



LIMITED TIME  
SPECIAL OFFER  
INSIDE



Rugby Academy

# TIGNES

Sat 4th – Sat 25th July 2020

Player Development Focus

Elite Venue at Altitude

Pro Coaching Excellence

Cutting Edge Sports Tech

[psaacademies.com/tignes](https://psaacademies.com/tignes)

#maximiseyourpotential

# We Are PSA Academies

*"The PSA Rugby Academy Tignes is back bigger & better than ever this July, with with top 10-17yrs players from around Europe and beyond set to have another fantastic high-performance rugby & personal development experience.*

*With new pro coaches, programme partners & activities, we will be going even further to maximise each player's potential.*

*I look forward to seeing you there!"*



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



## 2020 Dates

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### **Week 1 – Sat 4th – Sat 11th July**

M/INT/ADV – B&G

### **Week 2 – Sat 11th – Sat 18th July**

M/INT/ADV – B&G

### **Week 3 – Sat 18th – Sat 25th July**

M/INT/ADV – B&G

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

## Specialist Areas Covered

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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

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**€985/£895**

**7 Nights Residential Programme**

**€1,900/£1,725**

**14 Nights 'Rugby Only' Programme**

**€1,995/£1,815**

**14 Nights Rugby & English  
Language Immersion Programme**

## What's included

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Package includes fully supervised, shared, full board accommodation in the UCPA Tignes, return Lyon airport & Bourg Saint Maurice train transfers, all rugby & leisure activities plus the PSA Tignes Player Pack. For Rugby & French Language Immersion bookings, a min of 15 hours of formal language tuition classes are included.

\*Packages do not cover non-standard transfers, spending money or any additional costs outside of the standard PSA Rugby Academy Tignes package. A minimum number of Immersion bookings is required to deliver formal tuition classes Booking Ts&Cs apply. See site FAQs for details.

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## **LIMITED TIME, SPECIAL OFFER**

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

\*Closes 23:59hrs, 29 Feb 2020. Ts&Cs apply.

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**For more info or to book, see  
[psaacademies.com/tignes](https://psaacademies.com/tignes)**

# Testimonials

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★★★★★ Rated Excellent on ★ Trustpilot

“My son really enjoyed the PSA Rugby Academy Tignes and wants to come back next year. Thank you for much for having such a great rugby programme.”

**Fernandez, 2019 PSA Rugby Academy Tignes Parent**

“The PSA Rugby Academy Tignes gives superb technical coaching and an overall programme of very high quality. Our children loved it!”

**David, 2019 PSA Rugby Academy Tignes Parent**

To read more testimonials, go to our Trustpilot page



## Partners

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## More from PSA Academies

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Visit [psaacademies.com](https://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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