



**LIMITED TIME
SPECIAL OFFER
INSIDE**



RUGBY & ENGLISH LANGUAGE IMMERSION

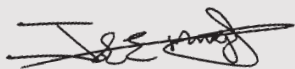
Sun 7th – Fri 19th July 2019

2 Week High Performance Rugby Programme
English Language Tuition & Certification
Immersion with Irish Players
Fully inclusive package
24/7 Supervision & Support

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We Are PSA Academies

"We are delighted to launch our first full Rugby & English Language Immersion Programme in Ireland for Summer 2019. With our partners Xplore, we will offer an exceptional rugby & language development programme, that will include training with some of the best 12 to 17 year old rugby players in Ireland."



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



Package Details

Dates : Sun 7th – Fri 19th July 2019

Venues : Cistercian College (www.ccr.ie)
+ Villiers School (www.villiers-school.com)

Ages : 12 to 17 year old boys

Price : €1,995pp*

What's included

12 Nights Full Board, Shared, Supervised Accommodation (7 Nights Cistercian College, 5 Nights Villiers School), full High Performance Rugby Programme with Player Development Report, Anglia English Language Programme** includes Placement Test, 18 hours Tuition, Exam & Certification, all Local Transfers, Weekend Day Excursion to Limerick City, PSA Rugby Academy Player Pack etc.

*package does not include cost of flights, spending money or any other non-standard costs as part of the programme. Booking Ts&Cs apply. See FAQs for details.

** Minimum one year of English experience required. We offer a range of levels suitable for age and ability of 12 to 16 year olds ranging from Preliminary (A1) to Intermediate (B1). Maximum 12 students per class. Certificate from Anglia Examinations confirms English level in accordance with the Common European Framework of Reference.

LIMITED TIME SPECIAL OFFER

5% Off Individual Bookings
10% Off Group of 4+ Bookings

Closes 23:59hrs, 30 April 2019. Full Ts&Cs apply.

For more info or to book, see
psaacademies.com

Specialist Rugby Areas Covered

Core Rugby Skills Development (Pass, Tackle, Breakdown, Ruck)

Player Development Report

Speed, Agility & Quickness (SAQ)

Strength & Conditioning

Technical Analysis – GPS etc.

Sports Science – Nutrition, Mental Wellness

Sample Daily Programme

| Time | Detail |
|------------------|-------------------------------|
| 08:00 - 09:00hrs | Breakfast |
| 09:00 - 09:30hrs | Break |
| 09:30 - 11:00hrs | Core Skill Development (Pass) |
| 11:00 - 11:30hrs | Break |
| 11:30 - 13:00hrs | SAQ Session |
| 13:00 - 14:30hrs | Lunch |
| 14:30 - 16:00hrs | English Language – Tuition |
| 16:00 - 16:30hrs | Break |
| 16:30 - 18:00hrs | English Language – Tuition |
| 18:00 - 19:00hrs | Dinner |
| 19:00 - 20:00hrs | Free Time |
| 20:00 - 21:30hrs | Evening Activities |
| 21:30 - 22:00hrs | Free Time |
| 22:00 - 07:30hrs | Dormitory & Lights Out |

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, 2018**

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