

★★★★★ Rated Excellent on ★ Trustpilot



**LIMITED PLACES
AVAILABLE**

Secure your player's place ASAP
by booking & paying in full today!

Full payment booking includes 40% non-refundable deposit fee in the event of cancellation by the customer. Full booking T&Cs apply

2021 PSA RUGBY IMMERSION PROGRAMMES



2 weeks high performance rugby programme with pro coaches



Player Development Focus, with video testing & full pdf reports



Full immersion with talented local players



All inclusive programme price (ex. flights)



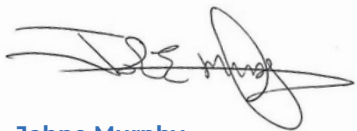
Fully COVID19 compliant 24/7 supervision

psaacademies.com/2022-rugby-immersion

#maximiseyourpotential

We Are PSA Academies

"In partnership with Irish Rugby Tours, we're delighted to announce our exciting high-performance Rugby Immersion Programmes for 12-17yrs old players, boys and girls, in Ireland & France in July. Sign up & pay for your booking in full (including a non-refundable 40% deposit fee) to secure your spot for this limited-capacity Rugby Academy immersion experience, rated 'Excellent' on Trustpilot. We look forward to planning your player's exceptional rugby & personal development trip with us!"



Johnie Murphy
Managing Director, PSA Academies

 **PSA**_s



Programme Benefits

-  Top professional rugby coaches
-  Rugby/physical testing & reporting
-  High-performance sports programme content
-  Train & stay with the best age-grade local players
-  Cultural experiences & excursions*

*Ireland programme only

Sample Daily Programme

08:00-09:00	Breakfast	16:00-16:30	Break
09:00-09:30	Free Time/Training Prep	16:30-18:00	Sports Science Talk/Webinar
09:30-11:00	Core Skill Development (Passing)	18:00-19:00	Dinner
11:00-11:30	Break	19:00-19:30	Free Time
11:30-13:00	SAQ Session	19:30-21:30	Group Evening Activities
13:00-14:30	Lunch	21:30-22:00	Bedtime Prep
14:30-16:00	Core Skill Development (Defence)	22:00-07:30	Lights Out & Supervised Dorms

Rugby Programme Features



- Core Rugby Skills Development (Catch Pass, Tackle, Breakdown & Ruck)
- Player Development Testing Videos & Reports
- Speed, Agility, Quickness Training (SAQ)
- Strength & Conditioning (S&C)
- Technical Analysis
- Sports Science Content & Learning (Nutrition, Mental Wellness, Physical Development & Injury Management/Concussion Awareness)



RUGBY IMMERSION PROGRAMME

IRELAND

9-23 July 2022



Cistercian College
A Place To Grow

DATES

Sat 9 - Sat 23 July 2022

AGES

12-16yrs, Boys Only

PRICE €1,575 / £1,350

VENUES

Midleton College, Cork
www.midletoncollege.ie

Cistercian College, Roscrea
www.ccr.ie

WHAT'S INCLUDED*

- 14 nights full board, shared supervised accommodation (7 nights Cork, 7 nights Roscrea)
- High performance rugby programme
- Group teamwork & leisure activities on-site
- All local transfers & local rugby-themed excursions in Munster region
- PSA Academy Player Pack
- 24/7 operational support with full COVID-19 compliance

BOOK NOW



*Not including the costs of flights, spending money or any non-standard programme costs. Min one year of rugby & English language experience required. Booking Ts&Cs apply

RUGBY IMMERSION PROGRAMME

FRANCE

17-31 July 2022



DATES

Sun 17 - Sun 31 July 2022

AGES

12-16yrs, Boys & Girls

PRICE €1,790 / £1,550

VENUE

La Base, Le Temple-sur-Lot

<https://en.la-base.com/>

WHAT'S INCLUDED*

- 14 nights full board, shared supervised accommodation in 2023 Olympics Elite Training Venue
- High performance rugby programme delivered bi-lingually (English & French)
- Group teamwork & leisure activities on-site
- Airport transfers (from Bordeaux Airport)
- PSA Academies Player Pack
- 24/7 operational support with full COVID-19 compliance

BOOK NOW



*Not including the costs of flights, spending money or any non-standard programme costs. Min one year of rugby & English or French language experience required. Maximum of 12 students per class. Booking Ts&Cs apply

Customer Testimonials

"Our son Ben returned today from the residential PSA Rugby Academy. He had such a good time. Probably the best experience he had so far in sport. He got a new outlook regarding Rugby. Great friends, great food, just to mention a few. Highly recommended."

Michael, 2021 PSA Irish Rugby Academy Parent

"This camp is a must for young players who want to develop their rugby skills and learn about player welfare. My son really enjoyed the coaching and feels his game will improve as a result. I would definitely recommend PSA Academies."

David, 2020 PSA Rugby Academy France Parent

Partners





#maximiseyourpotential

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