



INTERNATIONAL HIGH PERFORMANCE RUGBY DEVELOPMENT PROGRAMME:

The UXi Rugby Institutes train, educate and develop every PARTICIPANT to WIN!

OBJECTIVE:

This programme is aimed to develop an individual player and her position of play to the highest individual level of competition. It has been designed and formulated on a national and international standard by the highest level of professional coaches and sports science specialists including diverse coaching methodologies to enhance an optimum level rugby understanding.

HOW:

A dedicated team of professional personal coaches is dedicated to the player's optimum level of development and performance in a meticulously sports science based structured programme. This programme is 100% monitored and evaluated through-out every aspect of the player athlete's activities in the programme using Individual Player Development plans to track performance and objectives

DURATION:

A commitment to High Performance is a minimum 2-3 year journey.

A student athlete can select a 1 year (12 months) or 2 years (24 month) option.

- Durations can also be tailored to player's preference and objectives

Year 3: A 100% Rugby bursary applies with a further focus on the player's education pathway

WHO SHOULD ATTEND:

This programme is at a very high physical and mental intensity and requires commitment in all aspects of health, lifestyle and focus on performance objectives.

WHAT DOES THE UXI RI HP PROGRAMME INCLUDE:

- On-field skills and positional development
- Rugby understanding- strategy: defence and attack
- Individual based strength and conditioning training
- Individual player development plan
- Sports science based monitoring and evaluation
- Individual focused video and game analysis coding and sports performance management
- Daily A-GAME wellness monitoring and evaluation
- "I AM A CHAMPION" - mental programme
- Lifestyle, nutrition and wellness coaching
- Life and workplace preparation coaching
- Professional CV compilation
- Biokineticist and rehabilitation support
- Boksmart
- WORLD-RUGBY LEVEL 1 & 2
- National and International play performance -based opportunity placement



FEES:

All female players qualify for a **50% bursary** on the programme

CLOTHING KIT:

A basic branded province/institute specific clothing kit forms part of the programme fee and additional items can be ordered after successful registration.

Duration	Registration Application Fee	Deposit	Cash	Terms
12 months	R2000	R15 000	R64 000	R70 400 (7 x R4617)
6 months	R2000	R10 000	R36 000	R39 600 (7 x R4228)
TOP-UP kit (includes winter kit)			R4 000	

(*Fees exclude accommodation and meals)

HOW TO APPLY FOR REGISTRATION:

STEP 1: Complete the player application form uxisport.co.za/online-registration/

STEP 2: Complete the parent finance approval application form uxisport.co.za/online-registration/

STEP 3: Pay the registration application fee online 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/

Select the study option of choice and request a quote therefore uxisport.co.za/online-registration/



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