



LIMITED TIME  
SPECIAL OFFER  
INSIDE



Rugby Academy

# KILKENNY

Venue – Kilkenney College  
Sun 9th – Fri 14th August 2020

Player Development Focus  
Pro Coaching Excellence  
Leading Rugby Venue  
World Class Partners

[psaacademies.com/kilkenny](https://psaacademies.com/kilkenny)  
#maximiseyourpotential

# We Are PSA Academies

---

*"Following a really successful 2019 Academy, rated 'Excellent' by parents & players on Trustpilot, we're delighted to return to Kilkenny for what is expected to be our biggest ever high-performance rugby programme for ambitious 10-16yrs\* players, boys and girls. Don't miss out on what will be a fantastic development opportunity!"*

*\*Girls programme up to 17yrs*



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



## 2020 Dates

---

### **Minis (10-11yrs) Boys & Girls**

**Residential** - 5pm Tues 11th to 5pm Fri 14th August

**Non-Residential** – 9am to 5pm daily, Weds 12th to Fri 14th August.

(8.30am check in Day 1)

### **Intermediate (12-14yrs) /Advanced (15-16yrs) Boys & Girls**

**Residential** - 5pm Sun 9th to 5pm Fri 14th August

**Non-Residential** – 9am to 5pm daily, Mon 10th to Fri 14th August.

(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 3 Nights Residential**

**Full Price €269**

## **Minis 3 Days Non-Residential**

**Full Price €205**

## **INT/ADV 5 Nights Residential**

**Full Price €445**

## **INT/ADV 5 Days Non-Residential**

**Full Price €339**

# What's included

---

**Residential** – 3 nights supervised, shared full board accommodation for Minis or 5 nights for INT/ADV players, transfers if required from Kilkenny City central transport stops, 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 INT/ADV players including lunch & afternoon snack plus the PSA Rugby Academy Player Pack & Player Development report.

\*Packages do not cover transport costs to Kilkenny, 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/kilkenny](https://psaacademies.com/kilkenny)**

# Testimonials

---

★★★★★ Rated Excellent on ★ Trustpilot

“Excellent Rugby Academy camp for my 14yrs old son. Great line up of mentors and guest coaches, with the programme well communicated to parents via daily updates. I would highly recommend it, my son will be back next year!”

**Helen, 2019 PSA Rugby Academy Kilkenny Parent**

To read more testimonials, go to our Trustpilot page



## Partners

---



## More from PSA Academies

---

Visit [psaacademies.com](http://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.



#maximiseyourpotential

EMAIL

**sales@psaacademies.com**

TELEPHONE

**1800 938772 (IRE)**

**+44 (0)1449 742707 (UK/INT)**



**psaacademies.com**