



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

#maximiseyourpotential

We Are PSA Academies

"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

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

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

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

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.

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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