

THE UXi INTERNATIONAL RUGBY INSTITUTE: PART-TIME ACADEMY



The Part-Time Academy programme is aimed at any rugby player currently involved in full time studies/ commitments at any institution that wishes to improve their skills, positional skills, fitness and conditioning. The programme allows athletes to acquire valuable rugby development knowledge and provide the skills to OUTPLAY an opponent!

UXi Sport's professional specialists coaches, mentors and sports scientists utilise individual player development plans to assist the player to level-up. This unique part-time rugby development programme, eases the stress of time management and or the financial limitations to attending the full-time rugby academies.

Students engaged in full-time morning studies can now attend two afternoons per week and receive the personal coaching and guidance they require.

➤ The programme:

The programme is offered two afternoons per week from 14:00 - 17:30 following the annual rugby curriculum. This state-of-the-art curriculum is built around the demands of the game including rugby education, general skills, position specific skills, video review and strength and conditioning.

- ▶ **Rugby Education:** These are classroom and board session in which we cover the fundamentals of rugby, law interpretation, modern trends and development plans.
- ▶ **Fundamental Skills:** Using our baseline skills assessment, our coaches are able to accurately determine areas to improve on a biomechanical level, this focus will be placed on the core skills absolutely crucial to playing rugby that needs to be executed flawlessly under pressure irrespective of the position of play.

- ▶ **Position Specific Skills:** As part of our rugby education, it is important for a player to understand the detailed roles and responsibilities of their position, from primary and secondary attack responsibilities, defence responsibilities, specialised skills through to analysis of their current abilities compared to their individual end-goal and national average.
- ▶ **Video Review:** On a bi-weekly cycle, coaches will assist the player to review all their training footage cutting out clips to show them where and how to improve, this analysis becomes part of the player's personal development plan which is then reviewed to assess whether they have improved or met the goals set in their PDP (personal development plan).
- ▶ **Strength & Conditioning:** After the baseline testing (a standardised set of conditioning testing) to establish the player's current conditioning status, the Strength & Conditioning Coach will discuss potential injury risks, areas of concern and interventions, this will form the basis of the strength and conditioning programme which will be overseen by specialised coaches in our world-class high performance centre. These programmes are also based on the Personal Development Plan Goal-setting in tandem with testing scores and compared to the national positional and general averages to give the player a clear indication of what they should be striving for.
- ▶ **Post-and pre-season preparation:** The programme will guide and assist every player to prepare for the end of the current season as well as provide a pre-season plan for the following season, ensuring that the player leaves with adequate knowledge and skill to implement their own post and pre-season preparation schedules.



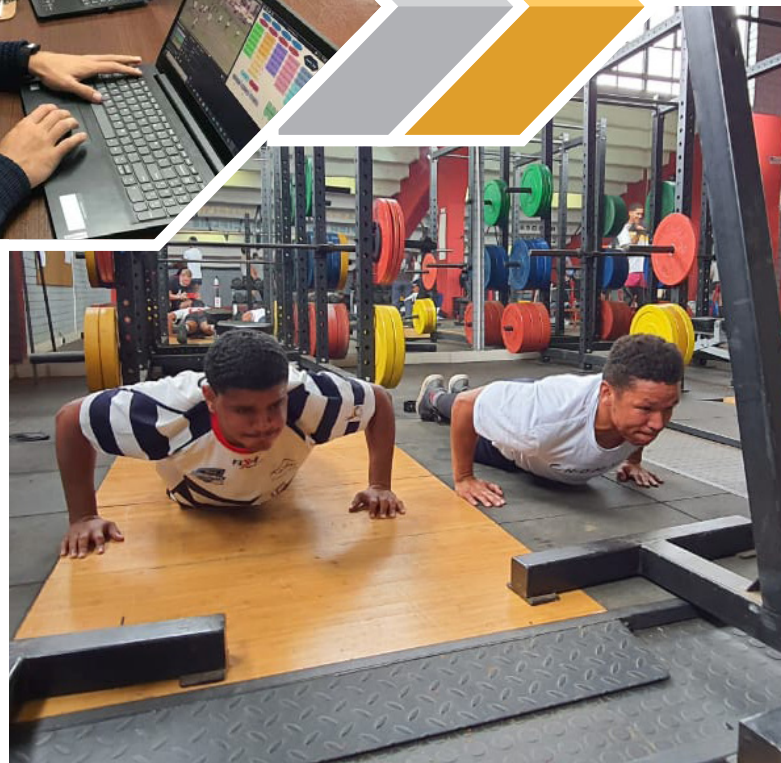
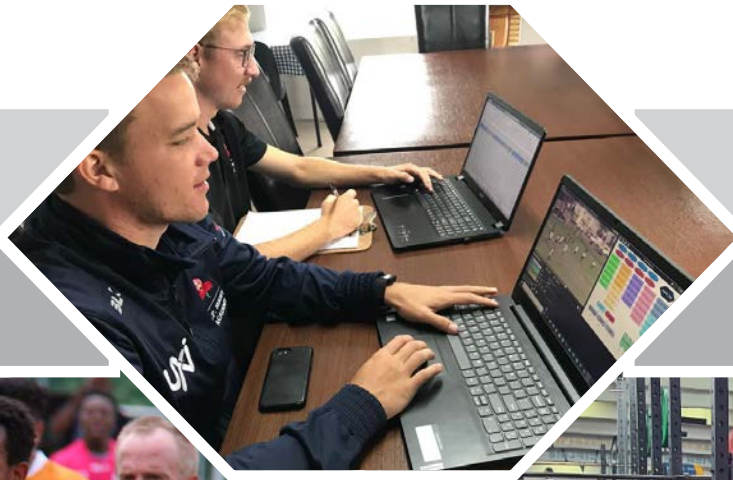
Weekly schedule example:



The Week Ahead

Monday	Tuesday	Wednesday	Thursday	Friday
08:00 - 13:00	08:00 - 13:00	08:00 - 13:00	08:00 - 13:00	
Class	Class	Class	Class	
	14:00 - 15:15		14:00 - 15:15	
	Field		Field	
	15:30 - 16:00		15:30 - 16:00	
	Video		Video	
	16:00 - 17:00		16:00 - 17:00	
	Gym		Gym	

Starting date: **2 May 2023 to 2 November 2023**
with the option to renew for 2024.



» Clothing Kit:

A basic branded province/institute kit can be ordered on request but is not-compulsory.

» Fees:

DURATION	REGISTRATION APPLICATION FEE	DEPOSIT	CASH	TERMS
6 months	R250	R1 500	R10 000	R11 000 (6 x R1 584)
Full rugby clothing kit			R6 000	

[*Fees exclude accommodation and meals]



NOT SURE ABOUT CAREER CHOICES?

» We can help you!

Contact Thea Miller: thea@sport.uxi.edu.za

GENETIC BRAIN PROFILING (MY SPORTS CODE)

The My Sports Code Genetic Brain Profiling system is able to quickly identify your unique blueprint by making use of modern technological methodologies, comparing your genetic preferences and combining that, with our tried and tested formulas. Thus, providing you with customised guidance and advice relating to your unique needs in order to assist you in discovering yourself within a couple of minutes.

» HOW TO APPLY FOR REGISTRATION:

- ▶ **STEP 1:** Complete the player application form
- ▶ **STEP 2:** Receive a quotation
- ▶ **STEP 3:** Accept the financial agreement
- ▶ **STEP 4:** Pay the registration fees
- ▶ **STEP 5:** Receive registration confirmation

» CONTACT:

Rudi Visagie (Recruitment Manager):
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» NATIONAL FOOTPRINT



» **Western Province Rugby Academy**
» Central Stellenbosch, Western Cape



» **Cheetahs Institute of Excellence**
» Toyota Stadium, Bloemfontein, Freestate



» **Pumas Rugby Institute**
» Mbombela Stadium, Nelspruit, Mpumalanga



» **Griquas Rugby Institute**
» Windhoek Lager Park, Kimberley, Northern Cape



» **Harlequins International Rugby Institute**
» Harlequins Sports Club, Pretoria, Gauteng



» **Limpopo Blue Bulls Rugby Institute**
» Nylstroom, Limpopo

