



SAS Rugby

SAS RUGBY SEVENS ACADEMY

2023 PROGRAMME



Stellenbosch
Academy of Sport



SAS
Stellenbosch
Academy of Sport

HOME OF SEVENS

Thank you for your interest to join the SAS Rugby 7s Academy programme. Please find below more information on the Academy as well as what you will receive when you decide to join the programme.

ABOUT US

The SAS Rugby 7s Academy is an international, 15-week high performance rugby programme developing players to reach their full potential, or to achieve higher honours. We are located at the Stellenbosch Academy of Sport in Stellenbosch, South Africa.



CHRIS DRY

Head of SAS Rugby 7s

Chris is a former Springbok 7s player who earned 373 caps in 74 tournaments between 2010 - 2021. He won 21 tournaments and two World Series titles. Chris participated in the 2020 Olympic Games and was part of the SA Sevens team who won gold at the 2014 Commonwealth Games.

Chris played for the Free State Cheetahs between 2009 - 2011 and 2017.

Chris retired in 2021 after 12 seasons with SA Sevens.

The SAS Rugby Sevens Academy was established in 2019 to prepare players in taking the next step in their rugby career, and to develop a professional approach towards their training and development.

Additional to our own Coaching Team, the Academy employs highly qualified Guest Coaches to add further expertise to our programme offering. The Performance division together with the Medical expertise based at SAS, allow for an integrated Coaching and Performance unit, providing a unique offering for the development of our players. To find out more on our Coaching Team, please visit the SAS Rugby Sevens page at www.sasrugby.com.



SAS RUGBY 7'S ACADEMY PROGRAMME OVERVIEW

Below is an overview of the Academy programme details:

- 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 top 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



"You promised he had it, and you delivered him to the international stage when you were comfortable. I cannot thank you and the Academy enough for seeing this and for getting him on a team" – Sam Dennis, mother of Oscar Dennis.

Oscar Dennis

Kenya 7s

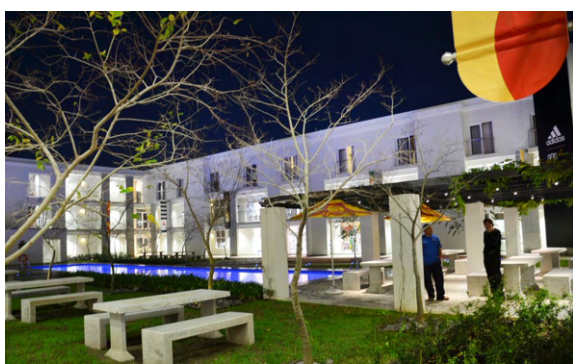


SAS Rugby



VENUE AND FACILITIES

The Academy is based at the Stellenbosch Academy of Sport (SAS), a professional sports training and preparation environment for teams and athletes from across the world.



MEALS

Three daily nutritional meals provided at the SAS restaurant.

APARTMENTS

- 4 x players in a flat apartment
- 2 x players per room (2 x room per flat apartment)
- 1 x living room; kitchen and bathroom

Each apartment will have the following:

- 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)



TRAINING FACILITIES

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



LAUNDRY FACILITY

Laundry facility on site

For more information on our facilities, please visit www.sastraining.co.za.



APPAREL PACKAGE

Each player will receive the following apparel as part of the programme.

- ✓ 1 x Cap
- ✓ 2 x Rugby Playing Shorts
- ✓ 1 x Rugby Playing Jerseys
- ✓ 1 x Hoodie
- ✓ 1 x Polo Shirt
- ✓ 2 x Training Tees
- ✓ 2 x Pair Rugby Socks
- ✓ 1 x Gym Shorts
- ✓ 2 x Singlets (training vests)
- ✓ 1 x Back Pack

MEDICAL

All players must have a **Medical Aid** when the programme starts. SAS Rugby will recommend a medical aid package for all foreign players. Strapping and physiotherapy services are included in the programme.

MATCHES & TOUR

The Academy will play matches against local Academy and University teams, as well as visiting international teams (if available). Past fixtures included matches against the SA Sevens Academy; France Sevens, Russia Sevens; Kenia Sevens; Zimbabwe Sevens; Uganda Sevens; University of the Western Cape and Maties (Stellenbosch University). The group will also go on a local tour towards the end of the programme.

SETANTA COLLEGE

We have partnered with Setanta College, an online Sports College that offers an internationally recognised Strength & Conditioning Qualification. If you are interested in studying at Setanta College and to qualify for a partnership discount while attending the SAS Rugby 7s Academy, please contact us. You can also visit www.za.setantacollege.com for more information.





PROGRAMME DATES

Starting date: Wednesday 19 July 2023

Finishing date: Wednesday 8 November 2023



PROGRAMME COST

R 115,000.00

THE COSTS INCLUDE

- ✓ Accommodation (with 24 hours/7 days a week security)
- ✓ 3 Meals per day
- ✓ Food Supplementation
- ✓ Playing & Training Kit
- ✓ Physiotherapy & Rehabilitation
- ✓ Sports Strapping
- ✓ Access to outdoor and indoor training fields
- ✓ Programme Entertainment
- ✓ Access to World Class Gymnasium
- ✓ Access to Recovery Facilities
- ✓ Tournaments during match blocks
- ✓ Transport to and from airport upon arrival and departure (on request)

THE COSTS EXCLUDE

- ✓ Medical Aid/Insurance
- ✓ Visa (if applicable)
- ✓ Flights (if applicable)

To enter or for more information, please contact Chris Dry at chrisdry@sasrugby.com or visit our website at www.sasrugby.com. We look forward to hearing from you.



In partnership with



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