



LIMITED TIME  
SPECIAL OFFER  
INSIDE



Rugby Academy

# WESTMEATH

Venue – Wilson’s Hospital School  
Sun 16th – Fri 21st August 2020

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

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

# We Are PSA Academies

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*"We're excited to return to Wilson's Hospital for our 2nd year following a very successful launch in 2019. With a bigger and better programme including new coaches, programme content and activities, we're looking forward to delivering a fantastic high-performance development experience for ambitious 10-16yrs players from around the country!"*



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



## 2020 Dates

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### Minis (10-11yrs) Boys

**Residential** - 5pm Tues 18th to 5pm Fri 21st August

**Non-Residential** – 9am to 5pm daily, Weds 19th to Fri 21st August. (8.30am check in Day 1)

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

**Residential** - 5pm Sun 16th to 5pm Fri 21st August

**Non-Residential** – 9am to 5pm daily, Mon 17th to Fri 21st August. (8.30am check in Day 1)

## 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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**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

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**Residential** – 3 nights supervised, shared full board accommodation for Minis or 5 nights for INT/ADV players, 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 spending money at the Academy shop or any additional costs outside of the standard package. 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, 31 March 2020. Ts&Cs apply.

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

# Testimonials

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★★★★★ Rated Excellent on ★ Trustpilot

“Thank you PSA Academies for a fantastic rugby camp. My son really enjoyed the week he spent with you. I can’t recommend it enough!”

**Ger, 2019 PSA Rugby Academy Westmeath 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](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.



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