



STELLENBOSCH
RUGBYACADEMY
since 2004

INFO LEAFLET 2019

A WORLD CLASS RUGBY EXPERIENCE!

WWW.STELLENBOSCHRUGBYACADEMY.CO.ZA

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1. Welcome at SRA!

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:

"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."

- 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.

Message:

Better people – Better performance

We believe success is determined by character (90%) and competence (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 **21 January 2019 for students** (registration day), and seniors arrive the next day. 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!

Alie Brand

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, registered 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 60 full-time students and various staff members. **It is an incredible testimony of God's faithfulness and grace.**

In November 2018 we merged with **CTU Training**. We plan to expand the existing Rugby Academy concept and brand nationally. CTU, established in 1987, is an accredited private tertiary education provider with 15 campuses nationwide.

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 also like to give players, not spotted at trials or overlooked due to whatever reason, the chance to develop further.**

Our vision

Together we want to create an exceptional rugby experience.

Our focus

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

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

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

Our culture

“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

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

Squire - 2nd Year - Advanced training - help others

Knight – Senior - 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 committ themselves to something greater than themselves. **We also use specialist coaches like Louis Koen, Allan Zondagh, Brendan Venter (backs); Pieter de Villiers, Piet Faasen, Ashley Evert (forwards) and dr Christo Spies (sport psychologist). Dr Jannie Brink (medical doctor) and an internal physio** are responsible for the medical programme.

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 (UJ), 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), Brakpan, 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

Hendrik Louw – Conditioning and 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, Vics u/20, different schools and clinics
- Assisted by physio and intern
- Involved with SRA since 2014

Francois du Toit – Analyst and 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, Vics u/20, schools, clinics
- Superintendent Student Houses
- Coordinate Schools coaching and camps / clinics
- Involved with SRA since 2015

Meet our Support staff:

Our dedicated support staff makes sure everything runs smoothly, and that **students and coaches are supported at all times.**

Alexia Rudolph – Manager Administration

- Manage reception and office administration
- Involved with SRA since 2012
- Assisted by Janine Adonis (finances)

Ronel Botes – Manager Accommodation

- Responsible for catering, student- and guest accommodation
- Involved with SRA since 2014

4. OUR PROGRAMS

Our passion is to inspire players and professionals to become men of value. They must understand who they are and where they are going. We want to create a career via rugby for all our students by broadening their performance and professional opportunities. **This journey will change their lives!!**

There are two options:

1. Rugby High Performance program (1 year)

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.

This program is aimed at the development of the individual player: not only physically and mentally, but to ensure that he is indeed a student of rugby. Personal attention is guaranteed: The Conditioning coaches and mentors will ensure that the player develops his skills to performance at his best in his position. Each player receives an individually designed program – as well as certain nutrition and medical assistance.

The student will also complete the following short courses: Rugby ready, SARU Boksmart Safety, Coaching (World Rugby Level 1), Laws of the Game (World Rugby), Life Skills (incl. sport psychology). There are various other World Rugby courses that can be done online.

Entry Requirements:

The SRA Application form must be completed and submitted with the latest Grade 12 results and ID copy of the student. The form must be completed with full detail regarding the student's rugby achievements and references.

Students will also be subject to a strict selection process, which involves the following:

- **Initial screening:** Submission of the Application form - along with a Rugby CV and credible references from previous coaches. A video link of previous games will be an advantage.

- **Further screening:** A comprehensive medical examination (at the cost of the student) at the start of the year by the appointed medical providers of the SRA. Fitness and skills tests will be conducted during the Induction week at the SRA.
- **Ongoing screening, monitoring and evaluations:** The student will be subject to continuous HP (High Performance) evaluations during the program.
- The student will be required to have consultations with a qualified **Nutritionist** at the cost of the student at the commencement of the program as well as every term. The Nutritionist will visit the SRA during every term to adjust meal plans according to the student's performance. One meal per day will be provided as part of the program cost.

Take note that players must meet certain minimum medical requirements during the tests. Otherwise, they will be advised to also take the Academic program.

Students successfully qualifying for, and completing the HP programme, meeting all the evaluation and performance criteria, will be supported and exposed for placement or exchange both nationally and internationally. The cost of **international placement** or exchange will be determined once a placement is secured and will be for the cost of the student.

2. Rugby and Academic Combination program

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 HP program, he will have a better understanding what he wants to do with the rest of his life.

Students complete the Rugby standard program of SRA, as well as a chosen Academic (CTU) programme from the Business, IT and Design faculties or alternatively Sports Management from ETA. This ensures that the student has a registered, accredited National qualification whilst also participating in and completing the standard SRA rugby programme.

CTU will consult with every student before his year of studies commence and or during the SRA induction week. The **Professional Personality Aptitude testing** will be performed on every student to ensure that every student registers for an academic program that will not only ensure future employability for his life after rugby, but is also the ideal chosen field of study for every student based on the test outcome.

The student will complete the same short courses as the HP program – PLUS the chosen recommended Academic program from CTU or Sports Management from ETA.

Entry Requirements:

The same SRA Application form must be completed and submitted with the latest Grade 12 results and ID copy of the student. The form must be completed with full detail regarding the student's rugby achievements and references.

- **CTU Entry requirements:** Please take note that every academic program offered by CTU through its various faculties has specific entry requirements. CTU will engage with every applicant in a detailed consultation.
- **ETA Entry requirements:** ETA has prescribed entry requirements for Sports Management and the applicant will engage with an ETA representative to determine such.
- **All SRA registered students** will be subject to a **Medical evaluation** at the student's cost at the start of the year either by his own Medical Practitioner or the appointed Practitioner from SRA. The completed medical evaluation has to be submitted to the SRA.
- **All registered students** will be subject to the **Fitness / Conditioning and Skills tests** at the start of the year.

Visit them at: www.ctutraining.ac.za. See prospectus on our website.

3. 2nd and 3rd year options:

1. The student can register for a 2nd year at SRA with **Coaching** as a field of specialization. 7's and 15's courses are offered as well as the placement of the qualified students as a coaches at schools and/or clubs.
2. Student can continue in a 2nd year at the SRA with a 2nd year at **CTU or HP Program** should the student meet the entry requirements for the HP program.
3. Student can pursue a 3rd year into the **SA Referee program** to become a qualified Referee should this be a choice as field of specialization.

Summary

One of the exciting NEW options we have, is to give students the opportunity to go and play rugby overseas. Info leaflet available on request on our website.

We want to send some of our **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. The flight ticket, 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 own country, do an internship or perhaps get a scholarship or study. In the process you can experience other places and cultures.

5. Rugby programme

Globally over 7.2 million people play rugby, and far more are connected to the business of sport. If you want to be a part of this worldwide development, here are your chance to take your career to the next level!

In cooperation with world class partners like World Rugby (previously IRB) and SARU, we develop the unique Rugby program, 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 web site (documents / training programmes).

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 Strength and 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 skillfull and more organized.

The key objectives off our rugby programme are to:

- Create a learning environment
- Develop men that are mentally tough and battle hardened
- Produce skillful players to play a 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! The programme is presented in the following **five performance areas**:

- **Strength and Conditioning**
- **Skills**
- **Theory**
- **Team training and Matches**
- **7's**

Strength and Conditioning

MODULES		
1. Conditioning	3. Strength and Power	5. Testing and Monitoring
2. Mobility and Stability	4. Speed	

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:

- **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 program includes:

- **Medical test / assessment** in the beginning of the year. Players must meet certain minimum medical requirements during the tests at the beginning of the year. Otherwise, they will be advised to also take the Academic program.
- **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** (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 and physiotherapist on campus. Dr. Jannie Brink, our medical doctor, has years of experience at the WP u/19- and u/21-teams.

Skills

MODULES			
1	Position specific skills	3	Unit skills
2	Individual	4	Monitoring and Testing

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 programme 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.

Practical

This program 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**. 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.
- Students start their internship from day 1, and in this way start writing their on CV.

Rugby	Conditioning SRA Way, History of the Game, SRA Culture and Philosophy, SRA Principles of Play, Game analyses
Short courses	Compulsary: Rugby ready, SARU Boksmart Safety, Coaching (World Rugby Level 1), Laws of the Game (World Rugby), There a various other World Rugby courses that can be done online.
	Other options: SARU Club Management; Concussion / Keep Rugby Clean; Chaperone / Teamwork; Scouting; Social media; Rugby Performance Analysis; Sport Psychology; PT in schools

Manhood	Somewhere along the way, our culture lost its definition of manhood, leaving men in “no-man's-island” - confused about their roles, responsibilities, relationships and the reason God made them men. We focus on identity and leadership (fatherhood).
Mental Toughness	Sportlife: This unique course combines Sport psychology and Life skills. It offers practical help with critical issues players are dealing with, to help them succeed in their sport or personal life.

Students can do the following courses extra (own cost): Coaching level 2; Sevens, Referee level 1 (World Rugby), Rugby medic, Tag-Rugby (SARU); Sport massage extra.

Team training and Matches

MODULES					
1	Defence	4	Line outs	7	Analyses
2	Attack	5	Kick offs	8	Matches
3	Scrum	6	Kicking game		

WP probably have one of the 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 about 50 national and international players.**

The program 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, etc.

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

7's Rugby

MODULES					
1	Attack	4	Game knowledge	7	Sport Science
2	Defence	5	Planning	8	Matches / Tournaments
3	Positional responsibilities	6	Management	9	Sevens: World Rugby Level 1, 2

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.
- **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%).
- **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.

Excludes: Students pay seprately, in advance for the Puma kit, medical test and tour.

Players who are **under-performing** may be required to immediately leave the Rugby Academy, but will still be responsible for all fees..

6. Academic program (CTU Training)

We have a passion to develop professionals and work together with the industry in creating up-to-date and relevant programmes, in order to equip our graduates with the right skills to successfully enter the SA job market.

At CTU TRAINING and Stellenbosch Rugby Academy we understand that if we want to send students into the market, that have an advantage over other students, they must be equipped with top and relevant qualifications. We also believe that a student / player must spend 50% of his time to obtain a good qualification. **Therefore, it is important for us to offer a variety of great qualifications to you.**

*Our vision is to create an exceptional educational experience.
– Ronald Meeske, CEO CTU*

Background CTU

CTU Training, established in **1987**, is a private tertiary education provider with **15 campuses** nationwide. CTU offers various **full time or part time courses**. More than 100 000 students were certified the past 5 years. We offer a variety of up-to-date qualifications as well as -specific international certifications which prepares the graduates for a future filled with exciting opportunities **internationally**.

How to choose the right career?

It is one of the most important decisions you will ever have to make. **Students can complete the Career test before hand or in the beginning of the year**. It is an international recognized online career guidance tool which evaluates a student's ability, personality and interests - matching the results to an extensive database of local and international job profiles. **Combined with an interview, it helps our students to make the right career choice.**

Courses

Career opportunities for certified **Business, IT and Design** candidates are increasing rapidly. We work together with the industry in creating up-to-date and relevant programs, in order to equip our graduates with the right skills to successfully enter the South African job market.

During the other part they will with have **full time** class on the **CTU campus**. We will give **feedback to parents weekly about a student's attendance**. Students will have the following Business, IT and Design options (1 – 3 years) at the Stellenbosch campus:

BUSINESS	
Business Management Entrepreneurship Financial Accounting Generic Management	HR Management & Practices Office Administration Project Management Tourism
INFORMATION TECHNOLOGY (IT)	
Cloud & Security professional - Cisco IT Network Design & Administration IT Cloud Administration	IT Technical Support Software & Application Development Web-development
DESIGN	
Computer-aided-draughting-design Visual Communication	Graphic Design

Info about the Eta programs will be on our website.

Recruitment

CTU's own recruitment division, **CTU Recruits**, offers an essential and professional service to our students; to help them prepare for the workplace and to our corporate partners; providing them with the ability to appoint prime talent.

Accreditation

CTU is **registered** as a private higher education institution in terms of section 53(3) of the Higher Education Act, 1997 (Act N° 101 of 1997), and Regulation 16(4)(b) of the Regulations for the Registration of Private Higher Education Institutions, 2002. (N° 2014/HE07/004).

Conclude

Visit us at: <https://ctutraining.ac.za/> , or finds the **Prospectus** on our website. You are also welcome to visit us for a **Career assessment or interview**.

7. Campus and Accommodation

First-class SRA Student Accommodation

To make the best of your SRA experience, we strongly recommend that our students make use of the housing facilities on campus. Accommodation is not managed by SRA, but by the SRA Property Trust. SRA students get preference to accommodation at Mount Simon Student Village. The largest majority of students prefer to stay on campus.

When a student is accepted for the accommodation, the parents / guardians sign a separate contract for a year and pay accordingly. A separate Application form for accommodation, quotations and lease are available on our website; or can be sent to students and parents via one of our consultants.

Meals are only included for High Performance students as part of the program fee.

Students can apply to various funding institutions for accommodation (see info in part 9 - Registration). We will assist with and advise on all your funding applications.

We provide you with a one stop service option for the accommodation and it will be our pleasure to assist you. **Please contact our consultants and student advisors for more information.** Please refer to the attached brochure for information regarding the Mount Simon Student Village.

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/fisio 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 and peace of mind for students and parents. The following services are included:

- **Houses:** Fully furnished houses (2/4/6 students/house), with kitchen, bathroom, open plan lounge / dining room (with DSTV), braai area.
- **Rooms:** Comfortable beds, mattress, build-in cupboard, desk, bookshelf, blinds
- Well-equipped **kitchen:** Stove (no oven), washing machine, tv, fridge, microwave, kettle – with collective tumble driers.
- **Recreation facilities:** Gymnasium, pool, field, recreation hall (pool, table tennis), braai areas. This is the perfect place for you to socialize with old and new friends.
- Each house has its own high speed **wi-fi** (receives 2 – 4 G/month).
- Weekly **Cleaning services** in houses.
- **Nice garden** and open spaces.
- 24 Hour **security** at entrance gate – with guards and CCTV cameras in Estate.
- Secure open parking places.
- General **Social** activities are included already. (student fund)
- **Transport** will be provided to training sessions for students without own transport.
- **Resident Head** on campus

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 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.

Individual	We are partnering with Shofar Christian church, and strongly recommend their First Years Camp from 20 January - 23 January 2019. The Amplified First Years' Camp is a great way to make awesome friends before you come here - meet new people and slot in to community as you embark on your new journey here at Stellenbosch! The brochure is also on our website. The Weekly Spiritual Hope is a voluntary Get Together or Bible study. It takes place every week.
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Student houses	There is a Superintendent, SR and house captains. House meetings take place regularly.
Parents	Students and parents receive a Prospectus. We also communicate via WApp groups (students, parents), Facebook, Twitter, Instagram (ongoing) and newsletters.

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!**

Typical activities:

Maties JOOL	First Year Athletics	Senior Social Evening	Ultimate Chef	Lions Head hike, Clifton
Social Evenings	Rugby outings	Games night	Lawn Bowling	Instay weekends
Informal dance	Potjie competition	SR Circus /Camp	Hanedinee	Beach Touchies
Reunie function	Formal dance	Beach Day	Varsity Cup	Amazing race
Spiritual activities	Community projects	Parent Activities	Sokkies	Wine tour

9. Registration

Please contact us to ensure we secure your space for 2019 / 2020.

Phone numbers: 021 887 7432 (Rugby Academy) or 021 887 5372 (CTU)

Email: info@stellenboschrugbyacadmy.co.za or theanevr@ctutraining.co.za; nadinef@ctutraining.co.za

- Study this information leaflet carefully.
- A personal appointment (student and parents – as far as possible) is scheduled to discuss your needs and expectations. Students can also do the Career test with CTU.
- A complete Registration form of the Rugby Academy / CTU (available on our web site or on-line) are required.

Funding assistance

Carol Jacobs (Financial Advisor/Administrator), can be contacted for all funding assistance/applications: 021 887 5372 or carolj@ctutraining.co.za.

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; ...).

We also offer **merit bursaries** for top players. Visit our website (documents / loans and bursaries) for more info.

Programs and Costs:

	PROGRAM OPTIONS	COST PER YEAR
1	Rugby High Performance program (1 year)	R65 000
2	Rugby and Academic program (with a CTU national qualification) *Take note that for certain programs the international examinations, professional body registrations, examination and/or books are not included in this price of students.	R62 000 - First years; R62 000 – 2'd years
	OTHER	
	Accommodation (seperate form) *Take note that the cost of HP student's meal/day is included in the program fee. Meals incl. one freshly prepared nutritional meal/day with supplement. Electricity Pre-paid (excluded)	Single: R 4 858/ month (R58 296) OR Double: R 4 375 (R52 500) Meals: R5 000
	Student fund	R2 000 (SRA students)
	Tour	WBC (payment in advance)
	Medical screening	WBC (payment in advance)
	Nutrinist	WBC (payment in advance)
	Clothing Kit	R3 000 (payment before 15 Jan 2019)

Contact us directly for enquires about **merit bursaries**.

Contact details

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(F): +27 86 211 0577

Wapp: 076 304 9264

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Web: www.stellenboschrugbyacademy.co.za

Physical address: Lion's Head nr 3, MT Simon Estate, Stellenbosch, South Africa, 7612

Postal address: PO Box 6004, Uniedal, 7600