



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 2024 **PLAYER DEVELOPMENT** CAMPS

Flexible Term Camp Duration Options:
2, 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**

2024 SEASON: JANUARY-MARCH

➤ 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, 4, 6 or 8 weeks.

➤ Camp Dates

The January–March 2024 Season will run from Sunday 14 January through to Sunday 31 March 2024. Camp start dates are:

- Sunday 14 January 2024
- Sunday 28 January 2024
- Sunday 11 February 2024
- Sunday 25 February 2024
- Sunday 10 March 2024

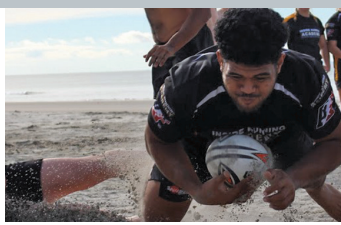
Live the dream

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

INSIDE RUNNING ACADEMY

The Ultimate Rugby Development Experience

JANUARY-MARCH 2024 PLAYER DEVELOPMENT CAMPS



Camp Duration Options: 2, 4, 6 or 8 weeks
Early 2024 Season: 14 January – 31 March 2024

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 | | Recovery Day <i>We also use this day for Testing, and/or Academy Field Trips</i> | | | Game Day | Recovery Session | |
| 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 | | | | | | | | |
| 10.30 am | Micro Skills | Micro Skills | | Micro Skills | Micro Skills | | | |
| 11.00 am | Physiotherapy | Physiotherapy | | Physiotherapy | Micro Skills | | | |
| 12.00 pm | | | | | Education Workshop | | | |
| 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-One's: 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 or
email: mike@insiderunning.com



**SCAN QR
CODE TO
ENROL NOW**






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ACADEMY**
The Ultimate Rugby Development Experience

JANUARY-MARCH 2024 PLAYER DEVELOPMENT CAMPS



Camp Duration Options: 2, 4, 6 or 8 weeks
Early 2024 Season: 14 January – 31 March 2024

Our Staff:

| | |
|--|---|
| <p>Mike Rogers 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. Specialist Coaching Area: Defence & Set Piece</p> |  |
| <p>Andrew Spraggon 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</p> |  |
| <p>Kyle McLean 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>. Specialist Coaching Area: Games Based Coaching & Decision Making</p> |  |
| <p>Ben Holland, Academy Manager Level 2 Qualified Coach. Former Inside Running Academy graduate. Position Specific Coach: 9s, 10s Kicking</p> |  |
| <p>Crystal Kaua Level 3 Qualified Coach Chiefs Women's Super Rugby Coach 2023 Black Ferns 7s Coach 2022. Specialist Coaching Area: 7s Rugby & Forwards</p> |  |

Camp Costs & Inclusions:

2 Weeks: NZ\$3,150 4 Weeks: NZ\$5,250 6 Weeks: NZ\$7,500 8 Weeks: NZ\$10,000

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:

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 temperatures: average daily high: 24–28°C (January–March). Winter temperatures: average daily high 14–20°C (April–October).



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

How to Enrol:

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



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