



**ALMA MATER**  
INTERNATIONAL SCHOOL

# ELITE SPORTS PROGRAMME

**RUGBY**



IN COLLABORATION  
WITH UXI SPORT



AND THEIR RUGBY INSTITUTES:



# About Alma Mater's **Elite Sports Programme**

As a leading international school, Alma Mater collaborates with UXI Sport and their affiliated rugby institutes to provide an elite structured pathway for student-athletes. Our Elite Sports Programme offers young, talented sportspeople a way to balance the high academic and sporting demands placed on them by combining elite sport and education. Using the latest coaching philosophies and technologies, we work together with rugby institutes to offer student-athletes an outstanding international education with personalised full-time rugby training programmes. This tailored programme gives our student-athletes the best possible opportunity to succeed in their chosen field.

## **College Scholarships & International Placements**

Our scholarship partners work closely with colleges/universities across the USA and Europe to generate scholarship offers. Awarded based on athletic and academic capabilities, a rugby scholarship allows student-athletes to attend a USA college/university with some of the costs being covered. Many factors, including the student-athlete's playing ability and academic standing, as well as college coaches' assigned budgets for the season, can influence this. Partial scholarships may also be offered to student-athletes with the condition that, if they perform well on the field and in the classroom, their coach may reward them with an increase of scholarship. USA Rugby governs the elite competition, incorporating most rugby-playing schools across the United States while National Collegiate Rugby governs another group of 300+ smaller, but just as competitive, schools.

Strong rugby AND academic credentials are essential to increase student-athletes' chances of securing the best college rugby scholarships possible. Key elements of the process that can impact how successful student-athletes are in securing a scholarship include academic qualifications, entrance exam scores, playing history, and rugby match highlights. When determining rugby scholarships, college rugby coaches will look at the student-athlete and their potential within their university or college.

### How it Works



**Grade 7 & 8:** The student-athlete starts their rugby and academic pathway



**On admission:** Our performance manager & academic staff create a customised plan



**Grade 9 & 10:** Performance manager & admissions team creates & registers athletic profile for scholarship prospects



**Grade 11:** Write SAT's and obtain good college prospects



**Grade 12 & post-school:** Perform well in final exams & receive college acceptance into degree of choice



**Receive your scholarship to college/university**



**Live your dream!**

## YEAR ONE Blue Program

1. Introducing Rugby
2. Magic Training
3. Principles of Play: The Basics
4. Winning The Ball
5. 7's Introduction



## YEAR TWO Bronze Program

1. Understanding Rugby
2. Magic Training
3. Rugby Fundamentals
4. Position-Specific Play
5. 7's Progression
6. Unit Training



## YEAR THREE Silver Program

1. Train to Train
2. Introducing 10's
3. Position Specific Play
4. Set Pieces
5. Introducing 15's



## YEAR FOUR Gold Program

1. 15's Training
2. Match Exposure
3. Magic Training



## YEAR FIVE Platinum Program

1. 15's Specialization
2. Rugby Tactics
3. Athlete Monitoring
4. Match-Play



## YEAR SIX UXI RI Total Rugby Program

- Available at:
- Western Province Rugby Academy
  - Cheetahs Institute of Excellence
  - Pumas Rugby Institute
  - Griquas Rugby Institute



## Your Athletic Pathway

Our Elite Sports Rugby programme is a five-year athletic development journey, which progresses each individual player through various key physical and rugby-specific skill sets. The aim of this journey is to introduce young players to the game of rugby and continuously develop their skills towards a competitive level of play. This will be achieved over a five year plan which includes introducing players to 7's rugby, then slowly progressing to 10's rugby, and then progressing to full Rugby Union 15's.

Opportunities are then provided to players in Year Six to enroll in the "Total Rugby Program", at one of the four UXI Rugby Institutes across South Africa. This program prepares a student-athlete for a Semi-Professional career in rugby, as well as equips the athlete for a life in and after rugby, in the form of a tertiary academic qualification.



Year Six of the Rugby programme can be completed during either their Year 13 or after. This option greatly benefits students that want to progress to pro-playing. Student-athletes who want to join the September calendar intake at USA/UK institutions can join the Year Six UXI RI Total Rugby Programme for a period between December to the end of August (8 months in total) to build experience and credentials before they begin their international journeys.

## Wellness Monitoring

Coaches manage players individually using performance management tools, ensuring each student gets one-on-one mentorship.

1

### WELLNESS MONITORING PLATFORM

- Daily monitoring of mood, sleep, fatigue, & readiness to train (questionnaire sent out to students daily)
- Weekly and monthly wellness reports to coaches to monitor pupils
- Reports to parents on request

2

### TERMLY ASSESSMENTS TO MONITOR STUDENTS' PROGRESS THROUGH THE CURRICULUM

- Physical and skill testing
- Termly reports to parents and pupils

3

### INJURY MANAGEMENT PLATFORM

4

### PARENT & PLAYER ENGAGEMENT PLATFORM

- Monitor interactions between coaches, parents, and pupils

# Your Academic Pathway

## Grade 7 & 8 (Year 8-9)

Junior students complete the Cambridge Lower Secondary “Junior High” programme between 7:30 to 14:00. The Blue & Bronze level rugby programme is incorporated during the school day, with training in the afternoons. This carefully crafted timetable ensures students have ample time for both academic and sporting education. Elite sports students are required to study all subjects offered in our Lower Secondary programme. This allows them to move on to the Upper Secondary/IGCSE programme.

### ACADEMIC ENTRY REQUIREMENTS:

The ideal student-athlete recruits must be able to develop both academically and personally. External applicants will be required to take admissions tests in both English and Mathematics. Athletes will be advised according to their admissions assessment on the ideal pathway to a college. It is ideal for a student to start at Year 8 or Year 9 to build up the necessary resume and sporting development.

## Grade 9 & 10 (Year 10-11)

Junior students complete the Upper Secondary/IGCSE programme between 7:30 to 14:00. The Silver and Gold level rugby programme is incorporated during the school day, with training in the afternoons. Students are required to have a subject advisory session with their performance manager and academic management staff, which allows us to craft a course to suite their ideal career path and college placement. With an IGCSE qualification, students can secure NCAA scholarships to about 50% of US colleges (but will not be SA university exempt).

### ACADEMIC ENTRY REQUIREMENTS:

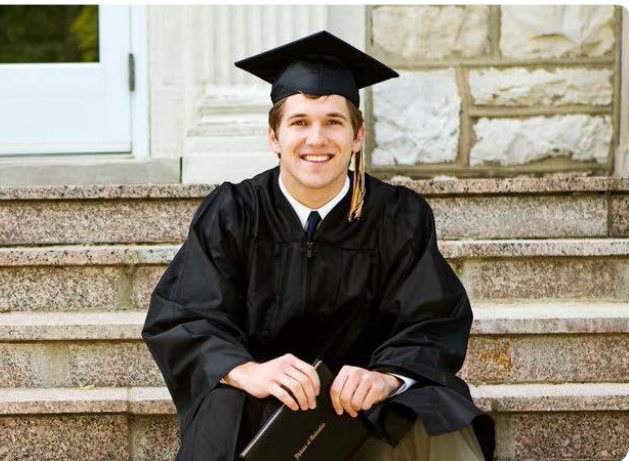
All Year 10 applicants must demonstrate some skill and understanding in the sport, and a minimum of 65% average on their most recent school results. Year 11 applicants are not normally accepted into the programme unless they have Cambridge curriculum background in the relevant subjects.





## Grade 11 & 12 (Year 12-13)

Senior students complete the Cambridge AS and A Level programme between 7:30 to 14:00. The Gold and Platinum level rugby programme is incorporated during the school day, with training in the afternoons. Student-athletes can secure NCAA scholarships to all USA colleges/universities, including some Ivy League colleges. Year 12 and 13 school leavers will be SA University exempt, A Level students will be eligible to attend Ivy League Universities and European Universities



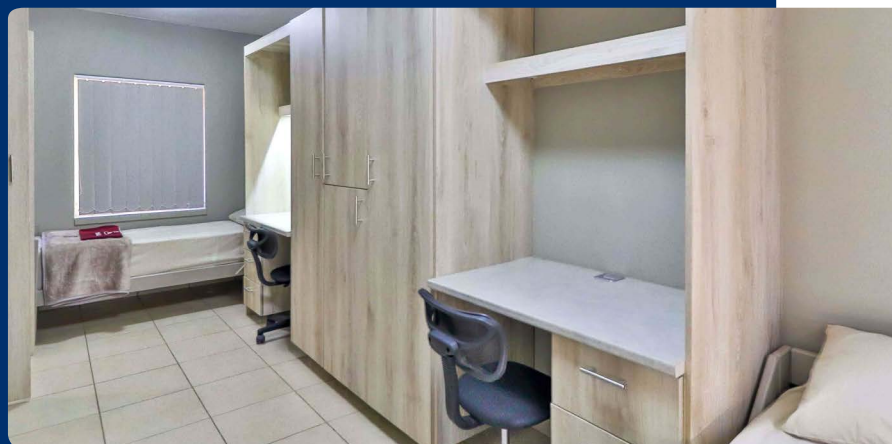
### ACADEMIC ENTRY REQUIREMENTS:

International A-Levels require students to be able to demonstrate: Satisfactory completion of the equivalent of ten full year courses in Years 10 and 11 (UK equivalent), satisfactory completion of two years of core courses in English, Mathematics, Science and Humanities, and a final C symbol or equivalent in both English and Mathematics at GCSE/IGCSE, if completed. (Please note that the International A-level minimum requirements may be flexible for exceptional circumstances.)

## Alma Mater's Boarding House

Our boarding house is a warm vibrant community where the staff are dedicated to caring for, and getting the best out of, each individual. Our accommodation, academic support, and extracurricular activities provide our sports students the option in which to live, grow and study.

Providing a safe and small environment with a limited amount of spaces, our boarding house also provides an opportunity to student-athletes who don't live in the Gauteng or South Africa.



## UXI Rugby Institute's Success Stories

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Through UXI's Rugby Institute, there are several opportunities for players to be seen and taken up into semi-professional and professional teams. Team selections, such as the Union U/20 teams are common, and even Senior team selections are possible. Through this programme, student-athletes are given all the tools they need to develop into successful, professional players.



### Zimbabwe National Team Representative

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WPRA 2021 student-athlete, Emmanuel Farawu, was selected for the Zimbabwe National u/20 Junior Sables Men's squad - the reigning champions of the Rugby Africa U20 Barthés Trophy. He will be travelling to Canada in August 2022 for the International Series.



### Onward to German Greatness

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WPRA 2020 student-athlete, JP Evert, was approached by the popular German rugby club, VfR Döhren 06, and contracted for 2 years. Based in Hanover, Germany, JP is thriving on the international stage. Currently, VfR Döhren 06 is playing in the Regionalliga North, the third tier of rugby in Germany.



### From Academy to Springboks

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Two of our former Academy students, **Kurt-Lee Arendse & Grant Williams**, made their Springbok debuts against Wales on the 9th of July 2022. Kurt-Lee was a WPRA student-athlete in 2016 & trained under Alastair Theys & Anton Moolman. Grant was at Stellenbosch Rugby Academy (this Academy was taken over by the WPRA) in 2015/2016, and trained under Warren Petersen, Hendrik Louw & Francois du Toit.



### U/20, U/21 & Senior Currie Cup Squads

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**Western Province Rugby Academy:** 4 players were selected for the Western Province u/20 Currie Cup squad, with 2 of them in the Currie Cup u/20 final.

**Pumas Rugby Institute:** 25 players selected for the Pumas u/20 squad. 2 players given Senior Pumas contracts. 1 player currently selected for the 2022 u/21 Currie Cup Squad

**Cheetahs Institute of Excellence:** 7 players selected for the Cheetahs u/20 squad. 3 players selected for the Cheetahs u/21 squad

8 of our players were also selected for the Griquas u/21 squad for 2022.

# A Few of UXI's Highly-Qualified Coaches



**WARREN PETERSEN**  
*WPRA Head Skills Coach & Attack Specialist*

The current Head Skills Coach & Attack Specialist at the Western Province Rugby Academy, Warren has coached the Leopards, North-West University, Stellenbosch University and Durbanville-Bellville Rugby Club (Defending Super League Champions).



**BOLLA CONRADIE**  
*WPRA Skills Coach & Handling Specialist*

Renowned for being a top Springbok Rugby Player, Bolla is a former Varsity Cup coach, former Super Rugby and Springbok scrumhalf, and knows exactly what it takes to coach and play at the very highest of levels.



**COENRAAD DE VILLIERS**  
*UXI National Manager: Strength & Conditioning*

A former national wrestler, conditioning coach for the Stellenbosch University Rugby Team, and contact skills consultant for the "Blitzbokke", Coenraad has trained at the Team USA Olympic Training Center, and has a wealth of experience to bring to his role.



**SIMON ASKEW**  
*CIE Head Skills Coach*

The current Head Skills Coach at the Cheetahs Institute of Excellence, Simon has coached Kingswood College Rugby 1XV, Wynberg Boys High School u/15, u/16 and 2XV, Guangzhou Rams Rugby Football Club (China) Men's 1XV Team, and Grey College u15A.



**JASON HECTOR**  
*UXI National Rugby Programme Director*

Recent Stormers U/20 forwards Coach, Super A Club League coach, and World Rugby Educator for Levels 1 and 2, Jason is a specialist forwards coach with vast international coaching experience.

## Programme Cost

Student-athletes will have two enrolment options:

**Elite Rugby Programme:**  
**R 22 000.00** per year

**Elite Rugby Programme with U.S College Scholarship placement & management for Rugby-athletes:**

**R 33 000.00** per year\*

### Conditions of fees:

- 1) These fees exclude tuition, Cambridge examination fees, and boarding fees.
- 2) Excluded from school fees are transport, stationery, study guides, school uniforms, text- and exercise books, camps, excursions, tours, School Magazine, Matric Farewell, and Valentines Ball.
- 3) All academic mentorship, additional support is included in the school fees.

\* The US scholarship placement programme will only be available to those student-athletes starting before Grade 10 in the programme.



## Contact Us:

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Entrance on Main Reef Road

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P.O Box 2980, Krugersdorp, 1739

### Telephone Number:

(+27)11 660 7567

### Email Address:

[admissions@almainternational.co.za](mailto:admissions@almainternational.co.za)

### School Website:

[www.almamaterinternationalschool.co.za](http://www.almamaterinternationalschool.co.za)

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