



# FULL TIME & PART TIME PROGRAMME



ELITE  
RUGBY  
VENUE



EXPERIENCED  
RUGBY EDUCATORS



DEVELOPMENT  
PROGRAMME



EDUCATIONAL  
MODULES

# RUGBY ACADEMY IRELAND

We are Rugby Academy Ireland, a full-time residential rugby academy based in County Laois in the province of Leinster, Ireland. We are Ireland's first fully independent rugby academy for aspiring professional male and female rugby players, offering ambitious, hard-working individuals an opportunity to exponentially enhance their rugby and life skills, preparing them for success in professional rugby.

## WHO WE ARE

### **Dan van Zyl** Co-Founder & Director of Rugby



Dan is a former Springbok and Super Rugby player with 20+ years coaching experience. He also previously held coaching & player development roles with Leinster Rugby (U18, U19 & Women's Head Coach) and the IRFU (Irish Students & Youths Head Coach). A fully accredited World Rugby Educator, Dan is passionate about maximising the potential of top young players, with testimonials from some of Ireland's best young players who he has coached.

### **Johan Taylor** Co-Founder & Managing Director



Johan brings a wealth of coaching experience. He has 25 years of experience, including the head coach role of the Sri Lanka National Team as well as coaching an AIL Ireland League side. As a World Rugby Educator, he focuses on improving player and coach development programmes in Ireland and internationally.

## OUR VALUES



Players – maximise the potential of all attendees across rugby, education & personal development



Rugby – become the ultimate standard bearer for the independent rugby development of aspiring professional players



Social – contribute in a positive and socially responsible way to the development of rugby globally

## RAI LOCATION



Rugby Academy Ireland is located on the grounds of Stradbally Hall in Stradbally on 500 acres of woodlands.

The estate is also known for hosting the Electric Picnic music festival since it began in 2004. Players enhance their rugby and lifestyle skills, through practical training and a bespoke curriculum, equipping students with an excellent education and qualifications to support a career in professional rugby. Our venue includes full board accommodation facilities, grass pitch, fully equipped gym, lecture rooms, recovery room and an indoor hall. Recreational facilities onsite includes woodland running and cycling tracks, tennis court, barbecue, fishing and canoeing.

# ACADEMY TESTIMONIALS

Rugby Academy Ireland is not like any other academy you will get in this world. Everyone comes at first as strangers but we walk out as family. If you come, grab it with both hands. It is hard, tough but the training is excellent as are the facilities & training here. To any player out there, it's worth the time & money to come.

## **Connie Campher: SOUTH AFRICA - Player**

I thoroughly enjoyed my time at Rugby Academy Ireland. It was a perfect blend of all things rugby and high performance. Along the way I was able to create some great friends from all around the world. It was not just the top class facilities and coaching that I enjoyed so much but also the fact that Dan and Johan made such an effort to properly submerge us in Irish culture by organising great activities and trips. My time spent at the academy is a period that I will always look back on fondly as I was able to properly excel at rugby and also have a blast while doing it!

## **Danny O'Brien: BELGIUM – Player**

I just want to say I am very thankful for what Rugby Academy Ireland has done for Sean as well as offering him to play with Cill Dara rugby club I think Ireland has been very good to Sean

Dan and Johan gave him something money can't buy. He got a once in lifetime opportunity and I will try my best to repay the favour in the future.

## **Dirk Snyman: CANADA – Parent**



## SAMPLE ACADEMY PROGRAMME

8.00am - 9.00am	Fitness Speed and Agility
9.00am - 10.30am	Strength and Conditioning
10.30am - 11.00am	Break
11.00am - 12.30pm	Rugby Session
12.30pm - 1.15pm	Wellbeing - Pilates
1.15pm - 2.15pm	Lunch
2.15pm - 3.15pm	Rugby Session - Individual Skills
3.15pm - 3.30pm	Eye Gym
3.30pm - 5.00pm	Course Accreditation Module
5.00pm - 6.00pm	Recovery Session



# EDUCATION

## CAREER DEVELOPMENT

Rugby Academy Ireland believes that a combination of high performance Rugby and Education programmes are essential elements in the holistic development of an elite player. We therefore ensure that our players enrol in at least one of the educational courses available, through our partnerships with a variety of leading third level colleges. Rugby Academy Ireland also focuses on continuous professional development, providing the opportunity to gain a broader range of rugby qualifications.

## EXPECTED CAREER PATHWAYS FOR RUGBY ACADEMY IRELAND GRADUATES

Professional or  
Semi-Professional Rugby Player

Professional or  
Semi-Professional Coach

Professional or  
Semi-Professional Referee

Strength & Conditioning Coach

SAQ Coach

Sports Analyst

Club Administrator/Manager

Program/Season Planner

Player Agent

Sports/Event Manager



## CORE CPD COURSES/TRAINING (COMPULSORY)



Strength & Conditioning  
Course  
[www.itecworld.co.uk](http://www.itecworld.co.uk)



Safe Rugby  
[www.irishrugby.ie](http://www.irishrugby.ie)



IRFU Stage 2 Coaching  
[www.irishrugby.ie](http://www.irishrugby.ie)

**SAQ IRELAND**

SAQ Ireland

[www.saqireland.co](http://www.saqireland.co)



[www.leinsterrugby.ie](http://www.leinsterrugby.ie)



World Rugby



[www.rugbysmarts.com](http://www.rugbysmarts.com)



<https://pearsecollege.ie>



**RUGBY EDUCATION  
HUB**

[www.rugbyeducationhub.ie](http://www.rugbyeducationhub.ie)



# PACKAGES

## Option 1

Day Packages

## Option 2

Part time Package - Weekly or Monthly during August to April

## Option 3

Full time Package - 8-month programme from August to April

\*Team packages available on request

## How much does it cost?

Cost of attending the Rugby Academy varies according to the duration of the programme the player selects, the educational courses they study and whether full or half board is required. We recommend you contact us for a player specific quotation.

Contact us to find out more!



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