



SAS Rugby



SAS RUGBY GIRLS PROGRAMME

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**SAS RUGBY GIRLS INTERNATIONAL CAMP:
2 WEEK HIGH-PERFORMANCE CAMP**

5 JULY 2026

Players Age: 14 - 18 years

Stellenbosch Academy of Sport
Stellenbosch, South Africa.

ABOUT

SAS RUGBY GIRLS INTERNATIONAL CAMP - SASRIC: 2-WEEK, HIGH-PERFORMANCE CAMP

5 JULY 2026 - 18 JULY 2026

14 - 18 YEARS

STELLENBOSCH, SOUTH AFRICA

The International Camp welcomes players aged 14 to 18, offering an incredible opportunity to elevate your rugby skills while experiencing the beauty and culture of South Africa.

SAS Rugby International Camp is a 2-week, high-performance, skills and conditioning programme designed to develop young rugby talent from around the globe. Located at the world-class Stellenbosch Academy of Sport in Stellenbosch, South Africa.



NIC FERREIRA

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

U16A and U17 Sevens teams at Paul Roos Gymnasium

from 2022-2023. 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.



NADINE ROOS

AMBASSADOR

Nadine Roos is a standout South African rugby union and sevens player who has achieved success both on the track and on the field. Initially a hurdler, she earned a bursary to the University of Pretoria, where she was introduced to rugby. Roos made her international sevens debut at the 2016 Dubai Sevens and has since represented South Africa at prestigious events, including the 2018 Commonwealth Games, the 2018 Rugby World Cup Sevens in San Francisco and the 2022 Rugby World Cup Sevens in Cape Town. A versatile athlete, she also competed in the 2021 CrossFit Games and was part of the Springbok Women's Sevens team at the 2024 Summer Olympics in Paris. Most recently, Nadine was named to South Africa's fifteens squad for the 2024 WXV 2 tournament.



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
- 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
- Rugby Fields
- Indoor Astroturf Sports Facility
- Swimming Pool
- Conference Facilities





PROGRAMME COST:

THE SASRIC PROGRAMME INCLUDE THE FOLLOWING:

5 JULY 2026 - 18 JULY 2026

14-18 YEARS

R32 000.00

- 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





MEDICAL

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

COSTS EXCLUDE

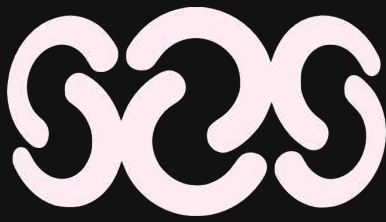
- Medical Aid & Insurance
- Flights



For more information, please visit our website at

www.sasrugby.com

We look forward to hearing from you.



SAS Rugby



CONTACT DETAILS



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