

2026 PROGRAMME

SAS RUGBY

SEVENS ACADEMY




Stellenbosch
Academy of Sports



ABOUT

SAS 7s 2026 - INTERNATIONAL HIGH PERFORMANCE RUGBY PROGRAMME



18 AUGUST 2026 - 18 NOVEMBER 2026

18 - 25 YEARS

STELLENBOSCH, SOUTH AFRICA

The SAS Rugby 7s Academy is a world-class programme designed to help players reach their full potential. Situated in the heart of scenic Stellenbosch, SAS offers the perfect environment to inspire excellence and nurture the next generation of rugby talent.

As the official training base for elite teams like the Springbok Men's and Women's 7s, the SA 7s Academy, the Springbok U20 Academy, and various national teams, SAS stands as the pinnacle of rugby development in South Africa.

Founded in 2019, the SAS Rugby Sevens Academy is dedicated to preparing players for the next phase of their rugby careers, instilling a professional mindset towards training and development.

Our Academy benefits from a highly skilled Coaching Team, complemented by Guest Coaches who bring additional expertise to the programme. With a fully integrated Performance and Medical division, we offer a comprehensive approach to player development. To learn more about our Coaching Team, visit the SAS Rugby Sevens page at www.sasrugby.com.



NIC FERREIRA - SAS 7s Programme Director

Since joining SAS Rugby in 2020, Nic has steadily advanced through the ranks, initially serving as a skills and kicking coach within the SASRII programme. After two years in this role, he was appointed assistant coach for the SAS Rugby 7s programme in 2022, where he had the opportunity to work alongside renowned former Blitzboks, Philip Snyman and Chris Dry. His commitment to player development and natural leadership qualities saw him appointed as Head of SAS Rugby 7s in 2025.

Nic's coaching philosophy centers on passion, enjoyment, and a deep focus on skill development. He is particularly noted for his approach to train players holistically. His ability to construct an effective periodisation plan and performance pathway has been a key factor behind the success of various junior and senior rugby programmes.

Before his tenure at SAS, Nic coached youth teams at prestigious South African schools, including the U16A and

U18 Sevens teams at St Andrews College in 2019, and the 1st XV at Paul Roos Gymnasium from 2022-2026.

His influence extends to women's rugby, having consulted for the Springbok Women's Sevens team as the Head Coach of the Academy team during 2023 and 2024.

In addition to his coaching career, Nic is further enhancing his expertise by pursuing an MSc in Performance Coaching through Setanta College.



SUCCESS BEYOND THE PROGRAMME

The SAS 7s programme has been a stepping stone for many talented players, helping them elevate their game and pursue successful rugby careers. Here's a look at some of our standout players who have made their mark on the rugby world.



SEBASTIAN JOBB (2020)
South Africa 7s



RICARDO DUARTTEE (2022)
South Africa 7s



NOEGH HAYWARD (2022)
South Africa 7s



FELIX HUFNAGEL (2021)
Germany 7s



BENEDIKT SPIES (2022)
Germany 7s



HANNES ADLER (2023)
Germany 7s



MAX HEID (2022)
Germany 7s



MAX STEWART (2021)
Canada 7s



ROBERT SPROUL (2022)
United Arab Emirates 7s



OSCAR DENNIS (2019)
Kenya 7s

PROGRAMME OVERVIEW

- Individual positional coaching and context development (playing for a team)
- Fixtures against academies, university teams, SA 7s and other international teams
- Video and match analysis
- High performance conditioning and medical team
- Access to top medical practitioners who are working with elite South African athletes
- Player progress reports to coaches as well as feedback on specific player focus areas (if requested)
- Mental Skills development
- Full detailed player feedback reports on the following: Individual Benchmarking, Medical, Conditioning Statistics, Player Performance Plan, Lifestyle & Professionalism



VENUE & FACILITIES



Stellenbosch
Academy of Sport

Choice of Champions

The Sevens Academy finds its home at the prestigious Stellenbosch Academy of Sport, nestled in the picturesque Western Cape of South Africa. This world-class facility is dedicated to professional sports training and preparation, serving teams and athletes from around the globe.

MEALS

- Three nutritional meals are served daily by the SAS restaurant.

APARTMENTS

- Two rooms per apartment
- Two single beds per room
- Duvet & cover with fitted sheets
- Two pillows per bed
- One towel per player
- Kitchen (cutlery, glasses, mugs, microwave, toaster, fridge & kettle)
- On-site laundry facility

TRAINING FACILITIES

- World-class gymnasium in a high performance environment
- Rugby Fields
- Indoor Astroturf Sports Facility
- Swimming Pool
- Conference Facilities





PROGRAMME COST:

THE SAS 7s PROGRAMME INCLUDE THE FOLLOWING:



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R 80 000.00

- Accommodation (24/7 security)
- Access to Outdoor and Indoor Training fields
- 3 Meals per day
- Programme Entertainment
- Food Supplementation
- Access to World Class Gymnasium
- Playing & Training Kit
- Access to Recovery Facilities
- Physiotherapy & Rehabilitation
- Tournaments during match blocks
- Sports Strapping
- Transport to and from airport upon arrival and departure (on request)
- Individual Assistance

APPAREL PACKAGE

- 1 x Cap
- 2 x Rugby Playing Shorts
- 1 x Rugby Playing Jersey
- 1 x Hoodie
- 1 x Polo Shirt
- 1 x Tracksuit
- 3 x Training Tees
- 2 x Pairs of Rugby Socks
- 2 x Gym Shorts
- 1 x Training Vest
- 1 x Backpack
- 3 x Training Socks

MEDICAL

At the commencement of the program, it is mandatory for all players to possess valid Medical Aid coverage. To ensure seamless integration for foreign players, SAS Rugby will provide recommendations for suitable medical aid packages. Additionally, comprehensive program benefits encompass access to strapping and physiotherapy services, designed to optimize player well-being and performance.

MATCHES AND TOUR

The Academy's schedule features a diverse range of fixtures, including matchups against local Academy and University teams, as well as opportunities to compete against visiting international teams whenever possible. Our past fixtures have seen thrilling encounters against esteemed opponents such as the SA Sevens Academy, France Sevens, Russia Sevens, Kenya Sevens, Zimbabwe Sevens, Uganda Sevens, University of the Western Cape, and Maties (Stellenbosch University). Additionally, towards the conclusion of the program, the group will embark on a local tour.

SETANTA INSTITUTE

We are proud to announce our partnership with Setanta Institute, a reputable online sports institution offering globally recognized Strength & Conditioning Qualifications. If you're considering enrollment at Setanta College and wish to qualify for an exclusive partnership discount while simultaneously attending the SAS Rugby 7s Academy, we invite you to get in touch with us. For further details, please visit www.za.setantacollege.com.




SAS Rugby


IN PARTNERSHIP WITH



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