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# SAS RUGBY SASRIC GIRLS PROGRAMME

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

Players Age: 14 - 18 years

**30 JUNE 2025**

Stellenbosch Academy of Sport  
Stellenbosch, South Africa.

# ABOUT

## **SAS RUGBY GIRLS INTERNATIONAL CAMP - SASRIC: 2-WEEK, HIGH-PERFORMANCE POSITION SPECIFIC CAMP**

30 JUNE 2025 - 11 JULY 2025

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, skill-specific programme designed to develop young rugby talent from around the globe. Located at the world-class Stellenbosch Academy of Sport in Stellenbosch, South Africa.



# COACHING

SAS Rugby is proud to offer a coaching staff of the highest calibre. Every coach on our team brings a distinguished background and a wealth of rugby expertise, enriching our programme with their deep knowledge and experience.



Former Springbok 7s star Chris Dry now coaching the SAS 7s, bringing his exceptional speed, skill, and leadership to the forefront. With an impressive 373 caps across 74 tournaments between 2010 and 2021, Chris has represented South Africa at the Olympic Games and played a pivotal role in the SA Sevens' 2014 Commonwealth Games victory. After 12 incredible seasons with SA Sevens, he joined SAS Rugby in 2023, where he continues to inspire and mentor the next generation of rugby talent. His long-standing career and hands-on coaching style exemplify his deep passion for the game and player development.



Nic joined SAS Rugby in 2019, bringing his specialized expertise as a Skills and Kicking Coach, developed during his coaching career at St Andrew's College. He has also acted as a consultant to Paul Roos Gymnasium with their U/16A team and U/17 7s team, and served as the Head Coach of the Springbok Women's Sevens Academy team in 2023. Currently pursuing his MSc in Performance Coaching through Setanta College, Nic plays a key role in refining the abilities of our players at SASRII. As the Programme Director of the SAS 7s programme, his leadership is vital to the ongoing development and success of our athletes.

# 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



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 Astroturf Sports Facility
- Swimming Pool
- Conference Facilities





# AMBASSADOR: NADINE ROOS

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 COST:

THE SASRIC PROGRAMME INCLUDE THE FOLLOWING:

**30 JUNE 2025 - 11 JULY 2025**

**14-18 YEARS**

**R30 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](http://www.sasrugby.com)**

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



**SAS Rugby**

## **CONTACT DETAILS**

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