



# RUGBY INSTITUTES



THE ULTIMATE  
SOUTH AFRICAN RUGBY  
DEVELOPMENT EXPERIENCE

Play your way  
through our  
beautiful  
country.



UXI RUGBY INSTITUTES  
[www.uxisport.co.za](http://www.uxisport.co.za)  
[info@sport.uxi.edu.za](mailto:info@sport.uxi.edu.za)

*It's not just*  
**RUGBY**



*It's a*  
**DESTINATION!**



**SACRIFICE OWNERSHIP  
ADAPTABILITY TOUGHNESS  
ACCOUNTABILITY**



W.P. RUGBY  
ACADEMY



TOYOTA



INSTITUTE



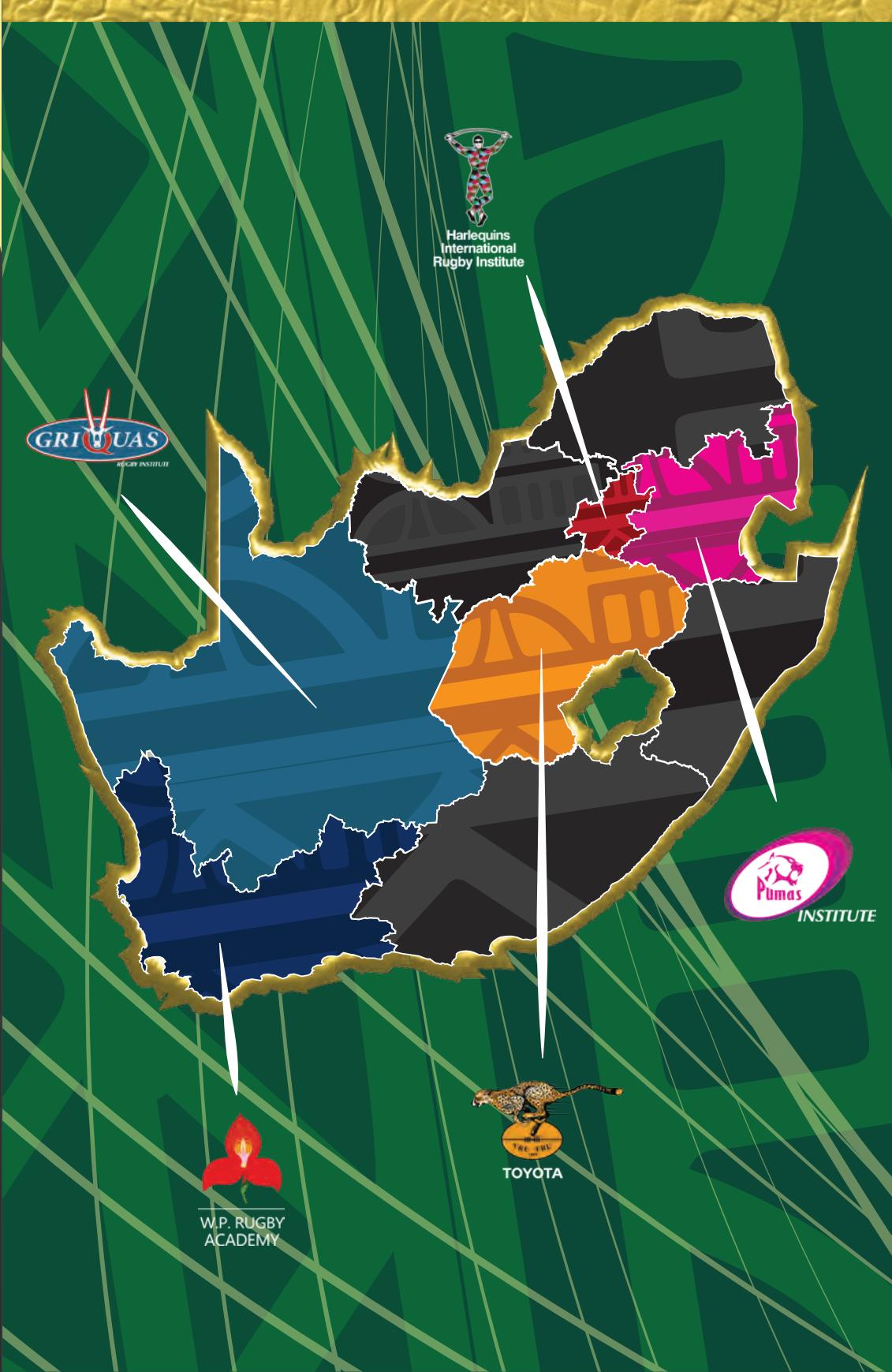
RUGBY INSTITUTE



Harlequins  
International  
Rugby Institute



SOUTH AFRICA  
**Springbok**  
Nation



Harlequins  
International  
Rugby Institute



RUGBY INSTITUTE



INSTITUTE



W.P. RUGBY  
ACADEMY



TOYOTA

# The Rugby Development & Improvement Programme Aimed to Develop PRO's!

# HIGH PERFORMANCE RUGBY PROGRAMME

UXI Rugby Institutes offer every individual in its system, regardless of their previous background the opportunity to develop to their highest level of competition. As such the program is always based on the individuals' goals and performance.

The HP Rugby Programme is aimed at the development of the player on and off the field. Our highly-experienced Provincial Union u/20 coaching staff are passionate about developing individuals to become the best rugby player that they can be, all within a disciplined high performance environment.

A High Performance Strength and Conditioning programme is developed to compliment the way in which the specific Union wants to play! The Strength and Conditioning implemented is also position-specific and relevant to each position. Strength and Conditioning will be done in the on-site gyms of the various Institutes.

- *A-Game "Champion Mindset" Daily Assessment*
- *UXI Life: Life's Toolbox*
- *Elite Playing & Competition Opportunities*
- *Individualized Career Assessment & Planning*
- *Nutrition & Wellness*
- *Individual Athletic & Positional Development*
- *A Rugby 'Varsity'*
- *Individually Designed Strength & Conditioning Programme*
- *Performance Management & Reporting*
- *Video & Game Analysis*

## PLUS AT A SUBSIDIZED COST



*Add A Tertiary Academic Qualification*

» Agriculture | Trades | Sport & Fitness | Business & Marketing | Information Technology



**EXCITING NEWS!** | Institute Players receive **PARTIAL EDUCATION BURSARIES** from UXI Education Partners!

# LIFE SKILLS PROGRAMME

The UXi Rugby Institutes prides itself on providing a professional and holistically planned programme for young athletic development. UXi Sport has teamed up with A-Game Performance Coaching PTY (ltd) to develop a Mental Performance coaching programme that is Taylor-made for the students at the Institute. The Program is filtered into every aspect of the Coaching and Life Skills development programme and will be part of every students daily activities at every UXi Rugby Institute.

All of our UXi Rugby Institutes students engage in the “Champion Mindset” programme, which consists of daily mental, emotional and worldly activities/tasks, which the student is required to complete on the “Champion Mindset” app on their smartphone. These daily activities are designed to promote personal growth across various key pillars/values, that are necessary IN and OUT of sport. Each Pillar requires certain routines to be completed; this in turns improves daily habitual life. The scientific importance of habits forms the keystone of building a champion mind!

Mindset is seen as one of the critical elements of performance as a whole within the UXi Rugby Institutes, and will use the UXi Sport values as a base for their performance coaching programme.

These values will be coached by all involved on a weekly theme basis and each student will have a weekly “mental gym programme” that will form part of their performance education. Feedback of the Mental performance programme will be given as part of the quarterly report of each student and will include a “Performance Rating” by the coaching team and A-GAME to measure the Mental Performance Journey of each student.

Weekly Mindset Themes

Daily Inspirational Stories

Mood Tracker

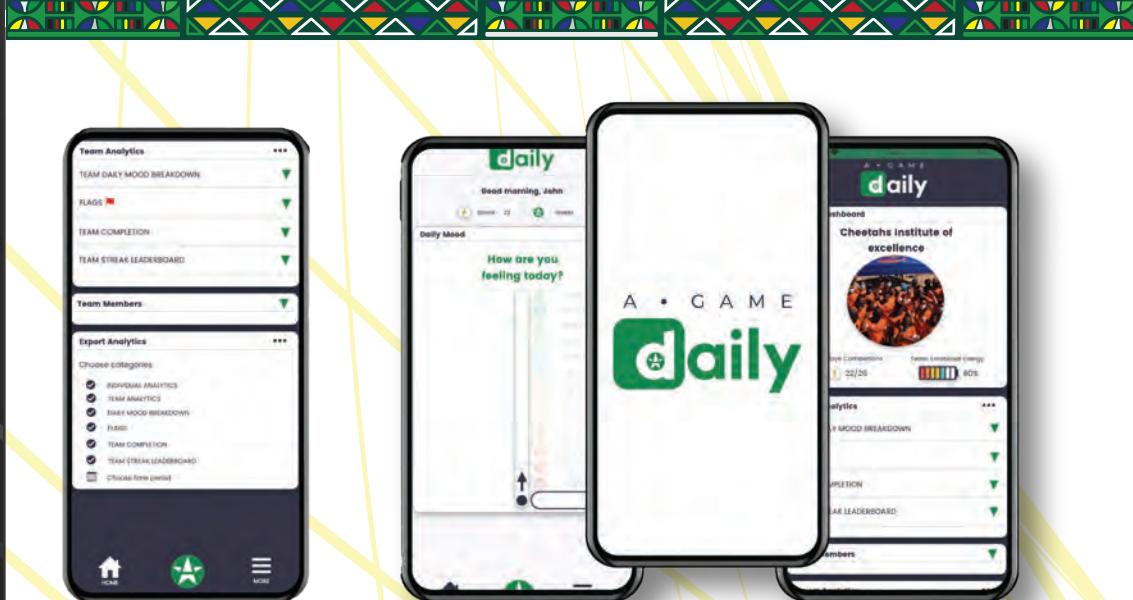
Build Commitment Streaks

See your teams' emotional energy

Manage your team

View team streak leaderboards

Build your teams' performance Mindset



**Proudly Brought to you by UXI Life  
and A-Game Performance Coaching**





Mount Simon Estate,  
Stellenbosch,  
Western Cape

33°54.7040'S | 18°50.9622'E

## WESTERN CAPE



# WESTERN PROVINCE RUGBY ACADEMY

The WPRA Stellenbosch Campus, which in the heart of one of the most memorable student HUBS in South Africa, home of Stellenbosch University, is housed at Mount Simon Estate. This modern Estate is surrounded by the Franschoek mountain range, which is a breath-taking view, and is only 5 minutes away from vibrant, beautiful Stellenbosch. This town gives our students the full student-life experience when able to explore, relax and embrace the many exciting excursions, restaurants, café's, nightlife, shopping malls and many more.

It's a town that is the home of the largest number of young adults in South Africa. A PLACE TO MEET NEW PEOPLE AND FORM LIFELONG FRIENDSHIPS! Stellenbosch is also only a 25 minute drive from Somerset-West, 30 minute drive to Strand and 40 minute drive to Gordons Bay. Your safety comes first, and within an enclosed Estate with Security access, that also hosts some of the WPRA facilities, specifically 3 large fields.

Our state-of-the-art WPRA gym, also known as "*The Shed*", is a brand new High Performance gym, nestled in the heart of Stellenbosch. This is accompanied by a fully-functional Education Hub, kitted out with desks, computers, high-speed wifi and lecture and seminar rooms. This gives our players a dedicated space to focus on their educations programmes and invest in their life IN and AFTER rugby!

### CAPE TOWN

- ❑ V&A Waterfront Ferris wheel
- ❑ Visit the Penguins at Boulders Beach
- ❑ Go Up Table Mountain
- ❑ Hike Up Lion's Head
- ❑ Go to Robben Island

### FRANSCHHOEK

- ❑ Walk Through Berg River
- ❑ Experience the Wine Tram
- ❑ Visit Babylonstoren
- ❑ Indulge in Artisan Chocolate Tasting

### STELLENBOSCH

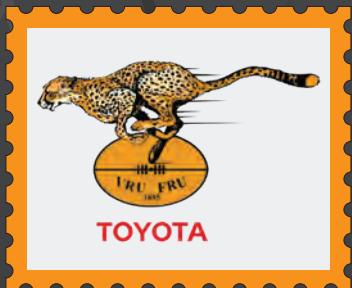
- ❑ Hike in Jonkershoek Nature Reserve
- ❑ Visit the Root44 Market
- ❑ Pick strawberries at Polkadraai Farm
- ❑ Visit the Miniature Museum
- ❑ See the duck parade at Vergenoegd

### WESTERN CAPE

### BUCKETLIST!

TICK THEM ALL OFF...





# CHEETAHS INSTITUTE OF EXCELLENCE

📍 Toyota Stadium,  
Free State,  
Bloemfontein

29°06.9840'S | 26°12.3677'E

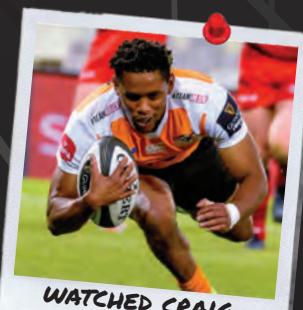
**FREE STATE**



THE HISTORICAL PARYS CHURCH!



#PLANETARIUM



WATCHED CRAIG BARRY PLAY LIVE!!!

The Cheetahs Institute of Excellence is based at the Toyota Stadium in the Free State - the “breeding ground of excellence”. Here, all of the players, Juniors and Seniors, work and train as one big family. Home of the Currie Cup in 2019, the Cheetahs provide many opportunities for young players who wants to kick start their rugby careers. The Cheetahs provide a one-stop shop for players, with all the facilities being available at the Toyota Stadium and also many interaction with the professional senior players. The High Performance program is directly aligned with the “Cheetah way” of play and provides you with the opportunity to cultivate a purpose-driven athletic experience.

Bloemfontein is most probably one of the best places to grow up in South Africa, with all of the necessary malls, restaurants and student life available in a small and safe environment. Not only is it one of the country's capital cities, but is commonly known as the "City of Roses". The atmosphere that one feels in Bloemfontein is one based on an appreciation of family values, where quality of life is of prime importance. Business and family interests are combined, in a hand-in-glove way, with no reason for discord; cultures are intermingled in true South African style.

Our off-campus accommodation, which is just a short drive from Toyota Stadium provides the students with a SAFE, SECURE and CLEAN luxury area of living and relaxation - the optimal place to unwind after a long day of training and studying!

## BLOEMFONTEIN

- Visit the Anglo Boer War Museum
- Zanchietta Wild Cat Reserve
- Visit the Free State Botanical Garden
- Shop at the Loch Logan Waterfront
- Be intrigued at the Naval Hill Planetarium

## CLARENS

- Golden Gate Highlands National Park
- Boat Ride at Outrageous Adventures
- Maluti Mountain 4x4ing
- Visit the legendary Clarens Brewery

## PARYS

- Visit Vredefort Dome
- Bon-Af Berry Farm
- Visit the Dell Cheetah Centre
- Shop at Orange Antiques
- Play a round at the Vaal de Grace Golf Estate

## FREE STATE BUCKETLIST!

TICK THEM ALL OFF...



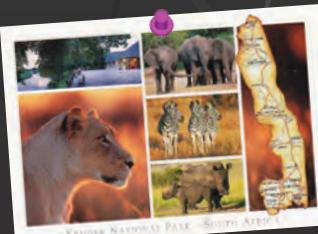


📍 Mbombela Stadium,  
Nelspruit,  
Mpumalanga  
25°27.7034'S | 30°55.7830'E

## MPUMALANGA



WEEKEND TRIP TO KRUGER



#PUMASRUGBY



# PUMAS RUGBY INSTITUTE

The Pumas Rugby Institute, is housed the heart of one of South Africa's most beautiful and beloved stadiums: Mbombela Stadium. Mbombela Stadium is situated in the picturesque Lowveld region of Nelspruit, the capital city of Mpumalanga. It lies along the Krokodil (Crocodile) River, among domed granite hills. Nelspruit is the trading centre for the surrounding fruit growing area of Mpumalanga. Fertile soils and subtropical climate provide perfect conditions for the production of citrus and tropical fruits, mainly mango, banana, avocado, macadamia and pecan nuts.

The Lowveld botanical gardens just outside of the town boasts a rare collection of plant species and the first man-made rain forests. Nearby Sudwala caves, dinosaur park and cultural centre expose your senses to the primitive Africa. A short distance away above Nelspruit is the gold mining town of Kaapsehoop where the mist filled evenings and a herd of wild horses grazing in the town transport you into a world of yesterday. At the Pumas Rugby Institute, you share the environment with the Professional Senior Pumas squad. You share the same facilities, ie. fields, gym, physio room, team rooms and recreation areas. By sharing the same space as the professionals, you are given the opportunity to cultivate a purpose-driven athletic experience.

Our off-campus accommodation options, which are both just a short drive from Mbombela Stadium, provides the students with a safe luxury area of living and relaxation.

### NELSPRUIT

- Visit Jane Goodall Chimpanzee Eden
- Nukain Mabusa's "Garden of Flowers"
- Explore Sudwala Dinosaur Park
- Shop at Riverside Mall
- Joubert en Seuns Padstal

### KRUGER NATIONAL PARK

- Thulamela Ruins
- Safari Drives around the National Park
- Fishing in the Sand River
- Kruger Walking Safari

### WHITE RIVER

- Orange Wine Tasting at Rottcher Wineries
- White River History & Motor Museum
- Play Golf at the White River Country Club
- Bagdad Farmer's Market

### MPUMALANGA BUCKETLIST!



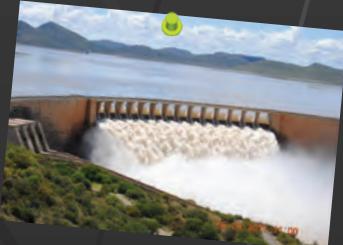
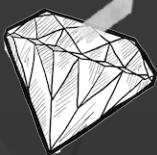
TICK THEM ALL OFF...





Windhoek Draught Park,  
Kimberley,  
Northern Cape  
28°45.3017'S | 24°45.4783'E

### NORTHERN CAPE



KIMBERLEY BIG HOLE



GEMSBOK IN NAMQUALAND



#SUPERRUGBY MATCH

# GRIQUAS RUGBY INSTITUTE

The Griquas Rugby Institute is housed at the heart of Kimberley - Windhoek Draught Park! It is the capital city of the Northern Cape and surrounded by five of South Africa's big rivers, two of them being the Orange and Vaal Rivers. Kimberley is a prospecting city famous for its quality diamonds, the largest man-made excavation in the world and impressive variety of tourists attractions. Kimberley is renowned for the "Big Hole", which is 1.5 km in circumference. This, in fact, is the old Kimberley Mine, which was the richest diamond-producing mine in the world!

At the Griquas Rugby Institute, you share the environment with the Professional Senior Griquas squad. You share the same facilities, ie. fields, gym, physio room, team rooms and recreation areas. By sharing the same space as the professionals, you are given the opportunity to cultivate a purpose-driven athletic experience.

Our off-campus accommodation, which is just a 10 minute walk, or quick car ride from Windhoek Draught Park, provides the students with a luxury and safe area of living and relaxation.

### KIMBERLEY

- World Renowned Kimberley Big Hole
- Ride on the Vintage Kimberley Train
- Visit the McGregor Museum
- Revist the Battle of Magersfontein
- Wildebeest Kuil Rock Art Centre

### COLESBERG

- Visit "The Rugby Addict" Museum
- Hike in Doornkloof Nature Reserve
- Walking Tour of Colesberg
- Canoe in Gariep Dam

### ALEXANDER BAY

- Explore the Namaqua National Park
- Surf and Swim at Alexander Bay Beach
- Go 4x4ing on Richtersveld Trails
- Fly-fish on the Orange River

### NORTHERN CAPE BUCKETLIST!

TICK THEM ALL OFF...





Harlequins  
International  
Rugby Institute

📍 Greenkloof,  
Pretoria,  
Gauteng Province

25°46.13.2'S | 28°12.53.7'E

### GAUTENG PROVINCE



# HARLEQUINS

## INTERNATIONAL RUGBY INSTITUTE

Gauteng - commonly known as the “Place of Gold” – is the economic powerhouse of South Africa and is home to some of South Africa’s most beautiful and renowned cities! Gauteng is a vibrant and dynamic province, which has a beautiful multicultural mix of people from all walks of life! We’d like to invite you to come and see the beautiful South African province of GAUTENG, and experience all that this vivacious province has to offer, all while engaging in a High Performance Rugby Programme.

The Harlequins International Rugby Institute is based at the Harlequins Rugby Club in Pretoria. Harlequins is one of the most reputable rugby brands in the world; and Harlequins Rugby Club Pretoria has a rich history and heritage of more than 120 years! Many Springboks have worn the Harlequins Rugby jersey, and through the Institute we hope there are many more to come!

Are YOU ready to train at the vibiest gym in Pretoria? Brooks’ Gym is your new High-Performance S&C home! Brooks’ Gym is hands down the coolest and trendiest gym in town. This Cross Fit-tailored gym offers a training expereicne like none you’ve ever experienced before!

Harlequins Rugby Club is situated in the picturesque Groenkloof area – here the streets are lined with the iconic jacaranda trees, which burst into the most vivid purple pigment in the warmer seasons. Pretoria is one of South Africa’s most beloved cities, as it boasts a wide variety of restaurants, shopping malls, lush gardens, buzzing nightclubs and a rich South African history! Thanks to its large “Tukkies” University population, Pretoria truly comes alive in evening and becomes ‘the’ young adult scene for socializing!

Here at the UXi Harlequins International Rugby Institute, we want every young student-athlete to experience all that their environment has to offer. From grabbing dinner with your teammates in town, to adventuring to Johannesburg on the weekend, we want to provide you the opportunity to do it all!

### PRETORIA

- ▣ Picnic in Jan Cilliers Park
- ▣ Visit the historic Voortrekker Monument
- ▣ Explore the Hennops Hiking Trails
- ▣ Go searching for the most beautiful Jacaranda trees in the town
- ▣ Take a stroll through the National Zoological Gardens of South Africa



### JOHANNESBURG

- ▣ Enjoy a night out at Montecasino
- ▣ Get the adrenaline pumping on rollercoasters at Gold Reef City
- ▣ Take a photo with the giant Mandela statue Nelson Mandela Square
- ▣ Take a trip through time and visit the Apartheid Museum
- ▣ Spend a day exploring the Cradle of Humankind
- ▣ Learn about the stars at Wits Planetarium

### GAUTENG BUCKETLIST...



THIS COULD BE  
**YOU!**

From  
**Academy** **to SPRINGBOKS**



## **Success Stories!**

Since its inception January 2020, UXI Rugby Institutes has assisted in achieving the following **IN RUGBY:**



- 2 Springbok Players**
- 65 Union Representations**
- 1 South African Tag-Rugby Player**
- 2 Namibian World Cup Players**
- 1 Zimbabwean U/20 National Player**
- 1 Blue Bulls Assistant Coach**
- 1 Lions Assistant Coach**
- 5 Currie Cup Coaches**
- 1 Cheetahs S&C Coach**
- 1 WP u/20 and u/21 Coach**
- 12 Coaches, deployed at school level after leaving the UXI Rugby Institutes**
- Out of all the 310 players in the system over the past 3 years:**
  - 65% are employed.
  - 15% are playing nationally or internationally.
  - 20% are still in the UXI RI system for 2nd and 3rd year to develop further with their studies

# International Player Testimonies!



Kyle Corrigan | 2021 | Sherbrooke, Canada

"My experience training at the WPRA has been unforgettable! I have had so many opportunities to learn new skills and improve both on and off the rugby field with the help of great coaches. It has also been great to be able to compete, train, and socialize with the other players at the academy. Everyone here at the academy has been very helpful and supportive of us foreigners, providing a great environment for improvement and memories that I will have forever."

Have a listen to Kyle's exit interview:



<https://youtu.be/ZA2HsQdvilQ>



Hunter Modlin | 2021 | California, USA

"The Western Province Rugby Academy was an amazing experience! The coaching is world class, and the atmosphere is like that of a professional side. The one-on-one sessions with the coaches allowed me to develop in the aspects I wanted to develop in, and the player pool pushed me to be the best I could be. Whether it was game time, or small field sessions, the environment was conducive to development. The Academy gave me the opportunity to not develop as an athlete, but as a person. The stories I heard from my teammates, coaches, and even the people of Stellenbosch were humbling and meaningful. Alongside that, the life skills sessions we had taught me how to have a better mentality when approaching life on and off the field."

Have a listen to Hunter's exit interview:



[https://youtu.be/V0tf1szlq\\_g](https://youtu.be/V0tf1szlq_g)



Tucker Trickey | 2021 | California, USA

Overall, my experience at the WPRA has been life changing. Coming from the United States, where rugby is still developing, to a fully developed country where rugby is a part of the culture I knew coming here, I was in for a treat.

My expectations were completely blown away by the generosity of the students and coaches. Everyone wanted to see the way of life they've seen on TV because most have never met an American before. Especially the players, Jake and I had oaks at our door, constantly wanting to get to know us and talk to us about American culture and values. Many students have told us their aspirations of coming to the US and starting their careers as rugby players to create new lives for themselves.

In addition to the player's excellent hospitality and open-mindedness towards us, some of the coaches wanted to get to know Jake and I as students on and off the pitch. I had many conversations about home life and the current status of rugby in the States. Everyone was very interested in knowing the type of training we do and what coaches teach to American players. What fascinated me the most was the culture instilled in the players and their commitment to pushing each other to the limits.

Coming here and being in this environment personally made me a better person and rugby player. I hit personal bests in the gym and crushed my fitness scores from back home, and I credit it to the coaches and the highly competitive environment here at the WPRA. Finally, it won't be easy leaving the WPRA because the friends I have made here, and the memories that have been created will last a lifetime. This experience will be one that will never be forgotten and cherished for years to come.

Have a listen to Tucker's exit interview:



<https://youtu.be/9KKDmh6PGY0>



Quintin Tindel | 2021 / California, USA

"My experience training at the WPRA has been unforgettable! I have had so many opportunities to learn new skills and improve both on and off the rugby field with the help of great coaches. It has also been great to be able to compete, train, and socialize with the other players at the academy. Everyone here at the academy has been very helpful and supportive of us foreigners, providing a great environment for improvement and memories that I will have forever."

Have a listen to Quintin's exit interview:



<https://youtu.be/fcdxeK5X-20>



Jake Stone | 2021 / California, USA

My time here within this academy has helped change and develop me for the better not only as a rugby player but also as a young man. The rugby community and lifestyle within the academy is something I will miss indefinitely. Waking up every day in a rugby environment, getting the opportunity to live near my teammates and coaches the gym and the fields was amazing. I really enjoyed meeting likeminded players and coaches that really have a passion for rugby, this helped motivate me to be the best version of myself. I feel lucky to have stayed in this community even if it was for a short period of time. The campus community welcomed me with open arms, Players, Coaches, Canteen workers, and cleaning ladies all helped take care of my wants and needs and made sure my stay here was spectacular!

Coming from the United States our rugby culture and level of play is still growing, and we have a lot of work to do; back home we call it "Closing the Gap". We have this saying because we understand how far behind, we are (In terms of rugby skill and culture) to some of the best in the world like South Africa. It has been a life changing experience to be able to experience South African rugby and its culture for myself and it's made me wish I grew up playing rugby here because rugby is my passion and I hate explaining what rugby is to the majority of people I meet.

My home academy is nothing like this and that makes me sad to be leaving such a well-run academy. I'll miss working with coaches like Jason and Coenraad because they care about the development of their players and put in the extra effort to ensure the growth of hard-working athletes like Tucker and myself. I feel I have more opportunity for recognition and growth in my career here with WPRA than I do at my home academy, but everything happens for a reason and once I am back home with my coaches I will continue to work hard and earn a professional contract for my Hometown.

At SD Legion Academy's best, they had me on meal plans, training with professionals and in the gym 3 times a week. At its current state there is only 1 gym session a week with no contact from coaches or professional players and upon my return I will be one of 3 Academy players. After this experience you can imagine how underwhelming my return will be and because I will go from living and breathing rugby here surrounded by my teammates to virtually no rugby environment once I'm back unless I am offered a Jr. contract.

Having coaches that put in real effort for over 90 players here has felt like an absolute blessing because my coaches are often too busy to give academy players their attention. I've played for 10 years, and I've made clubs, select sides, travel teams and representative teams but this Academy has been the highlight of my career and I only wish I could've developed more.

If I could've stayed here for a full year to develop more as a rugby player I would. I will greatly miss the friendships and coach relationships I've made here! I'd love to keep in touch with the academy and update the coaches here on my career status back home and if possible, come back to develop more in the future. My Biggest Thank You to all the staff involved with keeping me satisfied with my experience and I look forward to the possibility of revisiting South Africa and potentially being the next South African Captain America!

Have a listen to Jakes' exit interview:



<https://youtu.be/WP6s2Dljafg>



W.P. RUGBY  
ACADEMY

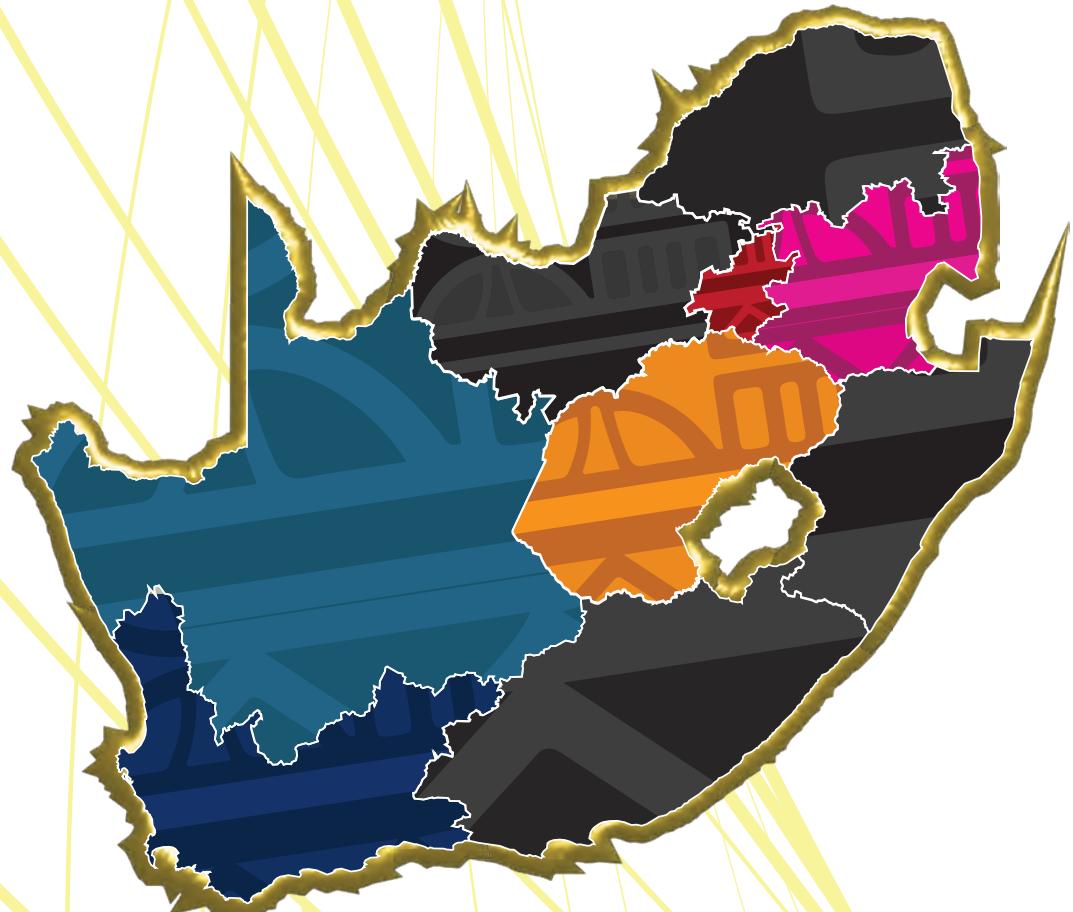


TOYOTA



Harlequins  
International  
Rugby Institute

# APPLY TODAY!



INDIVIDUAL ATHLETE DEVELOPMENT | SHORT TERM TOURS | LONG TERM TOURS



## Contact Us



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*Inspiring Greatness, Through Sports to Life*