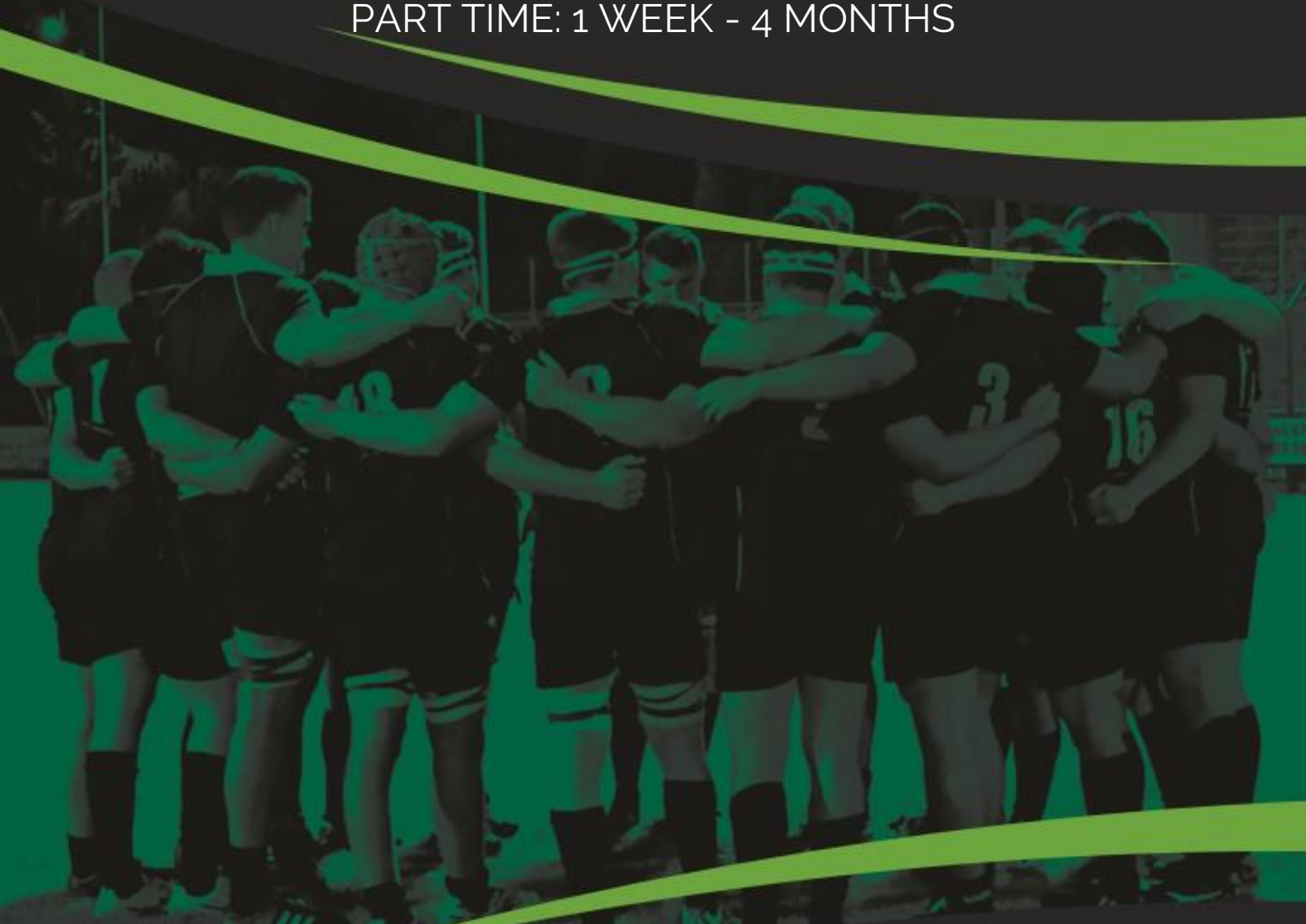




RUGBY EXCELLENCE FOR ASPIRING  
PROFESSIONAL PLAYERS  
PART TIME: 1 WEEK - 4 MONTHS



ELITE  
VENUE



TOP RUGBY  
TUTORS



EXCELLENT  
ACADEMIC  
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 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. Also a World Rugby Educator, he is a student of the game, focusing on improving key player and coach development programmes offered internationally.

## ACADEMY PERSONNEL

Johan Taylor

- Managing Director

Dan van Zyl

- Director of Rugby

Stephen Sheeran

- Head of S&C

Arthur Dunne

- Nutritionist

James Claffey

- Mental Wellbeing

Reggie Corrigan

- Media

Joe Walsh

- Video Analysis

Joe Sheppard

- Head of Engagement

John Lark

- Speed Development

Cillian

O'Shaughnessy

- Physiotherapist

Gary Conway

- Referee

## SPECIALIST COACHES/MENTORS

Nigel Hall

- Scrum

Mike Ross

- Scrum

BJ Botha

- Front Row

Peter Bracken

- Front Row

Denis Fogarty

- Hooker

Tom McKeown

- Back Row

Heather Fisher

- Contact & Skills

Jimmy Gopperth

- Flyhalf/Kicking

Andre Snyman

- Centre

Jenny Murphy

- Centre

Alison 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.

## 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 & Ireland 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

## ACADEMY TESTIMONIALS

Rugby Academy Ireland is not like any other academy you will get in this world. Everyone comes at first as strangers but we walk out as family. If you come, grab it with both hands. It is hard, tough but the training is excellent as are the facilities & training here. To any player out there, it's worth the time & money to come.

### **Connie Campher: SOUTH AFRICA - Player**

I thoroughly enjoyed my time at Rugby Academy Ireland. It was a perfect blend of all things rugby and high performance. Along the way I was able to create some great friends from all around the world. It was not just the top class facilities and coaching that I enjoyed so much but also the fact that Dan and Johan made such an effort to properly submerge us in Irish culture by organising great activities and trips. My time spent at the academy is a period that I will always look back on fondly as I was able to properly excel at rugby and also have a blast while doing it!

### **Danny O'Brien: BELGIUM – Player**

To be honest, I was as impressed as I had hoped to be. You are onto a good thing!

### **Colm O'Brien: BELGIUM - Parent**



I just want to say I am very thankful for what Rugby Academy Ireland has done for Sean as well as offering him to play with Cill Dara rugby club I think Ireland has been very good to Sean

Dan and Johan gave him something money can't buy. He got a once in lifetime opportunity and I will try my best to repay the favour in the future.

### **Dirk Snyman: CANADA – Parent**

I expected Rugby Academy Ireland to be a professional academy to help me grow as a player with gym sessions, pitch sessions & fitness. My expectations were definitely met as I found my strength & fitness increased as well as my overall rugby skills.

I would definitely recommend Rugby Academy Ireland to others like myself as I have greatly increased my skills and I think about rugby in a different way.

### **Matthew O'Connor: SINGAPORE - Player**

Rugby Academy Ireland was an invaluable resource for my growth in the pursuit of becoming a high level rugby player. Every day was valuable and filled with numerous sessions that holistically pushed me forward as a player and athlete.

### **Oliver Feagin: USA - Player**

My son Daragh (now 16 years old) has attended the rugby academy in Killashee a number of times in the past few years for daily clinics, weekly summer camps and even for a week-long trip as part of an underage touring team from Munich, Germany.

I can say without any hesitation that from both a rugby-playing and a social perspective, Daragh has benefitted massively from his times at the rugby academy and enjoyed it each and every time he has been there.

I highly recommend Rugby Academy Ireland to any parent looking for a top-class rugby experience for their child and indeed Daragh is eagerly awaiting his next opportunity to attend.

### **Aidan Doyle: GERMANY – Parent**





## 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

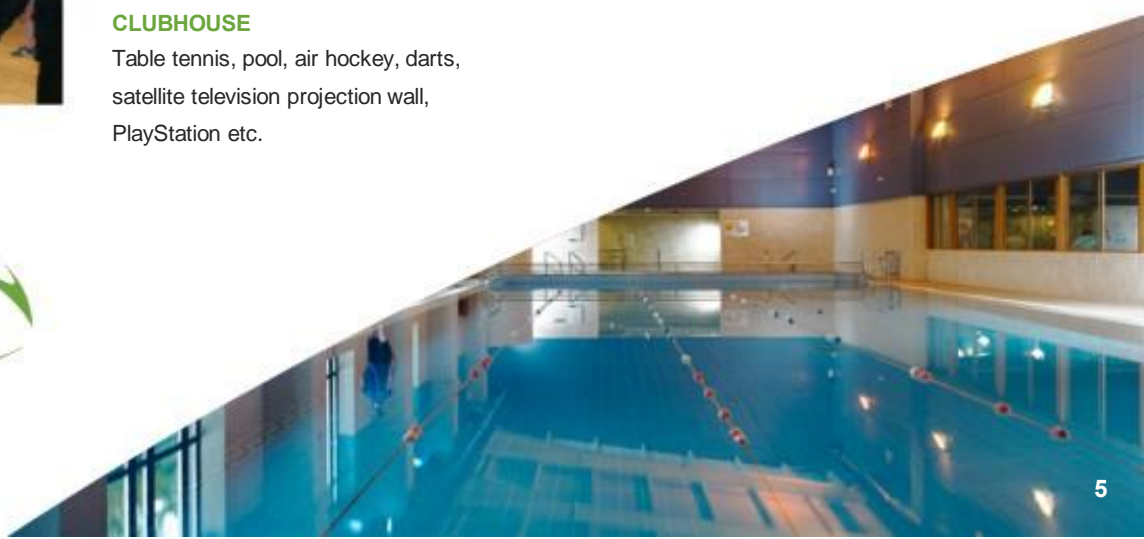
- Laundry facility on site

### TEAM ENHANCEMENT

- Specialist sessions on and 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
8.00am - 9.00am	Breakfast & Screenings	Breakfast & Screenings	SAQ	Breakfast & Screenings	Breakfast & Screenings
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  
 Skill Testing

**MONTHLY MODULES**  
 Leadership Skills  
 Team Enhancement  
 Career Guidance  
 Personal Development & Management  
 Sports Psychology  
 Sports Nutrition  
 Cooking Classes  
 Mental Program

**S&C/FITNESS**  
 Spinning  
 Running  
 TRX  
 Boxing  
 SAQ  
 Individual Gym Sessions  
 Testing every 8-10 weeks  
 Pre hab/Re 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.



### CORE CPD COURSES/TRAINING (COMPULSORY)



Strength & Conditioning Course

[www.itecworld.co.uk](http://www.itecworld.co.uk)

Rugby Academy Ireland is a provider of professional qualification education in gym instruction, personal training, and strength & conditioning. All our courses are accredited under the internationally recognised VTCT iTEC qualifications framework.

The full-time members at Rugby Academy Ireland complete the following qualifications:

- VTCT iTEC level 3 (QQI level 5) diploma in personal training and gym instruction
- VTCT iTEC level 2 (QQI level 4) certificate in gym instruction
- VTCT iTEC level 2 (QQI level 4) award in strength and conditioning

#### Modules covered:

Anatomy and Physiology

Advanced Anatomy and Physiology for Exercise

Principles of Exercise, Fitness and Health

Supporting Clients in Physical Activity

Applied Principles of Nutrition

Health and Safety in a Fitness Environment

Infection Control (Covid-19 Specific Module)

Kettlebell / Suspension Training / Studio cycling / SAQ Level 1-4

Planning and Preparation of Training Sessions

Delivery of Training Sessions

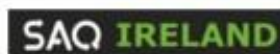
Business Development and Management for Sport and Fitness



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



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



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



Youth coach award  
[www.irishrugby.ie](http://www.irishrugby.ie)



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



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



World Rugby Certification  
<https://passport.world.rugby>

### EDUCATIONAL COURSES (OPTIONAL)



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

### 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



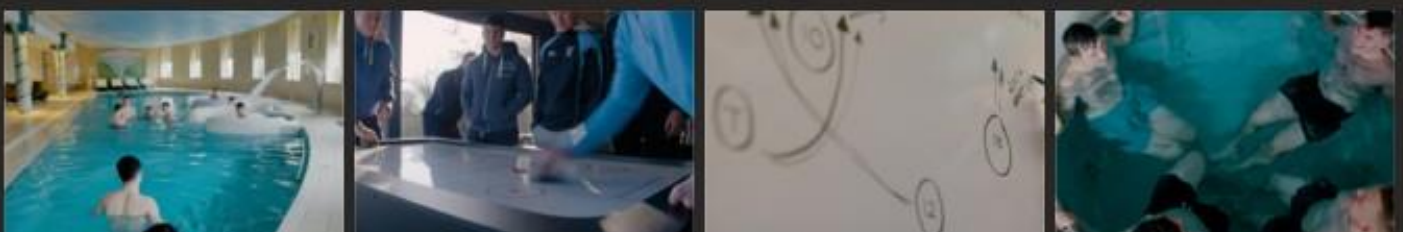
## COSTS & NEXT STEPS

<b>DURATION</b>	Core Rugby Academy Ireland Programme - September to April (1 Week - 4 month options)
<b>DETAILS</b>	<p>Newly refurbished, shared accommodation on site (for residential players)            Three healthy meals plus snacks daily (Mon-Fri)            Rugby Academy Ireland training &amp; casual clothing by BLK            All core training and tutor sessions as per programme</p> <p>All educational material and tutors for specified core CPD courses            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>Cost will vary due to Non-Residential and Full Residential options and length of stay.            Please contact us for a quotation.</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. 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](http://www.rugbyacademyireland.ie)

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