



SAS Rugby

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SAS RUGBY INTERNATIONAL INSTITUTE



**INTERNATIONAL 5-MONTH
HIGH-PERFORMANCE RUGBY PROGRAMME**

Players Age: 18-20 years

JAN 2027

Stellenbosch Academy of Sport,
Stellenbosch, South Africa

ABOUT

Our esteemed international 5-month high-performance rugby programme is committed to cultivating the full potential of rugby talent from across the world. Situated at the renowned Stellenbosch Academy of Sport in South Africa, we offer the perfect environment for your pursuit of excellence.

27 JANUARY 2027 - 25 JUNE 2027

18 - 20 YEARS

STELLENBOSCH, SOUTH AFRICA

SASRII was founded in 2016 with the mission of preparing players for the next significant phase in their rugby careers, fostering a professional mindset towards training and development. In addition to our in-house coaching team, SASRII collaborates with highly qualified guest coaches to augment our programme with additional expertise. Our integrated coaching and performance unit, combined with the medical expertise available at SAS, offers a distinctive platform for player development. For further insights into our coaching team, please explore the SASRII page at www.sasrugby.com.



MANAGEMENT



ERNST JOUBERT

HEAD OF RUGBY

Ernst, a formidable presence on the field, proudly represented the Lions and boasts an 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 SASRIL programme, guiding it to greater heights.

HEIN KRIEK

HEAD COACH

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 journey saw him as the Technical Director for Rugby Netherlands, further enriching his coaching repertoire.

JUAN DE JONGH

ASSISTANT COACH

Juan, a seasoned South African rugby legend who hung up his boots at the close of 2023, concluding a stellar career with Western Province, the Stormers (amassing over 100 Caps), and Wasps. Juan's versatile career spans both the Springboks 15s and 7s teams. Noteworthy milestones include his debut in the Springbok jersey in 2010, representing South Africa at the 2011 Rugby World Cup, and earning a Bronze Medal at the 2016 Rio Olympics with the Springbok Sevens team.

JUSTIN BENN

ASSISTANT COACH

Justin is a dynamic rugby coach whose playing pedigree and coaching experience make him a valuable part of the SASRIL setup. A former Western Province and Maties player, he built his foundation as a hard-working flanker and number eight — traits that shape his coaching today. With experience across 7s, 10s, and 15s, including high-performance roles in the United States, Justin brings a deep understanding of the modern game.



PROGRAMME OVERVIEW

- Individual positional coaching and context development (playing for a team)
- Game time against quality teams of the same age group
- Video and match analysis
- Same high performance conditioning and medical team working with the SA Rugby Sevens 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 and Medical
- Conditioning Statistics, Player Performance Plan, Lifestyle & Professionalism



KIRILL FRAINDT **SASRII 2024 - LA ROCHELLE (FRANCE TOP 14)**

"Reflecting on my time at SAS fills me with emotion.

Every aspect of the programme embodied professionalism — from the daily training to the nutrition and structure.

It was, without a doubt, one of the best experiences of my life.

Through SAS, I met incredible people and built memories that will stay with me forever."

VENUE & FACILITIES



Stellenbosch
Academy of Sport

Choice of Champions

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

- 2 x Players in a room
- Two single beds per room
- Duvet & cover with fitted sheets
- Two pillows per bed
- One towel per player
- On-site laundry facility

TRAINING FACILITIES

- World-class gymnasium, high performance environment
- Rugby Fields
- Indoor Astroturf Sports Facility
- Ice Baths
- Swimming Pool
- Conference Facilities





PROGRAMME COST:

THE SASRII PROGRAMME INCLUDE THE FOLLOWING:

27 JANUARY 2027 - 25 JUNE 2027

18 - 20 YEARS

R185 000,00

- Accommodation (24/7 security)
- 3 Meals per day
- Access to 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)
- Apparel Kit



UNATHI MLOTSHWA
SASRII 2025 - BULLS & SA U19 ACADEMY

"No matter how tough it gets, you can always dig a little deeper — that's one of the greatest lessons the SASRII programme taught me.

It also showed me that people from all corners of the world, with different stories and backgrounds, can come together to unite under one badge.

You enter SASRII as an individual, but you leave with a lifelong network that stretches across the globe."



APPAREL PACKAGE

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

MATCHES

SASRII will play matches during the second half of the programme against local club and University teams, as well as visiting international teams (if available). Past fixtures included matches against UCT (University of Cape Town), Free State Cheetahs, Sharks Academy, WP Invitational, SA Rugby Academy and Maties (Stellenbosch University). The group will also go on a local tour towards the end of the programme.

SETANTA COLLEGE

We are proud to announce our partnership with Setanta College, a reputable online sports institution offering globally recognized Strength & Conditioning Qualifications. If you're considering enrolment at Setanta College and wish to qualify for an exclusive partnership discount while simultaneously attending the SASRII programme, we invite you to get in touch with us.

For further details, please visit www.za.setantacollege.com.

COSTS EXCLUDE

- Medical Aid & Insurance
- Flights

MEDICAL

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





SAS Rugby

IN PARTNERSHIP WITH



CONTACT DETAILS

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