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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 2024**

Stellenbosch Academy of Sport  
Stellenbosch, South Africa.

# ABOUT

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



07 JULY 2024 - 27 JULY 2024

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 SASRIL 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.



Chris is an esteemed former Springbok Sevens player, leaving an indelible mark over a remarkable span of 74 tournaments from 2010 to 2021. His exceptional talent also graced the Currie Cup stage, where he donned the jersey of the Free State Cheetahs in both 2009 and 2017, contributing his skills to the team's success.

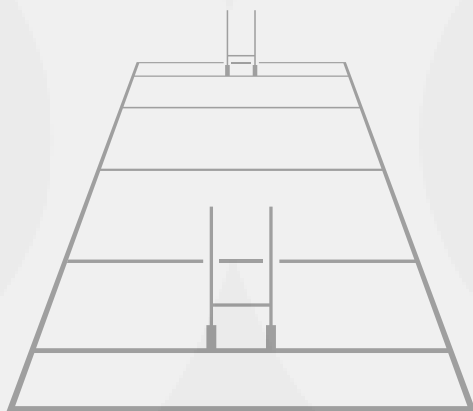


Neil's illustrious career includes representing and captaining Western Province and the Stormers. His international journey saw him earn ten caps for the Springboks from 2000 to 2003. Neil's remarkable tenure at Saracens from 2006 to 2017, where he not only played but also captained, culminated in an impressive total of 264 caps.



# 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 Astro turf Sports Facility
- Ice Baths
- Swimming Pool
- Conference Facilities





# PROGRAMME COST:

THE SASRIC PROGRAMME INCLUDE THE FOLLOWING:



**07 JULY 2024 - 27 JULY 2024**

**15-17 YEARS**

**R15 000 / WEEK OR R45 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](http://www.sasrugby.com)**

**We look forward to hearing from you.**





# SAS Rugby

IN PARTNERSHIP WITH



## CONTACT DETAILS



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