



SHORT | SHARP | 24/7

# PERFORMANCE CAMPS

JANUARY | APRIL | SEPTEMBER  
WITH WORLD CLASS FACILITATORS

A unique,  
eleven day  
rugby  
development  
experience,  
coached by a  
leading, world  
class team.

## 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!

## 2026 CAMP DATE OPTIONS

- 11–21 January 2026
- 05–15 April 2026
- 27 September – 07 October 2026

50 players taking part from all around the world.

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.

**Live the dream**

AS A FULL TIME RUGBY  
PLAYER IN NEW ZEALAND

# INSIDE RUNNING ACADEMY

The Ultimate Rugby Development Experience

## THREE 2026 OPTIONS: JANUARY | APRIL | SEPTEMBER PERFORMANCE CAMPS



10 NIGHTS / 11 DAYS | FULL TIME | FULLY RESIDENTIAL

### ➤ Camp Format:

| 2026      | MORNING                                                                          | MIDDAY                                   | AFTERNOON                  |
|-----------|----------------------------------------------------------------------------------|------------------------------------------|----------------------------|
| Sunday    | Arrive, Kit Issue & Induction                                                    | Lunch                                    | Meeting, Field Session     |
| Monday    | Gym + Skill Development                                                          | Lunch                                    | Field Session + Mauao Walk |
| Tuesday   | Strength & Conditioning                                                          | Lunch / Education Workshop: Nutrition    | Position-Specific Skills   |
| Wednesday | Gym + Skill Development                                                          | Lunch                                    | Field Session              |
| Thursday  | All Day Excursion to Rotorua: Skyline Gondola & Luge, Blue Lake Water Activities |                                          |                            |
| Friday    | Gym + Skill Development                                                          | Lunch / Education Workshop: Sports Psych | Field Session              |
| Saturday  | Gym + Skill Development                                                          | Lunch                                    | Field Session              |
| Sunday    | Field in Tournament Teams                                                        | Lunch                                    | Excursion                  |
| Monday    | Gym + Skill Development                                                          | Lunch / Education Workshop: Game Review  | Field in Tournament Teams  |
| Tuesday   | Gym + Skill Development                                                          | Lunch                                    | Team Building Activity     |
| Wednesday | 10-A-Side Tournament: Blake Park, Mt Maunganui                                   |                                          |                            |

### ➤ Course Facilitators:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <b>Mike Rogers, Academy Founder &amp; Director   Level 3 Qualified Rugby Coach</b><br>Chiefs Super Rugby Club Head of Pathways & International Relationships (2025)   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.<br><b>Specialist Coaching Area: Defence &amp; Set Piece</b> |   |
| <b>Toby Arnold, Academy Manager   Level 2 Qualified Rugby Coach</b><br>All Blacks 7s representative, Bay of Plenty NPC Player, Lyon Top 14 France Captain (11 seasons).<br><b>Position Specific Coach: 15s, 10s, Wing</b>                                                                                                                                                                                                                                                                                                                    |  |
| <b>Kate Hamilton, Academy Head of Strength &amp; Conditioning   MSEH (AUT)</b><br>Chiefs U20, Head Strength & Conditioning Coach   North Harbour NPC, Assistant Strength & Conditioning Coach   North Harbour FPC, Head Strength & Conditioning Coach.                                                                                                                                                                                                                                                                                       |  |
| <b>Andrew Spraggon, Rugby Coach   Level 3 Qualified Rugby Coach</b><br>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>                                                                                                                                                                                                                                                   |  |
| <b>Kyle McLean, Rugby Coach   Level 3 Qualified Rugby Coach</b><br>Tauranga Sports Premier Coach 2022   Coach Developer with over 10 years of experience in this field. Founder of <i>The Coaching Gig</i> .<br><b>Specialist Coaching Area: Games Based Coaching &amp; Decision Making</b>                                                                                                                                                                                                                                                  |  |

### ➤ 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.

### ➤ Open To: 13–18 years: Male & Female.

### ➤ Start Dates (10 Nights / 11 Days):

- 11–21 January 2026
- 05–15 April 2026
- 27 September – 07 October 2026

### ➤ Location: THE ATHLETE FACTORY 124 Aerodrome Rd, Mt Maunganui, New Zealand.

### ➤ Cost: NZ\$3000.

### ➤ How to Enrol:

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



**SCAN QR  
CODE TO  
ENROL NOW**

Or go online to:  
**www.rugbyacademy.global**  
Or email: **mike@insiderunning.com**

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

**Enrol  
Now!**