



[www.sasrugby.com](http://www.sasrugby.com)

@sas\_rugby

# SAS RUGBY INTERNATIONAL INSTITUTE



**INTERNATIONAL 5-MONTH  
HIGH-PERFORMANCE RUGBY PROGRAMME**  
Players Age: 18-20 years

**JAN 2025**

Stellenbosch Academy of Sport,  
Stellenbosch, South Africa

# ABOUT

Our esteemed international 5-month high-performance rugby programme is committed to cultivating the full potential of rugby talent from across the world. Situated at the renowned Stellenbosch Academy of Sport in South Africa, we offer the perfect environment for your pursuit of excellence.

22 JANUARY 2025 - 30 JUNE 2025

18 - 20 YEARS

STELLENBOSCH, SOUTH AFRICA

SASRII was founded in 2016 with the mission of preparing players for the next significant phase in their rugby careers, fostering a professional mindset towards training and development. In addition to our in-house coaching team, SASRII collaborates with highly qualified guest coaches to augment our program with additional expertise. Our integrated coaching and performance unit, combined with the medical expertise available at SAS, offers a distinctive platform for player development. For further insights into our coaching team, please explore the SASRII page at [www.sasrugby.com](http://www.sasrugby.com).



# MANAGEMENT



## JACQUES HANEKOM

### HEAD OF RUGBY

Jacques, the founder and former CEO of the Western Province Institute, has played a pivotal role in shaping rugby talent. His expertise extends to consultancy, where he has provided invaluable guidance to the South African Rugby Union Academy.

## ERNST JOUBERT

### HEAD OF SASRII

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 SASRII program, guiding it to greater heights.

## HEIN KRIEK

### HEAD COACH

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.

## NEIL DE KOCK

### ASSISTANT COACH

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 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 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



## ZAC LANDSMAN

### SASRII 2023 - WESTERN FORCE, SUPER RUGBY PACIFIC U/19

“Coming away from the SAS experience has given me a greater understanding of what is required to be a professional rugby player.

My experience, though tough at times has been the making of a more confident style of playing, hopefully helping me through to the next stages of a rugby career.

The friendships that were also made along the way, will be one of the highlights of my time spent at SAS.”

# 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

- 4 X Players in a flat apartment - 2 rooms per flat apartment
- 2 x Players in a room
- 1 x Living room, kitchen & bathroom
- 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, high performance environment
- Rugby Fields
- Indoor Astroturf Sports Facility
- Ice Baths
- Swimming Pool
- Conference Facilities





# PROGRAMME COST:

THE SASRII PROGRAMME INCLUDE THE FOLLOWING:

22 JANUARY 2025 - 30 JUNE 2025

18 - 20 YEARS

R130 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)
- Apparel Kit





## **APPAREL PACKAGE**

- 1 x Cap
- 2 x Rugby Playing Shorts
- 2 x Rugby Playing Jerseys
- 1 x Hoodie
- 1 x Polo Shirt
- 1 x Tracksuit
- 2 x Training Tees
- 2 x Pairs of Rugby Socks
- 1 x Gym Short
- 2 x Training Vests
- 1 x Backpack

## **MACTHES**

SASRII will play matches during the second half of the programme against local club and University teams, as well as visiting international teams (if available). Past fixtures included matches against UCT (University of Cape Town), SWD (South Wester Districts), Eastern Province, WP Invitational, SA Rugby Academy and Maties (Stellenbosch University). The group will also go on a local tour towards the end of the programme.

## **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](http://www.za.setantacollege.com).

## **COSTS EXCLUDE**

- Medical Aid & Insurance
- Visa (If Applicable)
- Flights

## **MEDICAL**

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







SAS Rugby

IN PARTNERSHIP WITH



## CONTACT DETAILS

 HEIN KRIEK - [heinkriek@sasrugby.com](mailto:heinkriek@sasrugby.com)

 (+27) 82 561 6636

 [www.sasrugby.com](http://www.sasrugby.com)

 @sas\_rugby