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SAS RUGBY SASRIC PROGRAMME

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

Players Age: 15 - 17 years

JULY 2027

Stellenbosch Academy of Sport
Stellenbosch, South Africa.

ABOUT

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

JULY 2027 - AUGUST 2027

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.



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 SASR11 program, guiding 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 journey saw him as the Technical Director for 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 schoolboy rugby career. Despite a career-ending 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.

Justin is a dynamic rugby coach whose playing pedigree and coaching experience make him a valuable part of the SASR11 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
- 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



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

- 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 2027 - AUGUST 2027

15-17 YEARS

R48 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.



SAS Rugby

IN PARTNERSHIP WITH



CONTACT DETAILS



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