



WOMEN'S RUGBY

HIGH PERFORMANCE PROGRAMME

EMPOWERED • DREAM CHASERS • PASSIONATE

Who should attend?

Women's rugby is growing and offers opportunities to play, coach and build a career in sport at the highest level. Whether you are interested in playing or coaching at club level or international level, UXi Sport offers a High-Performance environment that develops your skill level, rugby IQ, and will provide practical experience to educate and empower female athletes. This world-class programme aims to create a professional high-performance mindset that provides you with the tools to grow and develop as a female athlete.

A holistic learning environment is created that includes video analysis, skills development under pressure, game strategies, laws of the game and educational coaching and management programmes. We combine theoretical knowledge with practical application by World Rugby educators, experienced qualified coaches, mentors and specialist coaches. Students will be introduced to internships and shadowing opportunities whilst completing the theoretical component of various national accredited qualifications, offered through the UXi education partners.

We invite you to embark on a development journey in one of the fastest growing sports in the world!

BE BRAVE, HAVE COURAGE AND CHASE YOUR DREAMS!



Duration:

12 months (1 year) full-time



2025 Institutes:

Western Province IRI & Harlequins IRI



060 539 7820 | info@uxi.sport.edu.za | uxisport.co.za



This programme includes:

- + High performance training
 - + Strength and conditioning programme
 - + Skills development
 - + Game analysis and strategies
 - + Video analysis
 - + Life skills development
 - + Coaching mentorship and practical experience
 - + Practical ongoing coaching assessments
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- + Theoretical classes and assignments: covering the laws of the game 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
 - + Systematic and regular feedback and reviews conducted by our experienced coaches
 - + HFPA NQF 5 National Certificate in Coaching Science
 - + World Rugby Level 1 and 2 preparation and education



Apply for bursary here →



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 UXJ 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.



Additional academic programmes and studies:



- + Sport, Coaching and Fitness Education
- + Sport Business Management & Entrepreneurship
- + Sport Event Management
- + Travel and Tourism
- + Media Studies and Journalism
- + Agri studies and Anti-Poaching (Wildlife studies)



- + Marketing, Business and Management
- + Logistics and Supply Chain Management



- + Teaching