



**LIMITED PLACES  
AVAILABLE**



# **2022 PSA RUGBY ACADEMIES IRELAND**

Player Development Focus  
Professional Coaching Excellence  
Rugby & Physical Test Reporting  
Sports Science Education



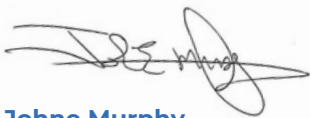
**[psaacademies.com/ireland](https://psaacademies.com/ireland)**

#maximiseyourpotential

# We Are PSA Academies

"Summer 2022 is set to offer another hugely exciting high-performance rugby development opportunity for 10-16yrs players, boys & girls, with four PSA Academies Rugby Academy programmes taking place in Ireland across July & August. Sign up ASAP to secure your spot for these limited capacity Academies, rated 'Excellent' on Trustpilot!

\*Full package price includes non-refundable €100 deposit booking fee. Ts&Cs apply.



**John Murphy**  
Managing Director, PSA Academies

 PSAV<sub>s</sub>



## 2022 Dates

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### PSA Rugby Academy, Cork

Midleton College & RFC, Sun 10th - Fri 15th July (Residential & Non-Residential, B & G\*)

### PSA Rugby Academy, Roscrea

Cistercian College Roscrea, Sun 17th - Fri 22nd July (R & NR, B & G\*)

### PSA Rugby Academy, Kilkenny

Kilkenny College, Sun 7th - Fri 12th Aug (R & NR, B & G\*)

### PSA Rugby Academy, Kildare

Newbridge College, Mon 15th - Fri 19th Aug (Non-Res only, B & G)

\*For specific Residential programme start dates by age group/gender, please see the programme information page on the PSA Academies website [here](#).

## Programme Features

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Welcome Webinar & regular WhatsApp Group updates

Fully compliant COVID19 protocols (if applicable)

Core Rugby Skills Video Assessment & Report

Physical Testing & Report

Skills-based, non-contact programme

Top Coaching Team with pro rugby playing & coaching credentials

Core Skills & Strength Development

Speed, Agility & Quickness (SAQ)

Game-based Learning

Sports Science Education Talks with top mentors covering;

- Physical Development of Young Players
- Sports Nutrition
- Injury Management & Concussion Awareness

Personal Development (via 9PSAV's Framework)

For more information about the Ireland Programme, visit our FAQs section [here](#).

# Prices

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## **3 Night Residential\* (Minis 10-11yrs, B Only)**

**Full Price €339pp**

## **4 Day Non-Residential\* (Minis 10-11yrs, B & G)**

**Full Price €270pp**

## **5 Night Residential\* (INT/ADV, 12-16yrs, B & G)**

**Full Price €445pp**

## **5 Day Non-Residential\* (INT/ADV, 12-16yrs, B & G)**

**Full Price €339pp**

## **5 Day Non-Residential Only Venues (All Ages, B & G)**

**Full Price €339pp**

Minis = 10-11yrs, INT/ADV = 12-16yrs, B = Boys, G = Girls

\*Residential Academy information - 3 Night residential programme for 10-11yrs Minis players runs from Tues 8.30am - Fri 5pm. 5 Night residential programme for 12-16yrs players runs from Sun 5pm - Fri 5pm inclusive.

# What's Included

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Residential - 3 or 5 Nights fully supervised, shared, full board accommodation based on latest COVID19 protocols for Minis Boys/INT & ADV Boys & Girls respectively, transfers from local transport hubs if required, all rugby & leisure activities including online learning, the PSA Rugby & Physical Testing/Development Reports & PSA Player Pack

Non-Residential - 4 or 5 Days of rugby & leisure activities including online learning for All Age Groups, Boys & Girls, including a hot lunch\*, the PSA Rugby & Physical Development Testing/Reports & PSA Player Pack

For further information on the 2022 Academies schedule & structure, see the Academy programme page [here](#).

\*Only available in venues offering full Residential programmes.

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**LIMITED PLACES AVAILABLE**  
**Book & pay in full\* ASAP to secure your player's place!**

\*Full package price includes non-refundable €100 deposit booking fee. All bookings must be paid in full from 1st May 2022. [Ts&Cs apply](#).

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**For more info or to book, see**  
**[psaacademies.com/ireland](https://psaacademies.com/ireland)**

# Testimonials



Rated Excellent on  Trustpilot

"Excellent rugby camp. Extremely professional and well run. The feedback for players is useful and gives them a goal to work on. Would highly recommend PSA."

**Kay, 2021 PSA Rugby Academy Kilkenny Parent**

"Would highly recommend PSA Academies. They are run to a very high standard, with excellent staff. My daughter learned so much & enjoyed every minute of the camp."

**Rose, 2021 PSA Rugby Academy Cork Parent**

# Partners



# PSA Academies Gift Vouchers

The perfect gift for the young player in your life.

Buy in €25-100 units - click [here](#) for more



## €100 GIFT VOUCHER

Name

Coupon Code

Expiry Date

Book using your code at [www.psaacademies.com/book-now](http://www.psaacademies.com/book-now)

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