



LIMITED TIME
SPECIAL OFFER
INSIDE



Rugby Academy

TIGNES

Sat 6th – Sat 27th July 2019

Player Development Focus
Elite Venue at Altitude
Coaching Excellence
Cutting Edge Sports Tech

psaacademies.com

#maximiseyourpotential

We Are PSA Academies

"We return to Tignes this summer for the 4th annual Rugby Academy with our best high performance programme yet.

Enjoy a unique, transformative experience, delivered by our top coaching team in a world class training location. We look forward to seeing you in July!"

SA

Philippe Saint-André
Co-founder & Chairman,
PSA Academies



2019 Dates

Week 1: Sat 6th – Sat 13th July

(M/INT/ADV – B&G)

Week 2: Sat 13th – Sat 20th July

(M/INT/ADV – B&G)

Week 3: Sat 20th – Sat 27th July

(INT/ADV – B)

Minis = M (10-11yrs), INT = Intermediate (12-15yrs),
ADV = Advanced (15+yrs), B = Boys, G = Girls

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

€965/£875pp*

7 Nights Residential

€1,930/£1,750pp*

14 Nights Residential

What's included

Package includes fully supervised, shared, full board accommodation in the UCPA Tignes, selected airport transfers, all rugby/leisure activities, the PSA STC Player Pack & a detailed Player Development Report post-stay.

French Language Tuition Module available for 14 Nights package weeks 2 + 3 only at

€100/£90pp

*excludes flights, spending money or additional requirements outside of the standard package. A deposit of 30% of the price is payable on booking, with the balance to be paid a min. 60 days before travel. Full 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

"2018 was Finn's 3rd year at the PSA Rugby Academy, Tignes & the quality of coaching available keeps getting better each year. He thoroughly enjoyed the week and yet again his first thought upon returning is making sure he can go again next year".

Finn, Advanced, Ireland

To read more testimonials from Tignes, go to psaacademies.com



Partners



More from PSA Academies

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



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