



**LIMITED TIME
SPECIAL OFFER
INSIDE**



Rugby Academy

LIMERICK

**Venue – Villiers School
Sun 14th – Fri 19th July 2019**

Player Development Focus
Coaching Excellence
High End Venue
World Class Partners

psaacademies.com
#maximiseyourpotential

We Are PSA Academies

"We're delighted to launch the inaugural PSA Rugby Academy, Limerick at Villiers School this July. Book your ambitious 10 – 17 year old player in today for an exceptional and fun rugby development experience in our unique high performance programme."



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



2019 Dates

Boys – Minis (M 10-11yrs)

Residential - Residential - 5pm Tues 16th to 5pm Fri 19th July

Non-Residential – 9am to 5pm daily, Weds 17th to Fri 19th July

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

Residential - 5pm Sun 14th to 5pm Fri 19th July

Non-Residential – 9am to 5pm daily, Mon 15th to Fri 19th 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

What's included

Residential – 3 nights supervised, shared full board accommodation for Minis or 5 nights for Intermediate/Advanced players, transfers if required from Limerick 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 Limerick, 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

“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



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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