



LIMITED TIME
SPECIAL OFFER
INSIDE



Rugby Academy

EAST ENGLAND

Venue – St. Joseph's College, Ipswich
Sun 28th July – Fri 2nd August 2019

Player Development Focus
Dedicated Girls Programme
Coaching Excellence
High End Venue
World Class Partners

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We Are PSA Academies

"We're delighted to launch the inaugural PSA Rugby Academy, East England at St. Joseph's College Ipswich this July. Book your ambitious 10-17 year old boy or girl in today for an exceptional and fun rugby development experience on our unique high-performance programme."



Johne Murphy
Rugby & Sales Director
Ex-Munster &
Leicester Tigers Player



2019 Dates

Boys – Minis (M 10-11yrs)

Non-Residential – 9am to 5pm daily, Weds
31st July to Fri 2nd August

Boys – Intermediate (INT 12-15yrs) /Advanced (ADV 16-17yrs)

Residential - 5pm Sun 28th July to 5pm Fri
2nd August

Non-Residential – 9am to 5pm daily, Mon
29th July to Fri 2nd August

Girls – All Age Grades (M/INT/ADV)

Residential (INT/ADV Only) - 5pm Tues 30th July
to 5pm Fri 2nd August

Non-Residential – 9am to 5pm daily, Weds
31st July to Fri 2nd August

Specialist Areas Covered

Core Skills Assessment & Development

Full Player Development Report

Positional Play

Game Management

Speed, Agility & Quickness (SAQ)

Strength & Conditioning

Technical Analysis – GPS etc.

Sports Nutrition

Mental Resilience

Injury Prevention

Fitness Assessment & Planning

Personal Development

Fun Social Activities

Prices

Boys – M Residential

Full Price £269pp

Boys – M Non-Residential

Full Price £189pp

Boys – INT/ADV Residential

Full Price £449pp

Boys – INT/ADV Non-Residential

Full Price £315pp

Girls – All Age Grades

Full Price £269pp Residential

/£189pp Non-Residential

What's included

Residential – 5 nights supervised, shared full board accommodation for Intermediate/Advanced players, all rugby & leisure activities plus the PSA Rugby Academy Player Pack & Player Development report

Non-Residential – 3 days of rugby & leisure activities for Minis or 5 days for Intermediate/Advanced players including lunch & afternoon snack plus the PSA Rugby Academy Player Pack & Player Development report

*Packages do not cover transport costs to venue, spending money at the Academy shop or any additional costs outside of the standard package. Booking Ts&Cs apply. See site FAQs for details.

LIMITED TIME SPECIAL OFFER

5% Off Individual Bookings

10% Off Group of 4+ Bookings

Closes 23:59hrs, 31 March 2019. Ts&Cs apply.

**For more info or to book, see
psaacademies.com**

Testimonials

“What a great few days. After the summer camp, my son couldn’t wait to come back this October. The Academy offers a brilliant set up for all ages involved, is welcoming and great fun!” **Jamie, Parent, East England 2018**

To read more testimonials, go to psaacademies.com



Partners



More from PSA Academies

Visit psaacademies.com to learn about our Rugby Academies in France & the UK, high performance team tours and rugby-focussed educational placements in the EU & worldwide.



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