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SAS RUGBY SASSING SAS RUGBY PROGRAME

SAS RUGBY INTERNATIONAL CAMP: 3 WEEK HIGH-PERFORMANCE POSITION SPECIFIC CAMP

Players Age: 15 - 17 years

JULY 2026

Stellenbosch Academy of Sport Stellenbosch, South Africa.

ABOUT

SAS RUGBY INTERNATIONAL CAMP - SASRIC: 3-WEEK, HIGH-PERFORMANCE POSITION SPECIFIC CAMP



JULY 2026 - AUGUST 2026

15 - 17 YEARS

STELLENBOSCH, SOUTH AFRICA

The International Camp is open to players between 15-17 years of age. Come and improve your rugby skills while enjoying a unique South African experience.

SAS Rugby International Camp is a 3-week, High-Performance position specific camp that develops young rugby talent from across the world. We are located at the Stellenbosch Academy of Sport in Stellenbosch, South Africa.

COACHING

SAS Rugby proudly presents a coaching staff that stands among the best. Each member of this esteemed team brings an extensive and distinguished background, contributing their wealth of experience and profound rugby knowledge to the core of our program.









formidable Ernst, on the field. presence represented proudly and boasts impressive record of 161 caps with Saracens. His leadership qualities were equally prominent, having captained both the Lions and Saracens. Since its inception in 2016. Ernst has been at the helm as the Head of the SASRII program. auidina it to greater heights.

Hein holds the esteemed title of a World Rugby Level 3 coach and has an extensive coaching background. He served as the Head Coach for SA Schools, showcasing his prowess at the highest level. His expertise extends to the Currie Cup, where he contributed as a coach for the Pumas. Hein's international iourney saw him as the Technical Director Rugby Netherlands. further enriching his coaching repertoire.

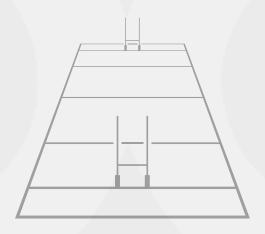
Estian's involvement with SAS Rugby began in 2022 as a player in the SAS 7s programme, following an outstanding schoolbov rugby career. Despite a careerending concussion that curtailed his playing ambitions, Estian's passion for the sport drove him to transition into coaching. In 2023, he joined SAS Rugby as an intern, swiftly demonstrating his value and commitment. His practical experience and coaching acumen continue to be instrumental to the programme's success.

Neil's illustrious career includes representing and captaining Western and Province Stormers. His international journey saw him earn ten caps for the Springboks from 2000 to 2003. Neil's remarkable tenure Saracens from 2006 2017, where he not only played but also captained, culminated impressive total of 264 caps.



PROGRAMME OVERVIEW

- Individual positional coaching
- General skills coaching
- Video analysis
- · High performance conditioning
- · Strength and fitness testing
- Progress reports and feedback on specific player focus areas
- Prehab and rehabilitation sessions & education
- Nutritional discussion and education
- · Goal setting and mental skills
- Rugby laws test and feedback sessions



VENUE & FACILITIES



SAS Rugby 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.

ROOMS

- · 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
- Ice Baths
- Swimming Pool
- Conference Facilities



















PROGRAMME COST:

THE SASRIC PROGRAMME INCLUDE THE FOLLOWING:



JULY 2026 - AUGUST 2026

15-17 YEARS

R45 000 FULL PROGRAMME

- Accommodation (24/7 security)
- · 3 Meals per day
- · Food Supplementation
- Playing & Training Kit
- Access to World Class Gymnasium
- · Access to Outdoor and Indoor Training fields
- Access to Recovery Facilities
- Physiotherapy & Rehabilitation
- Sports Strapping
- Transport to and from airport upon arrival and departure (on request)
- Excursions
- · Apparel Kit



APPAREL PACKAGE

- 1 x Cap
- 2 x Rugby Playing Shorts
- 1 x Rugby Playing Jersey
- · 2 x Playing Tees
- 1 x Socks
- 1 x Backpack

COSTS EXCLUDE

- Medical Aid & Insurance
- Flights

MEDICAL

All players must have a Medical Aid/Medical Insurance when the camp starts. Strapping and physiotherapy services are included in the camp.

BOOK YOUR TRAVELS

You are welcome to contact our travel partner Travel and Sport wihan@travelandsport.com for any travel related bookings.

For more information, please visit our website at www.sasrugby.com

We look forward to hearing from you.



IN PARTNERSHIP WITH



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