



# 2024 HIGH PERFORMANCE CAMP

8, 12 or 20 weeks  
18+ Years | Capped at 20 Players

*If you want help to achieve your goals, then get along to Inside Running Academy.*

*Great team, great facilities and great programme.*

LIAM MESSAM



ACCELERATE  
YOUR RUGBY  
DEVELOPMENT  
WITH A DEDICATED  
8, 12 OR 20 WEEK  
FULL-TIME  
PROFESSIONAL  
RUGBY PROGRAMME  
BASED ON YOUR  
NEEDS.

**2024 SEASON:  
03 MARCH - 21 JULY 2024**

➤ **Open to: 18+years, Male & Female**

Are you super motivated to take your rugby to another level? Accelerate your rugby development with a dedicated 8, 12 or 20 week full-time professional rugby programme based on your needs.

Your Camp experience will include the development of your Rugby CV — with video clips captured, Strength and Conditioning testing completed and a summary of your strengths and weaknesses as a player. This information will enable you to contact professional clubs and agents around the world.

➤ **Camp Durations**

8, 12 or 20 weeks.

➤ **Camp Dates**

The 2024 Season will run from Sunday 03 March 2024 through to Sunday 21 July 2024.

Camp Start Date: Sunday 03 March 2024\*

\* Alternative Start Dates will be considered on a case-by-case basis. Please enquire.

➤ **APPLY NOW: LIMITED SPACES**

Only 20 spaces available. Book now or risk missing out.



**Live the dream**

**AS A FULL TIME RUGBY  
PLAYER IN NEW ZEALAND**

**INSIDE RUNNING  
ACADEMY**

The Ultimate Rugby Development Experience

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**2024 Season:** 03 March – 21 July 2024


## How Are the High Performance & Player Development Camps Different?

The High Performance Camp is focused on training at high intensity with purpose, reviewing your training and games, and developing a performance mind set. You will live, train and perform like a professional player!

Athletes will have their Rugby CV created, and video footage and testing data captured. This information is then sent to Inside Running Academy's network of professional / semi-professional clubs and agents globally.

The High Performance Camp focuses equally on physical and mental development, and training intensity is at professional rugby club level. Ultimately, entry criteria ensures that players are well prepared for this intensity — physically and mentally.

## What You Can Expect from this Camp

- **Full-time Training**  
 Our Academy programme mirrors the frequency and intensity of Super Rugby team training in New Zealand.
- **Game Experience**  
 All Academy players will take part in club rugby where they can test their skills against players of their age in New Zealand.
- **Skill Development**  
 We have a huge emphasis on skill development at Inside Running Academy and players are exposed to some of New Zealand's leading coaches. We focus on learning through a specialised micro skills session three times per week and a dedicated field-based skills session three times per week, where learning is delivered through games-based activity.
- **Strength & Conditioning**  
 Our S&C programme concentrates on functional movement coaching before increasing load. Our first goal is to get all players moving effectively in the gym before we add load to build strength and power. All players are tested across key S&C measures at the start of their Academy stay, and then again at the conclusion.
- **Leadership & Personal Development**  
 We develop leadership skills by first breaking down the barriers, getting players out of their comfort zone and building a safe environment where everyone feels like they belong and can be themselves. We then start to challenge players to develop their leadership skills through Academy training activities.
- **Education**  
 All players will attend workshops on Mental Skills, Game Review, Performance Analysis, Sports Nutrition and Injury Prevention & Recovery.
- **Continued Development**  
 All players are required to develop a plan as to how they are going to continue to develop their rugby when they return home. This is our key point of difference, as we see attending Inside Running Academy as just the start of the player's development journey.
- **Live the Dream!**  
 Live the life of a full-time professional rugby player in Mt. Maunganui, New Zealand.
 

## Our normal training week typically looks like this:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00 am	Acute Injury Clinic		Recovery Day <i>We also use this day for Testing, and/or Academy Field Trips</i>			Game Day	
8.45 am	Academy Meeting						
9.00 am	Gym: Strength & Flush Focus	Gym: Strength Focus		Gym: Speed & Power Focus	Gym: Game Prep Focus		
10.00 am	Micro Skills	Micro Skills		Micro Skills	Micro Skills		Recovery Session
10.30 am	Micro Skills	Micro Skills		Physiotherapy	Micro Skills		
11.00 am	Physiotherapy	Physiotherapy			Education Workshop		
12.00 pm							
1.00 pm	Skills: Focus on Fundamental Skills	Skills: Focus on Catch / Pass / Run & Decision Making			Skills: Focus on Collision & Game Readiness		Coach One-on-Ones: Feedback & Video Review
2.30 pm	Recovery Session	Recovery Session			Recovery Session		
6.00 pm		Club Training	Yoga Session (Optional)	Club Training			

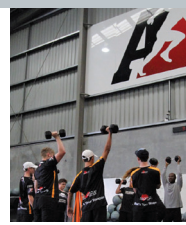
Go online to:  
[www.rugbyacademy.global](http://www.rugbyacademy.global) or  
 email: [mike@insiderunning.com](mailto:mike@insiderunning.com)



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## High Performance Camp Alumni

Nothing pleases us more than High Performance Camp players moving rapidly forward with their careers and achieving lofty heights. The following players are a snapshot of some High Performance Camp participants. Needless to say, we are immensely proud of their accomplishments.



**Charlie Lawrence**  
Toyota Verblitz, Top League | Japan



**Zach Kerr**  
Newcastle Falcons, Premiership | England



**Santiago Pedrero**  
International 15s | Chile



**Stan Van Den Hoven**  
Bay of Plenty NPC, Chiefs Super Rugby, New England Free Jacks, MLR | USA, Taranaki NPC



**Tevita Sole**  
New England Free Jacks, MLR | USA



**Marijn Huis**  
Durham University | England, Netherlands International



**Libbie Janse van Rensburg**  
South African International 7s and 15s



**Lisa Egberts**  
Bay of Plenty Volcanix



**PK Vincze**  
USA Rugby Stars, Harvard University



**Pingi Talaapitaga**  
Bay of Plenty NPC, Highlanders Super Rugby, Narbonne | France



**Keepa Mewett**  
Bay of Plenty NPC, Maori All Black, NTT Docomo Top League | Japan



**Scott Lyle**  
Petrarca Padova Rugby, Super 10 | Italy

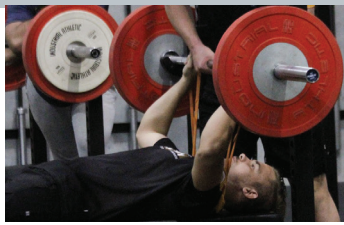
Go online to:  
[www.rugbyacademy.global](http://www.rugbyacademy.global) or  
email: [mike@insiderunning.com](mailto:mike@insiderunning.com)



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## Our Staff:

<p><b>Mike Rogers</b>   Level 3 Qualified Rugby Coach Manawatu NPC Head Coach (2023–2025), New England Free Jacks (MLR Champions 2023) Assistant Coach (2022–2023)   Chiefs Super Rugby Womens Assistant Coach 2021   Waikato Womens Assistant Coach 2021 (FPC Champions)   China Lions Head Coach 2020   Bay of Plenty Steamers NPC Assistant Coach 2019-2020. <b>Specialist Coaching Area: Defence &amp; Set Piece</b></p>	
<p><b>Andrew Spraggon</b>   Level 3 Qualified Rugby Coach World Rugby Coach Educator. 'Spraggs' has an extensive history as a club, school and representative Coach both in New Zealand and internationally. <b>Specialist Coaching Area: Defence &amp; Collision Aspects</b></p>	
<p><b>Kyle McLean</b>   Level 3 Qualified Coach Tauranga Sports Premier Coach 2022   Coach Developer with over 10 years of experience in this field. Founder of <i>The Coaching Gig</i>. <b>Specialist Coaching Area: Games Based Coaching &amp; Decision Making</b></p>	
<p><b>Ben Holland, Academy Manager</b>   Level 2 Qualified Coach. Former Inside Running Academy graduate. <b>Position Specific Coach: 9s, 10s   Kicking</b></p>	
<p><b>Crystal Kaua</b>   Level 3 Qualified Coach Chiefs Women's Super Rugby Coach 2023   Black Ferns 7s Coach 2022. <b>Specialist Coaching Area: 7s Rugby &amp; Forwards</b></p>	

## Camp Costs & Inclusions:

8 Weeks: NZ\$11,000      12 Weeks: NZ\$15,600      20 Weeks: NZ\$22,000

Inclusions: Accommodation, meals,\* Paladin training apparel, transport to and from sessions, all training sessions, etc.

\* We provide breakfast and lunch meals on a self-catered basis. Players are required to organise their own evening meal.

## Where We are Based:

Inside Running Academy is based in Mount Maunganui, New Zealand, the world's best location for an International Rugby Academy and undoubtedly the perfect environment for players to experience a true taste of New Zealand lifestyle.

Summer, average daily high: 24–28°C (January – March).

Winter, average daily high 14–20°C (April–October).



*Voted as one of the World's Top 25 Beaches!*

## How to Enrol:

**Apply Now:** This Camp is capped — only 20 spaces are available. Book now or risk missing out.

Go online to:  
[www.rugbyacademy.global](http://www.rugbyacademy.global) or  
email: [mike@insiderunning.com](mailto:mike@insiderunning.com)



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