



# COACHING DEVELOPMENT AND INTERNSHIP PROGRAM:

## WHO SHOULD ATTEND:

An individual who has a passion for rugby and teaching/coaching who aspired to become an amateur or professional rugby coach at various age groups and levels of rugby.

The programme ines theoretical knowledge and practical skills all in one, through qualified World Rugby educators, experienced qualified coaches, mentors and specialist coaches, an integrated and holistic learning environment is created. Students will be introduced to an internships and shadowing whilst completing the theoretical components of the National Certificate in Coaching offered through Health and Fitness Professionals Africa. The program will also prepare students for World Rugby Level 1 and 2 certification.

Job opportunities are created for all successful candidates.

## DURATION:

- 12 months (1 year) full time

## THIS PROGRAMME INCLUDES:

- Mentor coaching: Student will be assigned to different specialist coaches quarterly in order to observe different opinions, views and coaching styles.
- Practical coaching experience: at school clinics, Club Leagues and with high performance athletes within the Institutes.
- Practical ongoing coaching assessments.
- Theoretical classes and assignments: from Laws of the game through to succession planning and planning of a season.
- Build your own coaching portfolio through coaching a variety of aspects while choosing to focus on a specialist field.
- Access to video analysis tools and education.
- Systematic and regular feedback and reviews conducted by our experienced coaches.
- HFPA NQF 5 National Certificate in Coaching.
- World Rugby Level 1 and 2 preparation and education through the Western Province Rugby Educators.



# The eXtraordinary Head skills Coaches, Program Managers and Specialist Coaches who lead the program:



## Warren Petersen

*WPRA Head Skills Coach & Attack*



Warren is the current Head Skills Coach & Attack Specialist at the Western Province Rugby Academy. Warren boasts a wealth of experience having coached at the Leopards, North-West University, Stellenbosch University and

## Hendrik Louw

*WPRA Lead Forwards Coach, Lineout & Breakdown Specialist*



Hendrik is the current Lead Forwards coach, Lineout and Breakdown Specialist at the Western Province Rugby Academy. Having been involved with the SA Rugby Boksmart initiative regarding player safety, Hendrik has a keen

## Bolla Conradie

*WPRA Skills Coach & Handling Specialis*



Bolla, who is currently a Skills Coach and Handling Specialist at the Western Province Rugby Academy, is renowned for being a top Springbok Rugby Player. Bolla, who is a former Varsity Cup coach, former Super Rugby and Springbok

## Francois du Toit

*WPRA Unit Manager & Technical Manager*



A video analyst specialist by trade, Francois boasts a wealth of experience with various video analysis technology ranging from NacSport, Stratus through to coach Logic, having worked on all these various platforms, he has a keen understanding of video software and is there to help you take your

## Coenraad de Villiers

*UXI National Manager: Strength & Conditioning*



A former national wrestler and experienced Strength & Conditioning coach, Coenraad has seen the world of sport thanks to his competitive wrestling background, having spent time in training centers around the world, namely; Team USA Olympic Training Center, Colorado Springs. Having been part of the mighty Stellenbosch University Rugby Team as conditioning coach as well as consulting the world renown "Blitzboks" in contact skills.

## Jason Hector

*UXI National Rugby Director*



Jason comes with a wide variety of knowledge and experience! Jason is a recent Stormers U/20 forwards Coach, as well as a Super A Club League coach. Jason is a specialist forwards coach with vast international coaching experience. He is also a World Rugby Educator for Levels 1 and 2. On top of his eXtraordinary coaching experience, Jason is a phenomenal leader and rugby-mentor; he will always go

## Alastair Theys

*UXI National Operations Manager*



Alastair, who is a qualified Sport Scientist and Biokineticist by trade, comes with a wealth of rugby knowledge, experience and expertise! Alastair is currently the Operations Manager, who oversees all UXI Rugby Institutes. Further, he is also a Varsity Shield Head Coach (CPUT; x2 Varsity Shield Champions), former Super A Club League Coach, as well as a World Rugby Educator for Levels 1 and 2.

### **Simon Askew**

*CIE Head Skills Coach*



Simon is the current Head Skills Coach at the Cheetahs Institute of Excellence. Simon brings a wealth of coaching experience to the table and has coached the various teams: Kingswood College Rugby 1XV, Wynberg Boys High School u/15, u/16 and 2XV, Guangzhou Rams Rugby Football Club (China) Men's

### **Gerhard Olivier**

*CIE Program Manager, eXperience Manager and Forwards Specialist*



A former professional Free State Rugby Union player himself, Gerhard knows exactly what it takes to become a professional rugby player. Fernando has a wealth of both playing and coaching experience. After a career-ending injury, Gerhard dived into physical and mental coaching of young rugby players. Gerhard knows that to become a professional rugby

### **Albert Keuris**

*CIE Specialist Skills Coach and Toyota Cheetahs Kicking Coach*



Albert's coaching experience with the Cheetahs is extensive. He is the Cheetahs 'Pro14' kicking and skills coach, the Currie Cup Kicking Coach, the 'SuperSport Challenge' Backs and Attack Coach, the U/21 Backs and Attack Coach, and the Cheetahs Institute of Excellence specialist skills coach. Other than being a professional Cheetahs

### **Brendell Brandt**

*UXI Sport Specialist Skills Coach*



Brendell is the current skills coach of the Windhoek Draught Griquas. Brendell has been an extremely successful Club Rugby Coach, coaching some of the country's top club teams, namely False Bay RFC, Tygerberg RFC and Villagers RFC. Brendell was also a fantastic player himself, playing at professional level for the Bulls, Pumas and

### **Fernando Penschaw**

*PRI Specialist Forwards Skills Coach*



A former SA u/21 rugby player himself, Fernando is no stranger to Professional and Semi-Professional Rugby and the coaching thereof. Fernando has a wealth of both playing and coaching experience. With his World Rugby Level 3 accreditation, Fernando was the former Forwards Coach for the Golden Lions Rugby Union; he was the TUT Vikings Varsity Cup 2021 Assistant Coach; and the Head

### **Specialist Coaches and Sports Scientist**

**Dr Steve den Hollander**



National Sports Performance, and Data Analyst.



## FEES:



Duration	Registration Application Fee	Deposit	Cash	Terms
12 months	R2000	R15 000	R63 000	R42 800 (7 x R4257)
TOP-UP kit (includes winter kit)			R4 000	

(\*Fees exclude accommodation and meals)

The fee is inclusive of the HFPA National Exercise Science Qualification NQF level 6 or National certificate in Fitness NQF Level 5, World Rugby Education level 1 and 2, the full-time personal coaching- mentoring programme, practical sessions, internship workplace experience, assessments certification and the summer BLK Rugby kit.

## HOW TO APPLY FOR REGISTRATION:



**STEP 1:** Complete the player application form  
[uxisport.co.za/online-registration/](http://uxisport.co.za/online-registration/)

**STEP 2:** Complete the parent finance approval application form  
[uxisport.co.za/online-registration/](http://uxisport.co.za/online-registration/)

**STEP 3:** Pay the registration application fee online  
[uxisport.co.za/online-registration/](http://uxisport.co.za/online-registration/)

**STEP 4:** Receive confirmation of acceptance and unique Player identity number

**STEP 5:** Receive player and parent agreements

## WHAT ABOUT ADDITIONAL STUDIES?



Once a registered player the player automatically qualifies to access a list of programmes from the **EDUCATION PROVIDERS** [uxisport.co.za/academic-programmes/](http://uxisport.co.za/academic-programmes/)

Select the study option of choice and request a quote therefore [uxisport.co.za/online-registration/](http://uxisport.co.za/online-registration/)

