



**LIMITED PLACES
REMAIN!**

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

2023 PSA IRISH RUGBY IMMERSION PROGRAMME



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/2023-rugby-immersion

#maximiseyourpotential

We Are PSA Academies & Rugby Academy Ireland

"Delivered by the Rugby Academy Ireland team, we're delighted to announce our exciting high-performance PSA Irish Rugby Immersion Programmes for 12-16yrs old players in Ireland this July. Sign up & pay for your booking via a non-refundable 40% deposit 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!"



Johan Taylor
Founder,
Rugby Academy Ireland
www.rugbyacademyireland.ie



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

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

8-22 July 2023



Cistercian
College
A Place To Grow

DATES

Sat 9 - Sat 23 July 2022

AGES

12-16yrs, Boys Only.

PRICE €1,725/£1,515pp

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 Rugby 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

Customer Testimonials



Rated Excellent on Trustpilot

"My son absolutely loved his time at the PSA Rugby Academy in Roscrea. He's already asking to go next year along with his younger brother. Highly recommended. Well done to all involved"

Declan, 2022 PSA Irish Rugby Academy Parent

"Thank you to the whole PSA Rugby Academy Kilkenny team for a fantastic week of rugby and fun for my son, Hugo. He had a ball, worked on and improved his game and met lots of new friends."

Niamh, 2022 PSA Irish Rugby Academy Parent

"This I believe was my son's 4th year attending the PSA Rugby Academies, attending both residential & non residential with excellent experiences. He had attended other rugby camps but they do not compare in his mind to the PSA ones. I would highly recommend the PSA Rugby Academies for Boys & Girls. As a club youths coach, I see the standard of coaching at the PSA is excellent. They are passionate about what they do and it's shows. Again well done the PSA Rugby Academies team."

Emma, 2019-2022 PSA Irish Rugby Academy Parent





#maximiseyourpotential

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