



RUGBY EXCELLENCE FOR ASPIRING PROFESSIONAL PLAYERS



ELITE
VENUE



TOP RUGBY
TUTORS



EXCELLENT
ACADEMIC
PROGRAMME



WORLD CLASS
PARTNERS

www.rugbyacademyireland.ie

We are Rugby Academy Ireland, a game-breaking, full-time residential rugby academy based in County Kildare in the province of Leinster, Ireland. We are Ireland's first fully independent rugby academy for aspiring professional rugby players, aiming to revolutionise the game by offering ambitious, hard-working individuals an exceptional opportunity to exponentially enhance their rugby and life skills, uniquely preparing them for success in professional rugby.

WHO WE ARE

Dan van Zyl



Co-Founder & Director of Rugby

Dan is a hugely experienced former Springbok & Super Rugby player who has worked at the top of the Irish game in coaching & player development roles with Leinster Rugby (U18, U19 & Women's Head Coach) and the IRFU (Irish Students & Youths Head Coach). A fully accredited World Rugby Educator, Dan is passionate about maximising the potential of top young players, with testimonials from some of Ireland's best young players who he has coached.

Johan Taylor



Co-Founder & Managing Director

Johan brings a wealth of coaching experience, including a successful stint as head coach of the Sri Lanka National Team and top domestic roles with All Ireland League sides, most recently Naas RFC. Also a World Rugby Educator, he is a student of the game, focusing on improving key player and coach development programmes offered internationally.

ACADEMY COACHES

Johan Taylor
Dan van Zyl
Charl Malherbe
- Head of S&C

Caoimhe Morris
- Girls Co-Ordinator
Bernard Jackman
Massey Tuhakaraina

Billy Ngaweni
Allison Miller
Peter O'Donnell
Seb Berti

TUTORS

Arthur Dunne
- Nutritionist
Jason Brennan
- Mental
Reggie Corrigan
- Media

Joe Walsh
- Video analysis
Len Browne
- Video Analysis
David Nolan
- Education

Jess Brennan
- Masseuse
Gary Conway
- Referee
Breiff O'Donnell
- Physio

SPECIALIST COACHES/MENTORS

Nigel Hall
- Scrum
Toni Yapp
- Kicking
Mike Ross
- Front row

Peter Bracken
- Frontrow
BJ Botha
- Frontrow
Denis Fogarty
- Hooker

Eoin Sherriff
- Second row
Andre Snyman
- Centres
Louis Ludik
- Back 3

GUEST COACHES

Braam van Straaten
Ben Swindlehurst
Serge Betsen

Thinus Delport
Simon Mauradzi

Bob Skinstad
Philippe Saint Andre

Other professional coaches and tutors are also used throughout the year.

OUR PILLARS



Players – maximise the potential of all attendees across rugby, education & personal development



Rugby – become the ultimate standard bearer for the independent rugby development of aspiring professional players



Social – contribute in a positive and socially responsible way to the development of rugby globally



TESTIMONIALS



“ I first came across Dan as a 16 year old during summer training with the Leinster Development squad. After that, he coached me when playing for the Irish Youths and we've always had a very good and fun-filled relationship since. He is a very enthusiastic guy that believes in the individual's role within the team context and is all about developing a player's skill set, whether you are a back or a forward. His whole ethos about rugby is to be positive and play what you see, trusting your skills. Dan helped me in the development of my game understanding and encouraged me to always have enjoyment and bring enthusiasm to what I do. ”

Tadhg Furlong
- Leinster, Ireland and British & Irish Lion Tighthead



“ Dan van Zyl had a big influence on my underage rugby. In Development squads (as coach for the Leinster Youths in 2012/13), he was always a valued mentor. During these times, I could hardly remember a time where I didn't learn something new from him. His love for the game and the detail with which he saw it was contagious. I always knew, if I needed extra support with anything, Dan would be willing to help. If it meant staying behind after trainings, or even meeting up before, Dan would always be there. He had a major influence on me and I'd still feel, if I needed to, that I could pick up the phone and ask him something. ”

Joey Carbery
- Munster & Irish Rugby 6 Nations Grand Slam Winner



“ Dan coached the Leinster Women's Rugby Inter-Provincial squad for two seasons in 2010 & 2011. From the beginning, he proved to be a popular and forward thinking coach, with a philosophy and style of play that exciting and dynamic. However, personally, it was his passion for the game and his relationship building abilities that shone through. Dealing with players of varying skill levels, Dan managed to maximise every player's potential through his well-structured season plan and sessions. As captain of the squad, it was great to deal with a coach who was open to discuss the key aspects of the game and how the team were progressing, always providing open, honest feedback. It was a really enjoyable two years that culminated in winning the Inter-Provincial Series. ”

Fiona Coghlan - Ireland 6 Nations Winner & Captain

“ As a father, I could not have asked for a better man to be coaching my son (as a Leinster Youths Under 18 player). ”

Joe Carbery, father
of Joey Carbery



VENUE & FACILITIES

Rugby Academy Ireland have partnered with the outstanding 4* Killashee Hotel & Spa as part of an exciting new project to create a sporting centre of excellence. This environment will be the envy of many professional clubs and will ensure that our players have everything that they need to get the very most from their attendance at the Academy. The specific facilities that Rugby Academy Ireland attendees will enjoy include;



SKILLS AREAS

2 Grass pitches
1 Astro Pitch
Indoor Sports Hall

RECOVERY AND S&C

Gym 1 with 105 stations
Gym 2 with free weight studio
Spinning Studio with 21 exercise bikes
25 meter indoor pool
Hydro pool
Studio rooms for TRX kettlebell, boxing, spinning, yoga etc.
Sports therapist room
Modern changing rooms
Sauna
Jacuzzi
Normatec recovery boots



ACCOMMODATION

Newly refurbished, shared accommodation on site for residential players

CLUBHOUSE

Table tennis, pool, air hockey, darts, satellite television projection wall, PlayStation etc.

LECTURE FACILITIES

Variety of fully electronically equipped rooms

VIDEO ANALYSIS ROOMS

Two dedicated analysis rooms for personal and team analysis

RECREATION

5 Basketball courts

LAUNDRY FACILITY

Laundry facility on site

TEAM ENHANCEMENT

Specialist sessions on and offsite



KILLASHEE
HOTEL • SPA • LEISURE



RUGBY PROGRAMME

The Rugby Academy Ireland management team have significant experience of professional club and representative development programmes, seeing the factors first hand that are key to the successful development of outstanding professional rugby players. We will provide a best-in-class rugby programme, using only highly qualified experienced coaches, tutors and sports professionals, to provide the ultimate pathway for our players to deliver their developmental goals and full sporting potential.

SAMPLE RUGBY ACADEMY IRELAND PROGRAMME

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.00am – 8.00am	Breakfast & Screenings	Breakfast & Screenings	SAQ	Breakfast & Screenings	Breakfast & Screenings
8.00am – 9.00am	Flowing Board & Eye gym	Flowing Board & Eye gym	Breakfast & Screenings	Flowing Board & Eye gym	Movement session
9.00am – 10.30am	Strength and Conditioning	Monthly Module	Rugby session	Boxing	Strength and Conditioning
10.30am – 11.30am	Aqua	Speed Session	Yoga	Massage	Rugby Workshop
11.30am – 13.00pm	Rugby Session	Video review	Strength & Conditioning	Rugby session	Rugby session
13.00pm – 14.00pm	Lunch				
14.00pm – 15.00pm	Community Work	Rugby session	Free	Video review	Monthly Module
15.00pm – 16.00pm	College Work	College Work	Free	Course accreditation	College Work
16.00pm – 17.00pm	Individual Workons	Well-being module	Free	Well-being module	Individual work ons
17.00pm – 18.00pm	Recovery Hydro pool	Strength & Conditioning	Free	Strength & Conditioning	Academy Work
18.00pm – 19.00pm	Dinner				
19.00pm – 21.00pm	Recreation	Rugby Training/ Coaching	Rugby Training/ Coaching	Rugby Training/ Coaching	Rugby Training/ Coaching

RUGBY PROGRAMME

Training
Coaching
Refereeing
Video Analysis
Playing with partner AIL clubs
Weekly workshop
Technical/ tactical/positional by training

MONTHLY MODULES

Leadership Skills
Team Enhancement
Career Guidance
Personal Development & Management
Sports Psychology
Sports Nutrition
Mental program

S&C/FITNESS

Spinning
Running
TRX
Boxing
SAQ
Individual Gym sessions
Testing every 8-10 weeks
Pre hab programme
Flowing board

ACADEMY WORK

Individual
Coaches meetings
Individual Self Analysis
Education & Monthly Module
Course Work
Personalised diaries
House duties
Community work
Media training
Public speaking

RECOVERY

Swimming
Hydro Pool
Jacuzzi
Steam Room
Sauna
Massage
AQUA
Normatec recovery boots

WELL BEING

Physio Assessment
Pilates
Yoga
Meditation
Individual wellness capture and mental health
Excursions in Dublin and Ireland

EDUCATION & CAREER DEVELOPMENT

Rugby Academy Ireland believes that a combination of high performance Rugby and Education programmes are essential elements in the holistic development of an elite player. We therefore ensure that our players enrol in at least one of the educational courses available, through our partnerships with a variety of leading third level colleges. Rugby Academy Ireland also focuses on continuous professional development, providing the opportunity to gain a broader range of rugby qualifications as coaches and match officials, recognised by World Rugby and the IRFU. Our daily programme accommodates educational study time to help players achieve their chosen academic qualification.

EXPECTED CAREER PATHWAYS FOR RUGBY ACADEMY IRELAND GRADUATES

Professional or Semi-Professional Rugby Player
Professional or Semi-Professional Coach
Professional or Semi-Professional Referee
Strength & Conditioning Coach
SAQ Coach
Sports Analyst
Club Administrator/Manager
Program/Season Planner
Player Agent
Sports/Event Manager
Corporate Sports Officer
Sports Facility Administrator
First Aid Assistant



www.rugbyacademyireland.ie

EDUCATIONAL COURSES (OPTIONAL)



Avanti Language
www.avantilanguage.com



IIFT
www.iift.co.za



The 80/20 Mindset Certification
www.8020mindset.com

CORE CPD COURSES/TRAINING (COMPULSORY)



Strength & Conditioning Course
www.itecworld.co.uk



Safe Rugby
www.irishrugby.ie



Nacsports
www.nacsport.com



SAQ Ireland
www.saqireland.com



IRFU Stage 2 Coaching
www.irishrugby.ie



Eye Gym
www.eyegym.com



Affiliated Referees Course
www.leinsterrugby.ie



World Rugby
Rugby Ready Certification





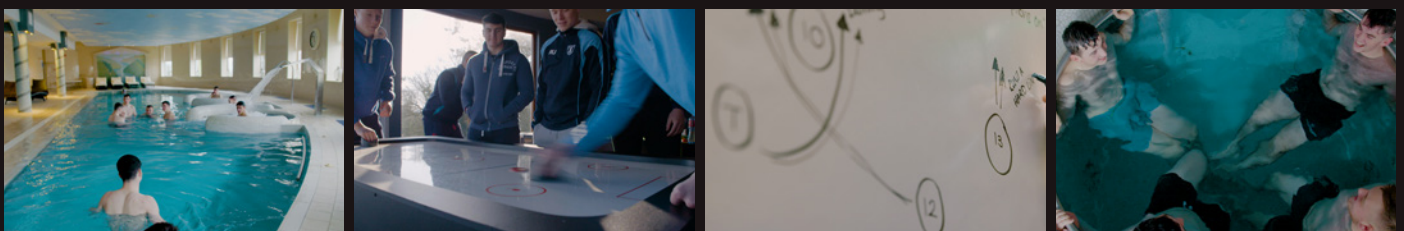
COSTS & NEXT STEPS

DURATION	Core Rugby Academy Ireland Programme - September to April (travel month optional)
DETAILS	<p>Newly refurbished, shared accommodation on site (for residential players)</p> <p>Three healthy meals plus snacks daily (Mon-Fri)</p> <p>Domestic or International club trial costs</p> <p>Rugby Academy Ireland training & casual clothing by BLK</p> <p>All core training and tutor sessions as per programme</p> <p>All educational material and tutors for specified core CPD courses</p> <p>Continuous reporting on academic and rugby performance</p> <p>Personal development support (CV creation, media training etc.)</p> <p>Elements NOT INCLUDED: Transport to and from the Academy (flights, transfers etc.), Any medical, dental and/or physiotherapy treatment cost, Medical, personal and travel insurance, Any costs relating to the Optional Education Courses, Visa processing if applicable</p>
COSTS	<p>Non-Residential and Full Residential places from €14,850 and €16,900 respectively*</p> <p>* Costs are for guide purposes only. The overall costs may increase depending on optional education courses chosen and other extra costs that may occur as part of the programme offering</p>

Contact us through email on info@rugbyacademyireland.ie to register your interest in future enrolment at Rugby Academy Ireland

All pre-registered expressions of interest will be followed up promptly, with at least one online video screening call, a full review of available rugby video footage, a check of references supplied and a face-to-face meeting/site visit (if possible) before a programme place is offered and confirmed. It is expected that the final allocation of Academy places will happen no later than the end of August annually** and successful candidates will be notified via their registered contact details as soon as possible.

**Rugby Academy Ireland reserves the right to withdraw any programme based on securing less than 50% occupancy of the applicable programme intake by the application closing date. For more information, please see our Ts&Cs on our website.



OPERATIONAL PARTNERS



www.rugbyacademyireland.ie

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