



**LIMITED TIME
SPECIAL OFFER
INSIDE**



Rugby Academy

CORK

**Venue – Middleton College
Sun 12th – Fri 17th July 2020**

Player Development Focus

Pro Coaching Excellence

Leading Rugby Venue

World Class Partners

psaacademies.com/cork

#maximiseyourpotential

We Are PSA Academies

"After successfully launching in Limerick in 2019, we're delighted to bring our high-performance Rugby Academy programme to a new Munster venue in Midleton College for 2020. We're looking forward to delivering our best player-focussed development experience for 10-16yrs players yet!"



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



2020 Dates

Minis Boys (10-11yrs)/Girls All Ages

Residential - 5pm Tues 14th to 5pm Fri 17th July

Non-Residential – 9am to 5pm daily,
Weds 15th to Fri 17th July.
(8.30am check in Day 1)

Intermediate (12-14yrs) /Advanced (15-16yrs) Boys

Residential - 5pm Sun 12th to 5pm Fri 17th July

Non-Residential – 9am to 5pm daily,
Mon 13th to Fri 17th July.
(8.30am check in Day 1)

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

Minis Boys/Girls All Ages 3 Nights Residential
Full Price €269

Minis Boys/Girls All Ages 3 Days Non-Residential
Full Price €205

INT/ADV Boys 5 Nights Residential
Full Price €445

INT/ADV Boys 5 Days Non-Residential
Full Price €339

What's included

Residential – 3 or 5 nights supervised, shared full board accommodation, pick up if required from Midleton town centre transport stops, all rugby & leisure activities plus the PSA Rugby Academy Player Pack & Player Development report.

Non-Residential – 3 or 5 days rugby & leisure activities including lunch & afternoon snack plus the PSA Rugby Academy Player Pack & Player Development report.

*Packages do not cover transport costs to Midleton, 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

Get 5% off with code 'finalwhistle5off' & pay a 40% deposit to secure, if booking before 31 March*

*Closes 23:59hrs, 31 March 2020. Ts&Cs apply.

For more info or to book, see
psaacademies.com/cork

Testimonials

★★★★★ Rated Excellent on ★ Trustpilot

"An extremely well organized and engaging programme for the week. My son thoroughly enjoyed it and earned so much - not just about skills, like passing technique, tackling and kicking but also about nutrition and growth mindset. "The best rugby camp I've been to" according to my son. Can't recommend it enough - will be back next year!

Peter, 2019 PSA Rugby Academies Parent

To read more testimonials, go to our Trustpilot page



Partners



More from PSA Academies

Visit psaaacademies.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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