

If you want help to achieve your goals, then get along to Inside Running Academy. Great team, great facilities and great programme.

LIAM MESSAM









JANUARY-MARCH 2027 PLAYER DEVELOPMENT CAMPS

Flexible Term Camp Duration Options:
2, 3, 4, 6 or 8 weeks

THIS CAMP IS A FANTASTIC OPPORTUNITY TO **ACCELERATE YOUR DEVELOPMENT** AS A RUGBY PLAYER AND HAVE THE **EXPERIENCE OF A LIFETIME**

Live the dream

AS A FULL TIME RUGBY PLAYER IN NEW ZEALAND

EARLY SEASON: JANUARY- MARCH 2027

Open to 14+ years: Male & Female

These 2–8 week Programmes are designed to provide aspiring male and female rugby players with an opportunity to experience life as a full-time athlete.

Camp Durations

Camp durations are flexible and elective — it's your choice — you can join for 2, 3, 4, 6 or 8 weeks.

Camp Dates

The January–March 2027 Season will run from Sunday 10 January through to Sunday 07 March 2027.

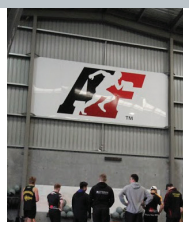
Camp Start Dates are:

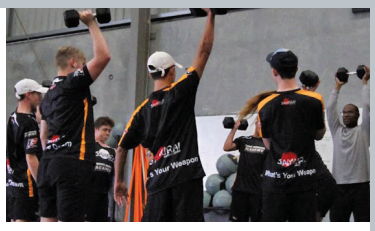
- Sunday 10 January
- Sunday 17 January
- Sunday 24 January
- Sunday 31 January
- Sunday 07 February
- Sunday 14 February
- Sunday 21 February
- Sunday 28 February
- Sunday 07 March

INSIDE RUNNING ACADEMY

The Ultimate Rugby Development Experience

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Early 2027 Season: 10 January – 07 March 2027

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 players will represent Inside Running Academy in local 7s and 10s Tournaments during January and February.

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		Excursion / Recovery Day			Game Day or Game Replacement Training Session	
9.00 am	Academy Meeting	Academy Meeting		Academy Meeting	Education Workshop (fortnightly)		
9.45 am	Skills: Fundamental Skills	Skills: Collision Skills		Skills: Attack	Skills: Individual Skills (IDP)		Recovery Session
10.45 am	Gym: Strength Focus	Gym: Strength Focus		Gym: Speed & Power	Needs-Based		
12.00 pm	Lunch / Physio	Lunch / Physio		Lunch / Physio	Lunch / Physio		
1.15 pm	Field Session: Unstructured Attack	Field Session: Collision Skills		Field Session: Attack	Field Session: Learning Efficiency + IDP		
3.00 pm	Recovery Session	Recovery Session		Recovery Session	Recovery Session		

* Inside Running Academy operates on a 4-weekly schedule. Please note that not all aspects of our Academy Schedule will be delivered on a week-to-week basis.

Go online to:
www.rugbyacademy.global or
email: **mike@insiderunning.com**

SCAN QR CODE TO ENROL NOW

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Our Staff:

Mike Rogers, Academy Founder & Director | Level 3 Qualified Rugby Coach
Chiefs Super Rugby Club Head of Pathways & International Relationships (2026) | Manawatu NPC Head Coach (2023–2024)) | 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.
Specialist Coaching Area: Defence & Set Piece

Andrew Spraggon, Rugby Coach | 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.
Specialist Coaching Area: Defence & Collision Aspects

Ryan Setefano | Level 3 Qualified Rugby Coach
Head Coach of the Bay of Plenty Volcanix FPC Team.
Specialist Coaching Area: Backs & Attack

Grant McQuoid | Level 2 Qualified Rugby Coach
Mt. Maunganui Premier Club Assistant Coach | Former Pro rugby player.
Specialist Coaching Area: Unstructured Attack

Liam Messam | Level 2 Qualified Rugby Coach
Former All Black.
Specialist Coaching Area: Skill Development & Hard Work!

Matias Giannetti | Level 2 Qualified Rugby Coach
Chiefs Super Rugby Talent ID | Head intern at Inside Running Academy.

Freya Penny | Operations & Logistics Manager


Mike Rogers


Andrew Spraggon


Ryan Setefano


Grant McQuoid


Liam Messam


Matias Giannetti


Freya Penny

Camp Costs & Inclusions:

2 Weeks: NZ$4,000 3 Weeks: NZ$5,200 4 Weeks: NZ$6,100 6 Weeks: NZ$8,800 8 Weeks: NZ$11,000

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

* All players are placed with local home-stay families (normally with another camp attendee), where they are provided with three nutritious meals per day.

Where We are Based:

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. Average temperatures / daily highs: Summer 24–28°C (Jan–March). Winter 14–20°C (April–October).

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

How to Enrol:

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