



LIMITED TIME
SPECIAL OFFER
INSIDE



Rugby Academy

KILKENNY

Venue – Kilkenny College
Sun 11th – Fri 16th August 2019

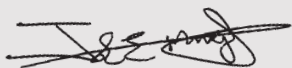
Player Development Focus
Dedicated Girls Programme
Coaching Excellence
High End Venue
World Class Partners

psaacademies.com

#maximiseyourpotential

We Are PSA Academies

"The PSA Rugby Academy, Kilkenny is back for our 3rd year with an even better high-performance programme. Book your ambitious 10-17 year old boy or girl in for an exceptional and fun rugby development experience. See you in Kilkenny College in August!"



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



2019 Dates

Boys – Minis (M 10-11yrs)

Residential - 5pm Tues 13th to 5pm Fri 16th July

Non-Residential – 9am to 5pm daily, Weds 14th to Fri 16th July

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

Residential - 5pm Sun 11th to 5pm Fri 16th July

Non-Residential – 9am to 5pm daily, Mon 12th to Fri 16th July

Girls – All Age Grades (M/INT/ADV)

Residential - 5pm Tues 13th to 5pm Fri 16th July

Non-Residential – 9am to 5pm daily, Weds 14th to Fri 16th July

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 €205pp

Boys – INT/ADV Residential

Full Price €439pp

Boys – INT/ADV Non-Residential

Full Price €339

Girls – All Age Grades (M/INT/ADV)

Full Price €269 Residential

/€205 Non-Residential

What's included

Residential – 3 nights supervised, shared full board accommodation for Minis or 5 nights for Intermediate/Advanced players, transfers if required from Kilkenny City central transport hubs, 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 Kilkenny, 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

“Patrick really enjoyed his week in Kilkenny with PSA Academies. He learned a lot on the high-performance rugby side and had great fun making new friends. It gave him increased confidence and appetite for the new season. Both himself and his brother will be back for 2019.” **Michael, Parent, Kilkenny 2019**

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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