



TY ACADEMY PROGRAMME



ELITE RUGBY VENUE'



TOP RUGBY TUTORS



SKILLS DEVELOPMENT PROGRAMME



WORLD CLASS PARTNERS

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 male and 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.

WHO ARE WE

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.

OUR COACHES, TUTORS & MENTORS

Sebastian Berti

Thinus Delpont

David Nolan

BJ Botha

Denis Fogarty

Mike Ross

Jason Brennan

Bernard Jackman

Eoin Sheriff

Len Browne

Dave Keelty

Bobby Skinstad

Gary Conway

Will Matthews

Ben Swindlehurst

Reggie Corrigan

Johne Murphy

Tony Yapp

Watch this space for further high profile specialists to be announced

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



TY PROGRAMME OVERVIEW

Sign up your ambitious TY student to our high performance 8 months Academy programme, that includes;

Full development programme delivered by our top coaches/mentors covering;

- Rugby specific training – general and position specific
- Setanta College 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

Day Package (5 days/wk) – min 30 days at €75/day

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 TY ACADEMY PROGRAMME DAY

Time	Activity
8.00am - 9.00am	Fitness Speed and Agility
9.00am - 10.30am	Strength and Conditioning
10.30am - 11.00am	Break
11.00am - 12.30pm	Rugby Session
12.30pm - 1.15pm	Wellbeing - Pilates
1.15pm - 2.15pm	Lunch
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





"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**



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PARTNERS



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