

2024 PROGRAMME

SAS RUGBY SEVENS ACADEMY



Stellenbosch
Academy of Sport


SAS Rugby



Stellenbosch
Academy of Sport

HOME OF SEVENS

ABOUT

**SAS 7s 2024 - INTERNATIONAL HIGH PERFORMANCE RUGBY
PROGRAMME**

03 JULY 2024 - 30 NOVEMBER 2024

18 - 24 YEARS

STELLENBOSCH, SOUTH AFRICA

The SAS Rugby 7s Academy is a programme expertly designed to unlock the full potential of players. Located in the spectacular Stellenbosch, SAS provides an idyllic setting that inspires excellence and fosters the growth of young, aspiring rugby players.

SAS proudly stands as the esteemed official home of rugby greatness. It serves as the training hub for teams such as the Springbok Men's 7's and Women's 7's, the SA 7's Academy, the Springbok u20 Academy, Springboks Men's and Women's XV, the Junior Springboks, and the SA u18 teams.



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

In addition to our 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, allows for an integrated Coaching and Performance unit, providing a unique offering for the development of our players. For more about our Coaching Team, please visit the SAS Rugby Sevens page at www.sasrugby.com.

CHRIS DRY - HEAD OF SAS 7s

Former Springbok 7s sensation Chris Dry now leads SAS 7s with incredible speed and skills. He boasts an impressive 373 caps from 74 tournaments between 2010-2021, an Olympic Games participant, and a key member of the 2014 Commonwealth Games-winning SA Sevens team. Joining SAS Rugby in 2023 after 12 remarkable seasons with SA Sevens, he continues to inspire and guide the next generation of rugby stars. Chris's enduring career and hands-on coaching style set a remarkable example, showcasing his unparalleled passion for the game and coaching.



PROGRAMME OVERVIEW

- Individual positional coaching and context development (playing for a team)
- Fixtures against academies, university teams, SA 7's and other international teams
- Video and match analysis
- High performance conditioning and medical 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, Medical, Conditioning Statistics, Player Performance Plan, Lifestyle & Professionalism

RICARDO DUARTEE

“Joining the programme has been a life changing experience. With the high-performance coaching, remarkable medical team and elite facilities, SAS 7s gave me the opportunity to turn my dreams into reality.”



VENUE & FACILITIES



Stellenbosch
Academy of Sport

Choice of Champions

The Sevens Academy 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.

APARTMENTS

- Two rooms per apartment
- 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 Astro turf Sports Facility
- Ice Baths
- Swimming Pool
- Conference Facilities





PROGRAMME COST:

THE SAS 7s PROGRAMME INCLUDE THE FOLLOWING:



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R 125 000.00

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

APPAREL PACKAGE

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

MEDICAL

At the commencement of the program, it is mandatory for all players to possess valid Medical Aid coverage. To ensure seamless integration for foreign players, SAS Rugby will provide recommendations for suitable medical aid packages. Additionally, comprehensive program benefits encompass access to strapping and physiotherapy services, designed to optimize player well-being and performance.

MATCHES AND TOUR

The Academy's schedule features a diverse range of fixtures, including matchups against local Academy and University teams, as well as opportunities to compete against visiting international teams whenever possible. Our past fixtures have seen thrilling encounters against esteemed opponents such as the SA Sevens Academy, France Sevens, Russia Sevens, Kenya Sevens, Zimbabwe Sevens, Uganda Sevens, University of the Western Cape, and Maties (Stellenbosch University). Additionally, towards the conclusion of the program, the group will embark on a local tour.

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 enrollment at Setanta College and wish to qualify for an exclusive partnership discount while simultaneously attending the SAS Rugby 7s Academy, we invite you to get in touch with us. For further details, please visit www.za.setantacollege.com.




SAS Rugby

IN PARTNERSHIP WITH



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