



Launching January 2024

ESCA WANDERERS RUGBY INSTITUTE

Developing the Talent of Africa



OPERATED BY UXI SPORT



IN COLLABORATION WITH THEIR RUGBY INSTITUTES



WELCOME TO THE ESCA RUGBY INSTITUTE

Welcome to the Elite Sporting and Culture Academy (ESCA). As a leading international school, ESCA has partnered with UXi Sport and their affiliated rugby institutes, to provide an elite structured pathway for student athletes. With support from world-class coaches and access to individualised education, we give our student athletes the best possible opportunity to achieve and excel, both on the rugby field and in the classroom.



ERNST ACKERMANN:
CHIEF OPERATIONS OFFICER

ESCA'S TALENT DEVELOPMENT SYSTEM

ESCA's unique Talent Development System comprises four pillars, each contributing to the holistic development of our student athletes and cultural performers.



Academic

Students are supported to attain, maintain, and retain a healthy work ethic towards their studies, while balancing their passions and other demands. As with any committed activity, time, patience, and perseverance are essential to achieving in all areas.



Co-curricular

ESCA collaborates with high performing, committed sports and cultural specific academies and industry specialists to offer our students quality technical and tactical training, and access to world-class facilities, networks and support.



Athlete Wellness

Physical conditioning, recovery and maintenance, together with mental strength and sustainability, are core ingredients needed for the holistic growth and development of a student athlete. ESCA students will have access to an array of wellness experts and services, building athletes who can navigate the complexities and demands that come with excellence.



Tertiary

Having the right skills, knowledge and resources is vital to making the best decisions for your education and career after school. ESCA supports its students by developing these skills, and by providing access to a network of opportunities available both locally and abroad.



ABOUT THE ESCA RUGBY INSTITUTE

Our unique rugby player development programme is adjusted to every student athlete's training and development needs. Our carefully personalised plans cover key physical and age-appropriate skills and objectives. All skills are taught, monitored and evaluated by qualified on-field and off-field coaches. The ESCA Rugby Institute is a five year athletic development journey, incorporating key physical and rugby specific skill sets.

THE RUGBY PATHWAY

| YEAR ONE BLUE PROGRAMME | YEAR TWO BRONZE PROGRAMME | YEAR THREE SILVER PROGRAMME | YEAR FOUR GOLD PROGRAMME | YEAR FIVE PLATINUM PROGRAMME | YEAR SIX UXI RI TOTAL RUGBY PROGRAMME |
|--|--|---|--|---|---|
| <ol style="list-style-type: none">1. Introducing Rugby2. Magic Training3. Principles of Play: The Basics4. Winning The Ball5. 7's Introduction | <ol style="list-style-type: none">1. Understanding Rugby2. Magic Training3. Rugby Fundamentals4. Position-Specific Play5. 7's Progression6. Unit Training | <ol style="list-style-type: none">1. Train to Train2. Introducing 10's3. Position Specific Play4. Set Pieces5. Introducing 15's | <ol style="list-style-type: none">1. 15's Training2. Match Exposure3. Magic Training | <ol style="list-style-type: none">1. 15's Specialization2. Rugby Tactics3. Athlete Monitoring4. Match-Play | <p><u>Available at:</u></p> <ul style="list-style-type: none">Western Province Rugby AcademyCheetahs Institute of ExcellencePumas Rugby InstituteGriquas Rugby Institute |



Student athletes are immersed in one rugby programme per year, with progression to new paths annually. Spanning five years, each new programme builds upon the previous year's learning. The aim of this athletic development journey is to continuously develop skills towards a competitive level of play. Our student athletes apply and exercise what they have learned while gaining further fundamental skills, physical capabilities, and tactical knowledge. The pathway includes an introduction to Rugby Sevens, followed by a progression to Rugby Tens, and finally to Rugby Union 15s.

In year six, student athletes are offered the opportunity to enrol in the "Total Rugby Programme", at one of the four UXi Rugby Institutes across South Africa: Western Province, Cheetahs, Griquas, and Pumas. These institutes are affiliated to the key Rugby Unions that have produced two current Springboks players, over 50 Currie Cup participants, Varsity Cup and Varsity Shield players plus a number of internationally placed College and Club players.

The ESCA Rugby Institute prepares athletes for a semi-professional career in rugby, while prioritising academic focus in preparation for a successful tertiary education.



MEET OUR COACHING TEAM

JASON HECTOR

UXI National Rugby Programme Director

Jason comes with vast knowledge and experience, especially in the international coaching sphere. Jason is a recent Stormers U/20 forwards coach, as well as a Super A Club League coach. He is a World Rugby Educator for Levels 1 and 2 and a forwards coach with international experience. Jason is a phenomenal leader and rugby mentor committed to chasing our common goal of absolute excellence.



COENRAAD DE VILLIERS

UXI National Manager: Strength & Conditioning

A former national wrestler and experienced strength and conditioning coach, Coenraad is well-versed in the intricate world of sport. Coenraad has spent time in training centres around the world, including the impressive Team USA Olympic Training Centre in Colorado Springs. As the conditioning coach for the University of Stellenbosch rugby team, Coenraad consulted the world-renowned "Blitzboks" in contact skills. Coenraad is eager to share valuable insights and strategies gathered throughout his years as a core component in these impressive environments.



BOLLA CONRADIE

WPRA Skills Coach & Handling Specialist



WARREN PETERSON

WPRA Head Skills Coach & Attack Specialist



SIMON ASKEW

CIE Head Skills Coach



STORIES OF SUCCESS



FROM OUR PROGRAMME TO THE SPRINGBOKS

In July 2022, two former ESCA UXi Rugby Institute students, Kurt-Lee Arendse and Grant Williams, made their Springbok debut against Wales. Kurt-Lee was a Western Province Rugby Academy student in 2016 and was coached under our very own Alastair Theys and Anton Moolman. Grant (known as "Mollie" at the Institute) attended the Stellenbosch Rugby Academy (now run by the WPRA) in 2015/2016, and was coached under Warren Petersen, Hendrik Louw and Francois du Toit.

ZIMBABWE NATIONAL TEAM REPRESENTATIVE

WPRA 2021 student athlete, Emmanuel Farawu, has been selected for the Zimbabwe National U/20 "Junior Sables" men's squad.

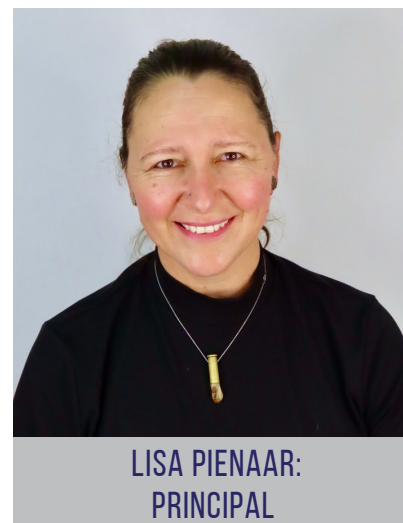


EXPANSION TO GERMANY

UXi Western Province Rugby Academy 2020 student athlete, JP Evert (2020) has elevated his rugby career to international levels! JP was approached by the popular German rugby club, VfR Döhren 06, and signed for two years. Based in Hanover, Germany, JP is thriving on the international stage.

THE ACADEMIC PROGRAMME

Lisa Pienaar joined Team ESCA in January 2021 as Head of Academics. In her 28 years in education, Lisa's personal philosophy has been to nurture each individual child to reach their full potential. She believes human beings are so much better when they are honest and authentic, and she believes that living ESCA's values of Empathy, Solidarity, Courage and Accountability helps each person who enters this school to become better citizens of South Africa, and the world. Lisa believes that children show up best for learning when they are seen and heard, and as the ESCA Principal, she encourages her teachers to make meaningful connections with each other and with their students.



Education at ESCA continuously assesses and monitors student performance, while ensuring that learning competencies progress so that they are on track to succeed in all areas of their development. Our team of qualified teachers and experts work together to facilitate a constructive environment which supports tenacity, encourages confidence, and a healthy, balanced work ethic. Building futures at ESCA informs our selection of the international curricula and methodologies which comprise our offering:

Cambridge International

ESCA is an accredited Cambridge International School. The Cambridge international curriculum sets a global standard for education, and is recognised by universities and employers worldwide. Our curriculum is flexible, challenging and inspiring, culturally sensitive yet international in approach. Cambridge students develop an informed curiosity and a lasting passion for learning. They also gain the essential skills they need for success at university, and in their future careers.

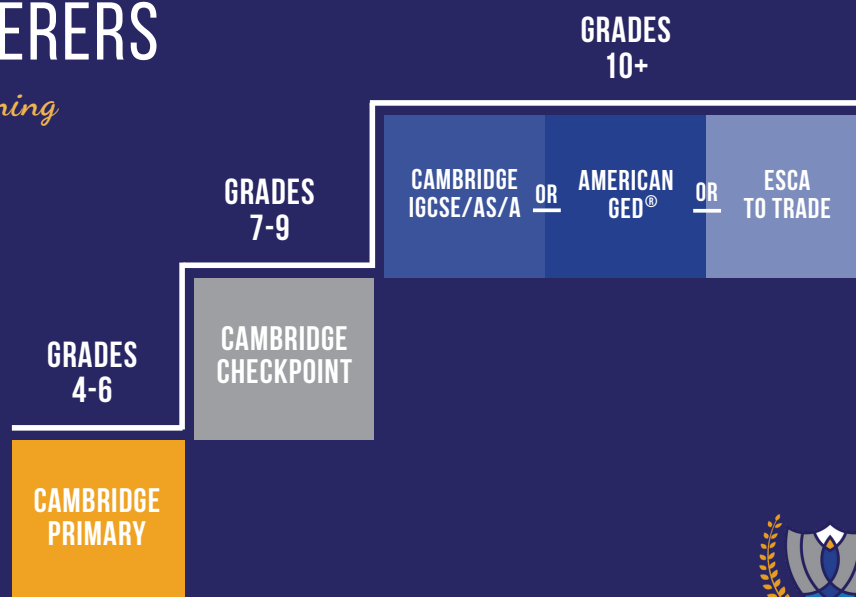
GED®

The American GED®, available to students once they complete Grade 9, is widely considered the closest foreign equivalent to the South African National Senior Certificate. It allows students to apply for further education both locally and abroad upon completion. The GED® is tailored to each student's knowledge level and learning pace, with personalised lesson plans which accelerate learning. The GED® curriculum is skill-based, ensuring that students apply the skills that they have learned practically.



ESCA WANDERERS

The Ladder of Learning



GOOGLE CLASSROOM

The integration and daily use of technology is a necessary skill which students need to master to function at all levels of our constantly developing society. As a proud Google school, Google Workspace handles all virtual components of curriculum delivery at ESCA. The Google Classroom is a live interactive environment which supports and augments the student's campus experience, serving as a record of curriculum progress, and a resource to support learning.

INDEPENDENT STUDIES

Accountability is one of ESCA's core values. We teach our students to be responsible for their learning within the flexible bounds of the ESCA learning ecosystem. The academic day at ESCA includes independent study sessions that afford students the latitude to focus on necessary schoolwork at school (limiting the amount of time spent on school work after school hours). Achieving requires effort, and students must apply themselves to reap the benefits of that commitment. During these sessions, students can plan, prioritize, and problem-solve their academic workload, content, and homework, while at school with access to their teachers and under the supervision of their mentor.



THE ESCA MENTORSHIP PROGRAMME

The ESCA Mentorship Programme is designed to allow high-performance students to excel in all areas of their life while learning skills that will benefit them in their future endeavours. ESCA student athletes are paired with a mentor who has competed in sport at the highest level, one who understands what it takes to pursue one's dreams as a competitive athlete. Nicole Gillis heads up ESCA's Mentorship Programme. With a Master's degree in Sport Psychology and Motor Behavior from the University of Tennessee (USA), Nicole has worked in high-performance settings both in the United States and in South Africa. She completed her undergraduate degree (Bachelor of Science – Kinesiology) at the University of Arkansas (USA) whilst also being a student athlete on the University of Arkansas' Swimming and Diving Team. For eight years, she was a member of the South African National Diving Team.



NICOLE GILLIS:
HEAD OF MENTORSHIP

The role of the mentor is to support high-performance students during weekly meetings, to guide them in developing the skills needed to be prepared for the demands and stresses that face at school, and during training or competing. We acknowledge that being a high-performance student comes with certain challenges that our mentors are well equipped to give guidance and direction on. This includes ensuring our students get the necessary support from, and access to, various professionals including biokineticists, chiropractors, nutritionists, and mental performance coaching, where necessary.

THE VALUES THAT GUIDE US

E

Empathy:

To share someone else's feelings or experiences by understanding what it would be like to be in that person's situation.

S

Solidarity:

Unity of an aligned collective that produces or is based on a community of interests, objectives, and standards.

C

Courage:

The quality shown by someone who takes the challenge or faces something difficult, even though they may be afraid.

A

Accountability:

The obligation to account for activities, accepting responsibility for them, and to disclose the results in a transparent way.









THE FUTURE-FIT PROGRAMME

ESCA has developed a unique programme which teaches our student athletes the practical and theoretical skills required in personal, sport and business spheres. The ESCA Future-Fit programme directs and supports our student athletes in developing essential personal mastery tools.

Producing competent and capable professionals who embody ESCA's values by exercising Empathy, operating in Solidarity, displaying Courage, and taking Accountability, requires a programme that includes:

| | | |
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|  Living an active and healthy lifestyle |  Brand and image |  Personal and professional portfolio building |
|  Athlete career pathway guidance |  Basic personal finance skills |  Time management skills |
|  Personal planning and goal setting |  Growth mindset and mindfulness |  Study and academic skills |

IS THIS THE PROGRAMME FOR YOU?

The ESCA Wanderers Rugby Institute (operated by UXi Sport) is on the hunt for students wishing to not only master the core fundamentals of rugby, but become mentally stronger, fitter and healthier. We encourage student athletes to utilise the skills taught to inspire the greatness within them to achieve their goals, both on the field and in the classroom.



COME VISIT US TO FIND OUT MORE!

Developing the Talent of Africa

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| 21 North St, Illovo, Sandton, 2196, South Africa | (010) 035 3600 |
| hello@esca.org.za | www.esca.org.za |