



LIMITED TIME  
SPECIAL OFFER  
INSIDE



Rugby Academy

# WESTMEATH

Venue – Wilson's Hospital School  
Sun 18th – Fri 23rd August 2019

Player Development Focus  
Pre-Season Programme  
Coaching Excellence  
High End Venue  
World Class Partners

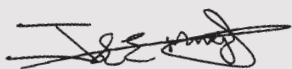
[psaacademies.com](http://psaacademies.com)

#maximiseyourpotential

# We Are PSA Academies

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*"We're delighted to launch the inaugural PSA Rugby Academy, Westmeath at Wilson's Hospital this August. Book your ambitious 10 – 17 year old player in today for an exceptional and fun rugby development experience on our unique high performance programme, with a special pre-season programme for 16+yrs players."*



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



## 2019 Dates

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### Boys – Minis (M 10-11yrs)

**Residential** - 5pm Tues 20th to 5pm  
Fri 23rd August

**Non-Residential** – 9am to 5pm daily,  
Weds 21st to Fri 23rd August

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

**Residential** - 5pm Sun 18th to 5pm  
Fri 23rd August

**Non-Residential** – 9am to 5pm daily,  
Mon 19th to Fri 23rd August

## Specialist Areas Covered

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Special Pre-Season Programme  
- 16+yrs Advanced Players

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

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**Boys – M Residential**

**Full Price €269pp**

**Boys – M Non-Residential**

**Full Price €205pp**

**Boys – INT Residential**

**Full Price €439pp**

**Boys – INT Non-Residential**

**Full Price €339**

**Boys – ADV Pre-Season Residential**

**Full Price €559pp**

**Boys – ADV Pre-Season Non-Residential**

**Full Price €429**

# What's included

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**Residential** – 3 nights supervised, shared full board accommodation for Minis or 5 nights for Intermediate/Advanced players, transfers if required from Mullingar 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 Mullingar, spending money at the Academy shop or any additional costs outside of the standard package. Booking Ts&Cs apply. See site FAQs for details.

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## LIMITED TIME SPECIAL OFFER

**5% Off Individual Bookings**

**10% Off Group of 4+ Bookings**

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

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**For more info or to book, see  
[psaacademies.com](http://psaacademies.com)**

# Testimonials

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“PSA Academies provided an excellent and professional camp. As parents we were totally reassured by the whole team from start to finish.” **Madeline, Parent, Irish Academies 2018**

“This was a very professional rugby programme, with great coaching at an excellent rugby venue.” **Takechi, Player, Irish Academies 2018**

To read more testimonials, go to [psaacademies.com](http://psaacademies.com)



## Partners

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## More from PSA Academies

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Visit [psaacademies.com](http://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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**psaacademies.com**