



## WOMEN'S RUGBY

# 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.

## This HP programme includes:

- + 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



## The eXtraordinary Rugby Director who leads this programme in South Africa:

Chanel Alberts is a qualified Rugby Strength & Conditioning coach and Head Rugby Coach. She holds a BA Honours degree in Sport Science and a degree in Sport Psychology from the University of Johannesburg.



She has applied herself as a facilitator and assessor, lecturing in the field of Sport Science and Sport Psychology. She is currently the Director of Women's Rugby at UXi Sport and Forwards coach of the Golden Lions.

Chanel has experience in managing, playing, coaching and conditioning teams at various levels, including athletics, netball, and both men and women's rugby teams. She is passionate about promoting female participation in rugby and her aim is to develop and grow the game at junior, senior, match official and coaching level. She continuously strives towards a pioneering approach to coaching women's rugby at a professional level.

Her passion is to empower women in rugby, developing skills to overcome the challenges they face and accelerating them to provincial and even national level. She has become a significant force in driving the change of perception around the women's game.

## How to apply:

Complete the player application form  
[uxisport.co.za/online-registration/](https://uxisport.co.za/online-registration/)

STEP 1

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

STEP 2

Pay the registration application fee online  
[uxisport.co.za/online-registration/](https://uxisport.co.za/online-registration/)

STEP 3

Receive confirmation of acceptance and unique Player identity number

STEP 4

Receive player and parent agreements

STEP 5

## 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/](https://uxisport.co.za/academic-programmes/)

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