



SAS RUGBY INTERNATIONAL CAMPS

SAS Rugby International Camp is a 3-week high performance position specific camp that develops young rugby talent from across the world.



Players → Age 15 - 17



18 July – 7 August 2021



Camp Overview

- ✓ Accommodation for full camp duration – 21 days (staying on-site at the Stellenbosch Academy of Sport)
- ✓ All food for duration of camp (fully catered)
- ✓ Individual positional coaching
- ✓ General skills coaching
- ✓ Video analysis
- ✓ High performance coaching
- ✓ Strength & fitness coaching
- ✓ Prehab & rehabilitation sessions
- ✓ Nutritional talk & education
- ✓ Goal setting & mental skills
- ✓ Rugby law & English sessions
- ✓ Progress reports & feedback on specific player focus areas

Come and improve your rugby skills while enjoying a unique South African experience.



Contact Us

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Stellenbosch
Academy of Sport

HOME OF SEVENS



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