



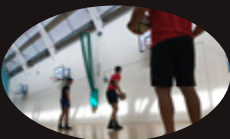
TY ACADEMY PROGRAMME



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.

Caoimhe Morris Women's Coordinator



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

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

ACADEMY PERSONNEL

Johan Taylor
- Managing Director

Dan van Zyl
- Director of Rugby

Charl Malherbe
- Head of S&C

Caoimhe Morris
- Girls Co-Ordinator

Arthur Dunne
- Nutritionist

Jason Brennan
- Mental wellbeing

Reggie Corrigan
- Media

Joe Walsh
- Video analysis

Len Browne
- Video analysis

David Nolan
- Education

Jess Brennan
- Masseur

Cillian O'Shaughnessy
- Physiotherapist

Gary Conway
- Referee

SPECIALIST COACHES/MENTORS

Nigel Hall
- Scrum

Tony Yapp
- Kicking

Jimmy Gopperth
- Flyhalf/kicking

Mike Ross
- Front row

Peter Bracken
- Frontrow

BJ Botha
- Frontrow

Denis Fogarty
- Hooker

Eoin Sherriff
- Second row

Andre Snyman
- Centres

Allison Miller
- Back 3

Louis Ludik
- Back 3

GUEST COACHES

Bernard Jackman
Massey Tuhakaraina

Billy Ngaweni

Peter O'Donnell

Seb Berti

Braam van Straaten

Ben Swindlehurst

Serge Betsen

Thinus Delpont

Simon Mauradzi

Bob Skinstad

Philippe Saint Andre

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



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
- Conditioning & Performance Course including sessions covering including weightlifting, rehab, supplementation, fitness development, nutrition, cooking, mental skills, time management, rugby coaching badges, etc.
- Speed Development module
- Match Analysis training module
- Mentoring programme
- Use of all Academy facilities
- Course materials
- RAI branded training gear
- Programme Option Costs

PROGRAMME OPTIONS COSTS

Option 1 Full Residential Package
(Sept-Apr) €1,565

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

Option 3 Monthly or weekly packages
(Contact for quotation)

Option 4 Non residential - 1 Day Package
(Sept-Apr) Minimum 10 days at €75/day

SAMPLE RUGBY ACADEMY IRELAND TY RUGBY PROGRAMME

Time	Activity
9.00am - 10.00am	Fitness Speed and Agility
10.00am - 10.30am	Strength and Conditioning
11.00am - 12.30pm	Rugby Session
12.30pm - 1.15pm	Wellbeing - Pilates
2.15pm - 3.30pm	Rugby Session - Individual Skills
3.30pm - 4.30pm	Course Accreditation Module
4.30pm - 5.00pm	Recovery Session

“ 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

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“ 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

“ 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**



OPERATIONAL PARTNERS



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