



## RUGBY EXCELLENCE FOR ASPIRING PROFESSIONAL PLAYERS



ELITE  
VENUE



TOP RUGBY  
TUTORS



EXCELLENT  
ACADEMIC  
PROGRAMME



WORLD CLASS  
PARTNERS

[www.rugbyacademyireland.ie](http://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



Welcome to the girls development section of Rugby Academy Ireland (RAI). Women's rugby is at an all-time popularity high internationally, and the standard of the game is improving endlessly as a result. With more girls than ever playing the game, more investment is needed to secure the future of the game. Here at RAI, we want to play a major role in the development of the sport both in Ireland and internationally. Our aim is, plain and simple, to develop our players into senior international representatives.

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 female 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.

We will identify, develop and mentor players with the talent and drive to become senior international players. We will provide this through our state-of-the-art equipment, our highly experienced coaches and our world-class programmes. We approach this from a holistic view, improving your game both on and off the pitch. In our academy programmes, you will learn all about the sport of rugby in our game analysis sessions, knowledge of strength and conditioning through both study and practice and position specific understanding with our expert coaches. At our clinics and short courses, you will gain knowledge and understanding of position specific, skill specific and/or play specific aspects of the game from some of the best coaches & players in the world.

#### **Why attend RAI events and programmes?**

- Experienced, world class coaches including ex-international players and coaches
- Brilliant facilities in the scenic Kiltash House Hotel
- Holistic approach to the game of rugby with the aim to develop the players' knowledge & ability to make decisions based off that knowledge
- Internationally accredited courses & coaches/lecturers

We are looking for players who want to be at the top of their game, players who have the motivation and drive to be the best they can be, but most importantly have a dream to play for their country and/or province. If this sounds like you, make sure you invest in your future and get in touch.



We look forward to welcoming you at Rugby Academy Ireland.

**Caoimhe Morris** Women's Coordinator

[caoimhe@rugbyacademyireland.com](mailto:caoimhe@rugbyacademyireland.com)

“ 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



## SPECIALIST COACHES/MENTORS



Alison Miller

Coach / Mentor

69 Irish Women 15's International Caps  
Two World Cup 15's and 1 World Cup 7's  
Irish 7's International Player  
Women's Barbarian Representative



Grace Devitt

Coach / Mentor

56 caps for Ireland from 05-2014  
Grand slam 2013  
World Cup semi final 2014  
Coached Cooke women in AIL 2015-17  
Malone Womens 2018-20 & into promoted into AIL  
IRFU Stage 4 performance coaching.



Fiona Hayes

Coach / Mentor

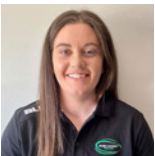
Women's AIL Coach of the year, 2020  
Irish Women's Rugby 15's, 2012-2016  
Two-time 6 Nations winner, 2013 and 2015  
Grand Slam winner, 2013



Maz Reilly

Coach / Mentor

1st Team coach with WAIL team Old Belvedere RFC.  
Leinster Metro U18 Girls Coach  
Leinster Women's Senior Coaching  
Ireland Women's team – Grand Slam, 6N Championship,  
3 World Cups, 2014 World Cup Dream Team.  
Leinster Interpro Team – Interpro winners.  
Barbarians player - Inaugural Team.



Caoimhe Morris

Woman's Coordinator

Head Coach, Mount Temple SCT  
& Girls Junior Rugby Team  
Leinster Rugby SOE Coach  
Basketball Ireland Sports Scientist  
and Performance Coach



Gill Bourke

Coach / Mentor

51 Ireland Women's 15's International Caps  
Two World Cups 2010 & 2014  
Six Nations 2008 - 2015 (Grandslam 2013, Champions 2015)  
Barbarians Rugby Football Club – 2 Caps



“ Sometimes I wonder what my life would be like if I never fell in love with the game of rugby. I've had many wonderful experiences and been taught numerous life lessons by this beautiful game. Rugby academy is a great opportunity and platform for any aspiring young female rugby players. The opportunity to experience hands on, tailored coaching will allow players to develop in a comfortable, professional & enthusiastic environment. I only wish Rugby Academy was around back in my day, with the emphasis on position specific skills it would have made the transition from back-row to prop a lot smoother. ”

Fiona Hayes - Coach and Mentor





## 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;

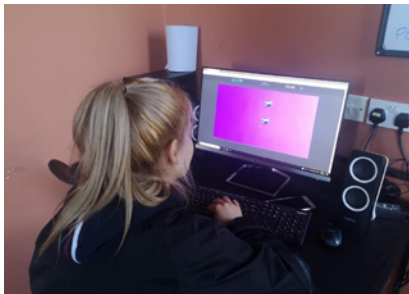


### SKILLS AREAS

- 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
- Nornatec 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 off site

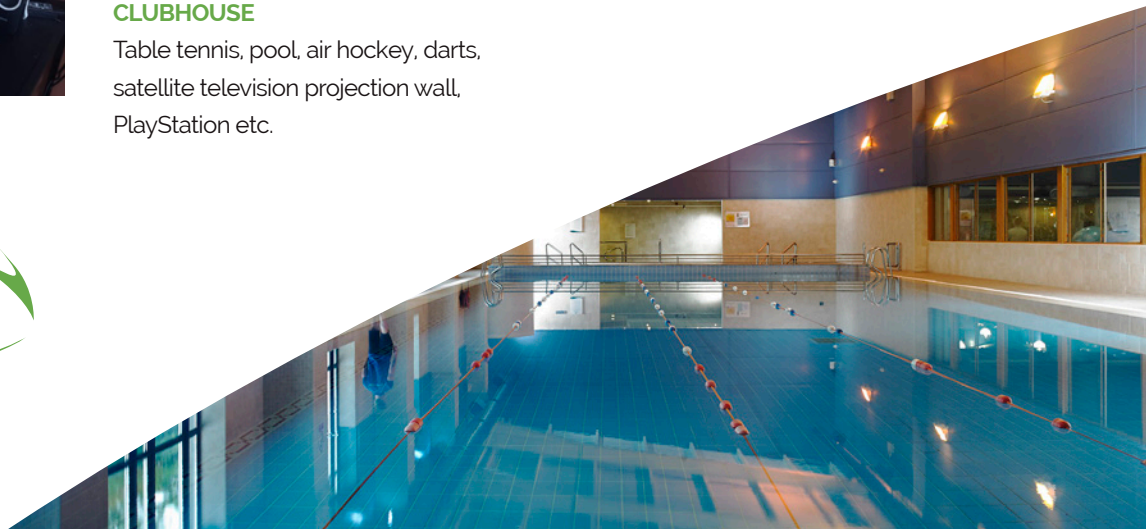


**KILLASHEE**

HOTEL • SPA • LEISURE



[www.rugbyacademyireland.ie](http://www.rugbyacademyireland.ie)



## 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](http://www.rugbyacademyireland.ie)

## EDUCATIONAL COURSES (OPTIONAL)



Avanti Language  
[www.avantilanguage.com](http://www.avantilanguage.com)



IIFT  
[www.iift.co.za](http://www.iift.co.za)



The 80/20 Mindset  
Certification  
[www.8020mindset.com](http://www.8020mindset.com)

## CORE CPD COURSES/TRAINING (COMPULSORY)



Strength & Conditioning  
Course  
[www.itecworld.co.uk](http://www.itecworld.co.uk)



Safe Rugby  
[www.irishrugby.ie](http://www.irishrugby.ie)



Nacsports  
[www.nacsport.com](http://www.nacsport.com)



SAQ Ireland  
[www.saqireland.com](http://www.saqireland.com)



IRFU Stage 2 Coaching  
[www.irishrugby.ie](http://www.irishrugby.ie)



Dr. Sherylle Calder  
Eye Gym  
[www.eyegym.com](http://www.eyegym.com)



Affiliated Referees Course  
[www.leinsterrugby.ie](http://www.leinsterrugby.ie)



World Rugby  
Rugby Ready Certification







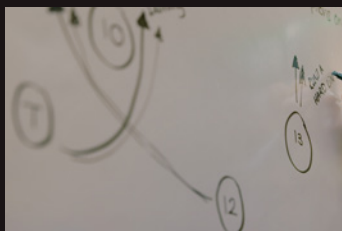
## COSTS & NEXT STEPS

<b>DURATION</b>	Core Rugby Academy Ireland Programme - September to April (travel month optional)
<b>DETAILS</b>	<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 &amp; 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>
<b>COSTS</b>	<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](mailto: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.



## 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
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
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



# TY RUGBY PROGRAMME

Sign up your ambitious TY student to our high performance 8 months Academy programme, that includes;  
Full development programme for younger players delivered by our top coaches/mentors covering;

- Rugby specific training  
– general and position specific
- Conditioning & Performance Course including  
12 sessions covering including weightlifting,  
rehab, supplementation, fitness development,  
nutrition, cooking, mental skills, time  
management, rugby coaching badges, etc.
- Speed Development module
- Eye Gym Programme
- Match Analysis training module
- Rugby Qualifications – safe rugby,  
referees course etc.
- Mentoring programme
- Use of all Academy facilities
- Lunch on all training days
- Course materials
- RAI branded training gear
- Programme Option Costs

**Option 1** Non residential - 1 Day attendance (Sept-Apr) Minimum 10 days

**Option 2** Non-Residential Package - 8 months (Sep-Apr) at €1,299/mth

**Option 3** Full Residential - 8 months (Sep-Apr) at €1,465/mth

## SAMPLE RUGBY ACADEMY IRELAND TY RUGBY PROGRAMME

Time	Activity
8.00am - 9.00am	Fitness Speed and Agility
9.00am - 10.30am	Strength and Conditioning
11.00am - 12.30pm	Rugby Session
12.30pm - 1.15pm	Wellbeing - Pilates
2.15pm - 3.15pm	Rugby Session - Individual Skills
3.15pm - 3.30pm	Eye Gym
3.30pm - 5.00pm	Course Accreditation Module
5.00pm - 6.00pm	Recovery Session

“ I attended the 2019 academy as a new player to rugby after only playing for 1 season. I learnt about so many different aspects of the game which improved my mental and physical capabilities, I came out of the camp feeling much more confident about my ability to play the game, not to mention it was heaps of fun and I made lots of great friends from all over the world. I would highly recommend this academy to anyone who wants to improve their game, beginner or experienced. ”

**Zoe Brock - Player from Dubai**

“ Our daughter attended the Academy and was new to the game. We were astounded at the difference in skill level come the next season. She learnt so much about the technical side of rugby as well as other aspects that support the game such as nutrition. She was well looked after and had an absolute ball. Would send here again in a heartbeat. ”

**Doug & Hilary Upshon - Parents**



## OPERATIONAL PARTNERS



[www.rugbyacademyireland.ie](http://www.rugbyacademyireland.ie)

Tel: +353 45 897834 Email: [info@rugbyacademyireland.ie](mailto:info@rugbyacademyireland.ie)

