



SHORT | SHARP | 24/7

PERFORMANCE CAMP

14-24 JANUARY 2024
WITH WORLD CLASS FACILITATORS

10 NIGHTS / 11 DAYS

Train like a **professional rugby player** and gain insight into the following **key pillars** of rugby development:

- Position-Specific Coaching.
- General Skill Development.
- Strength & Conditioning.
- Testing & Movement Screening.
- Education on Key Topics such as sports psych, nutrition, game review & planning your training week.
- Meet a group of motivated rugby players from around the world. Make friends for life!

50 players taking part from all around the world.

Course facilitator Rusty Earnshaw from Magic Academy, UK, will facilitate the Camp, alongside Mike Rogers of Inside Running Academy. This will make for a very unique rugby development experience.

10-A-Side Tournament on the final day of the Camp.

All players will be assigned to teams and will be coached by leading coaches, providing players with the opportunity to put their learnings into immediate practice.



"This will be the most transformative, challenging and fun rugby development experience of your life."



RUSTY EARNSHAW
MAGIC ACADEMY, UK

Live the dream

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

INSIDE RUNNING ACADEMY

The Ultimate Rugby Development Experience

14-24 JANUARY 2024 PERFORMANCE CAMP



10 NIGHTS / 11 DAYS | FULL TIME | FULLY RESIDENTIAL

Open To:

14-18 years: Male & Female.

Dates & Duration:

14-24 January 2024.

Location:

THE ATHLETE FACTORY, 124 Aerodrome Rd, Mt Maunganui, New Zealand.

Camp Format:

JANUARY 2024	MORNING	MIDDAY	AFTERNOON
Sunday 14	Arrive, Kit Issue & Induction	Lunch	Meeting, Field Session
Monday 15	Gym + Skill Development	Lunch	Field Session + Mauao Walk
Tuesday 16	Strength & Conditioning	Lunch / Education Workshop: Nutrition	Position-Specific Skills
Wednesday 17	Gym + Skill Development	Lunch	Field Session
Thursday 18	All Day Excursion to Rotorua: Skyline Gondola & Luge, Blue Lake Water Activities		
Friday 19	Gym + Skill Development	Lunch / Education Workshop: Sports Psych	Field Session
Saturday 20	Gym + Skill Development	Lunch	Field Session
Sunday 21	Field in Tournament Teams	Lunch	Excursion
Monday 22	Gym + Skill Development	Lunch / Education Workshop: Game Review	Field in Tournament Teams
Tuesday 23	Gym + Skill Development	Lunch	Team Building Activity
Wednesday 24	10-A-Side Tournament: Blake Park, Mt Maunganui		

Course Facilitators:

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.



Rusty Earnshaw | Level 4 Rugby Coach

RFU Coach Educator and Developer | Renowned for pushing the boundaries in coach development, working with (amongst others) Google, the RFU, NZ Rugby, GB Hockey, England Netball, England Cricket and the FA.



Inclusions:

Fully residential, the Course includes:

- Accommodation with a local home-stay family. Players are placed in groups of two or three and are collected each morning and returned each evening at the conclusion of the day's activities.
- 3 meals per day provided.
- Inside Running Academy training apparel.
- All gym /field training sessions.
- Workshops on mental skills and nutrition.
- Full Strength and Conditioning testing battery.
- A camp report prepared for you by your coaches.

Cost:

NZ\$2500.

How to Enrol:

Scan the QR code below or email us for more in information.



SCAN QR
CODE TO
ENROL NOW

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

**INSIDE RUNNING
ACADEMY**
The Ultimate Rugby Development Experience

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Now!