes and Costs (2019):

<table>
<thead>
<tr>
<th>PROGRAMME OPTIONS</th>
<th>COST PER YEAR</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>One year</strong></td>
<td></td>
</tr>
<tr>
<td>1 Rugby Player Gap year (can select short rugby courses @extra cost)</td>
<td>R40 000</td>
</tr>
<tr>
<td>2 Rugby Coaching programme Player – Coach – Analyst - Manager</td>
<td>R45 000</td>
</tr>
<tr>
<td>3 Rugby HP Combine program (SA &amp; Overseas)</td>
<td>R55 000</td>
</tr>
<tr>
<td><strong>Two years</strong></td>
<td></td>
</tr>
<tr>
<td>4 *Rugby HP Diploma (with Sport and Management)</td>
<td>R62 000 - first years; R55 000 – 2'd years</td>
</tr>
<tr>
<td><strong>Three years</strong></td>
<td></td>
</tr>
<tr>
<td>5 Paid Internship</td>
<td>Price on request</td>
</tr>
</tbody>
</table>

**OTHER**

| **Acmodation and meals** (1 meal/day during week included) | Double room R50 700; or Single room R56 800 |
| **Student fund** (socials) | R3 000 (SRA accommodation) or R1 000 (Private accommodation) |
| **Tour** | R2 000 |
| **Puma Kit** | R3 000 |

| **Specific costs** | Costs for specific periods; or other Academic courses, are dealt with separately. |
| **Discount** | Students that played for provincial teams, qualify for discount on their student fund, tour or kit. |

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