



SHORT | SHARP | 24/7

PERFORMANCE CAMPS

JANUARY | APRIL | JULY | OCTOBER
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!

2027 CAMP DATE OPTIONS

- Sunday 10 January – Wednesday 20 January 2027
- Sunday 11 April – Wednesday 21 April 2027
- Sunday 04 July – Wednesday 14 July 2027
- Sunday 26 September – Wednesday 06 October 2027

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

FOUR 2027 OPTIONS: JANUARY | APRIL | JULY | OCTOBER PERFORMANCE CAMPS



10 NIGHTS / 11 DAYS | FULL TIME | FULLY RESIDENTIAL

> Camp Format:

2027	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:

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.

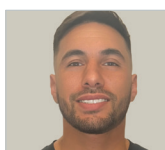
Freya Penny | Operations & Logistics Manager



Mike Rogers



Andrew Spraggon



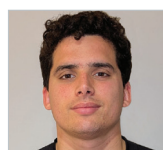
Ryan Setefano



Grant McQuoid



Liam Messam



Matias Giannetti



Freya Penny

> 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):

- 10 – 20 January 2027
- 11 – 21 April 2027
- 04 July – 14 July 2027
- 26 September – 06 October 2027

> Location: THE ATHLETE FACTORY

124 Aerodrome Rd, Mt Maunganui, New Zealand.

> Cost: NZ\$3,350.

> 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!**