Rated Excellent on Trustpilot

PSA ACADEMIES

RUGBY ACADEMY IRELAND



**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

# 2027 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)
- 24/7 supervision

**www.psaacademies.com**

**#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!"



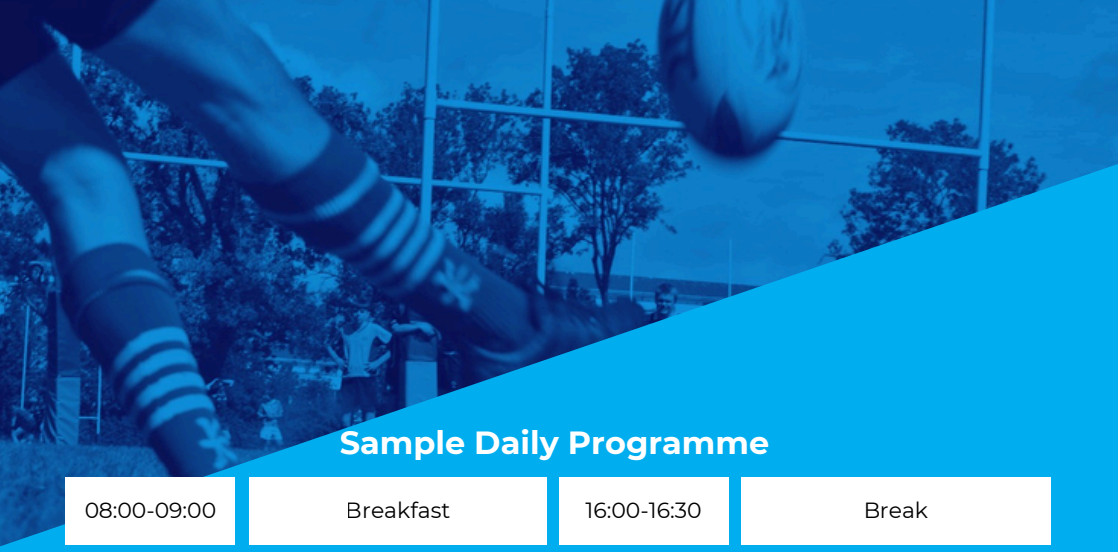
**Johan Taylor**
**Founder,**
**Rugby Academy Ireland**
**www.rugbyacademyireland.ie**




## 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

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## 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

## 1 August - 13 August 2027




### DATES

Sun 1 Aug - Fri 13 Aug

### VENUES

Midleton College, Cork
Cistercian College, Roscrea

### AGES

12-16yrs

### PRICE €1,775pp

**WHAT'S INCLUDED***

- 12 nights full board, shared supervised accommodation)
- High performance rugby programme
- Group teamwork & leisure activities on-site
- PSA Rugby Academy Player Pack
- 24/7 operational support
- All local transfers & local rugby-themed excursions

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, 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, 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, PSA Irish Rugby Academy Parent**






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