



**LIMITED TIME
SPECIAL OFFER
INSIDE**



2021

PSA RUGBY ACADEMIES IRELAND

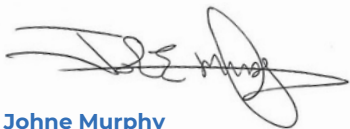
Player Development Focus
Professional Coaching Excellence
Rugby & Physical Test Reporting
Online Education Programme
Fully compliant COVID-19 protocols

psaacademies.com/ireland

#maximiseyourpotential

We Are PSA Academies

"We're delighted to launch our summer 2021 schedule of high-performance, residential & non-residential Rugby Academy programmes in Ireland for 10-16yrs old players, boys & girls. Sign up early, by paying a 40% deposit, to secure your spot for these limited capacity Academies, rated 'Excellent' on Trustpilot. We look forward to seeing your young player(s) next July & August!"



Johne Murphy
Rugby Director, PSA Academies

 PSAVs



2021 Dates

PSA Rugby Academy, Cork

Sun 11th - Fri 16th July (Residential & Non-Residential, B & G*)

PSA Rugby Academy, Kilkenny

Sun 18th - Fri 23rd July (Residential & Non-Residential, B & G*)

PSA Rugby Academy, Kildare

Mon 9th - Fri 14th August (Non-Residential only, B & G)

PSA Rugby Academy, Dublin

Mon 16th - Fri 21st August (Non-Residential only, B & G)

*For specific Residential programme start dates by age group/gender, please see the programme information page on the PSA Academies website [here](#).

Programme Features

Welcome Webinar & regular WhatsApp updates

Fully compliant COVID19 protocols (prevailing IRFU/Sport Ireland/HSE/NPHET guidance)

Core Rugby Skills Video Assessment & Report

Physical Testing & Report

Skills-based, non-contact programme

Top Coaching Team with pro rugby playing & coaching credentials

Core Skills & Strength Development

Speed, Agility & Quickness (SAQ)

Game-based Learning

Online Education Webinars with top mentors covering;

- Physical Development of Young Players
- Sports Nutrition
- Mental Wellness
- Injury Management & Concussion Awareness

Personal Development (via 9PSAV's Framework)

Prices

3 Night Residential* (Minis 10-11yrs, B Only)

Full Price €339pp

4 Day Non-Residential* (Minis 10-11yrs, B & G)

Full Price €270pp

5 Night Residential* (INT/ADV, 12-16yrs, B & G)

Full Price €445pp

5 Day Non-Residential* (INT/ADV, 12-16yrs, B & G)

Full Price €339pp

5 Day Non-Residential Only Venues (All Ages, B & G)

Full Price €339pp

Minis = 10-11yrs, INT/ADV = 12-16yrs, B = Boys, G = Girls

*Cork & Kilkenny Academies - 3 Night residential programme runs from Tues 8.30am - Fri 5pm. 5 Night residential programme runs from Sun 5pm - Fri 5pm

What's Included

Residential - 3 or 5 Nights fully supervised, shared, full board accommodation based on latest COVID19 protocols for Minis Boys/INT & ADV Boys & Girls respectively, transfers from local transport hubs if required, all rugby & leisure activities including online learning, the PSA Rugby & Physical Testing/Development Reports & PSA Player Pack

Non-Residential - 4 or 5 Days of rugby & leisure activities including online learning for All Age Groups, Boys & Girls, including a hot lunch*, the PSA Rugby & Physical Development Testing/Reports & PSA Player Pack

For further information & latest applicable COVID19 protocols, see the Academy programme page [here](#).

*Only available in venues offering full Residential programmes

LIMITED TIME, SPECIAL OFFER

Get 10% off* when you book & pay a 40% deposit before 31st Mar 2021

Closes 23:59hrs, 31st March 2021. Ts&Cs apply

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

Testimonials



Rated Excellent on  Trustpilot

"Just brilliant....Very well planned, organised and executed....We are definitely coming back in 2021"

Jan, 2020 PSA Rugby Academy Cork Parent

"As a parent I think the the camp was very well organized.....I can't recommend this experience more.

Stefano, 2020 PSA Rugby Academy Dublin Parent

Partners



PSA Academies Gift Vouchers

The perfect Christmas gift for the young player in your life.

Buy in €25-100 units - click [here](#) for more

The graphic shows a blue gift voucher with the PSA Academies logo, a €100 value, and a personalized message: "Happy Christmas Adam! Use your gift voucher coupon code 'amurphy123' when spending your €100 online". It includes the website www.psaacademies.com, social media icons for Facebook, Twitter, and Instagram, the hashtag #maximiseyourpotential, and a Trustpilot 5-star rating with the testimonial: "Just brilliant....Very well planned, organised and executed....We are definitely coming back in 2021".



#maximiseyourpotential

EMAIL

sales@psaacademies.com

TELEPHONE

1800 938772

WHATSAPP

+353 89 4825371



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