



# HIGH PERFORMANCE TEAM DEVELOPMENT



LEICESTER TIGERS ACADEMY SQUAD TRAINING AT RAI, AUTUMN 2018



At Rugby Academy Ireland, we can offer your touring customers a range of fantastic group development experiences, from a half day high performance pitch-based coaching session to a long stay training camp.










With options to suit all timescales and budgets, your customers' stay at RAI can be an exceptional add on to that once-in-a-lifetime tour.

" We fully enjoyed the whole RAI experience. I would highly recommend it. "

**Kingsbridge RFC (UK) U15 Head Coach Mike Banner**

" We recently visited the RAI venue & were very impressed with what was on offer. It truly gives everything that a pro team needs in one venue. "

**Robbie Kempson, High Performance Director, Southern Kings (SA), Pro14 Team**

<p><b>OPTION 1</b> </p>	<p><b>OPTION 2</b>   </p>
<ul style="list-style-type: none"> <li>• HIGH PERFORMANCE PITCH SESSION WITH RAI COACHES (€300 PER TEAM)</li> </ul>	<p>HALF DAY INCLUDES:</p> <ul style="list-style-type: none"> <li>• HIGH PERFORMANCE PITCH SESSION WITH RAI COACHES</li> <li>• HIGH INTENSITY INDOOR GYM SESSION</li> <li>• POOL RECOVERY (€30PP + LUNCH ADD ON OPTION)</li> </ul>
<p><b>OPTION 3</b>    </p>	<p><b>OPTION 4</b>    </p>
<p>FULL DAY INCLUDES:</p> <ul style="list-style-type: none"> <li>• 2 HIGH PERFORMANCE PITCH SESSIONS WITH RAI COACHES,</li> <li>• 2 HIGH INTENSITY INDOOR GYM SESSIONS</li> <li>• POOL RECOVERY (€50PP + LUNCH ADD ON OPTION)</li> </ul>	<p>OVERNIGHT STAY FOR 1+ NIGHTS WITH COMBINATION OF:</p> <ul style="list-style-type: none"> <li>• CHOICE OF OPTIONS 1-3</li> <li>• IRISH GAA EXPERIENCE</li> <li>• CHOICE OF ARMY TEAM ENHANCEMENT, DOG/HORSE RACING, PAINTBALL ETC. (FULL QUOTE ON REQUEST BASED ON GROUP OBJECTIVES)</li> </ul>

To book or for more information visit: [www.rugbyacademyireland.ie](http://www.rugbyacademyireland.ie)

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