



OFF-SEASON PROGRAMME 2019/2020

THEME: THE BROTHERHOOD OF RUGBY



**We, brothers in rugby, invite you to
the Atlantic Rugby Academy Off-season
Training Programme**

VISIT: <http://www.atlanticrugbyacademy.co.za>
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2019 / 2020 OFF-SEASON PROGRAMME

ATLANTIC RUGBY ACADEMY OFF-SEASON PROGRAMME PLAYER DETAILS

SURNAME

FIRST NAMES

AGE

DATE OF BIRTH

SCHOOL

PARENT/GUARDIAN

EMAIL ADDRESS

CELL PHONE NO.

ATLANTIC RUGBY ACADEMY OFF-SEASON PROGRAMME DECLARATION OF IMDEMNITY

I _____ parent/guardian of

_____ understand that whilst every possible care will be taken to ensure the personal safety and security of your child, Atlantic Rugby Academy, its coaches and organisers cannot be held liable for loss of property, accidents or injuries sustained by participants.

Parent / Guardian's signature

Date



ATLANTIC RUGBY ACADEMY OFF-SEASON PROGRAMME ISOMETRICS OVERVIEW

Basically, the player exercises against his own strength. Some years back we had a High Performance Centre at Hamilton's RFC. We brought in a weight and conditioning coach from the Sharks Academy who specialised in heavy weight training.

The age group in our squad was between 17 and 19. 40% of the squad were out of action for varying periods, due to groin, lower back and hamstring injuries. Heavy weights shorten the elasticity in the muscle span.

Isometrics makes use of resister belts, rubber bands, long bands, resister tubes with handles and extension ropes, all of which combine to give strength and suppleness to core muscles systems.

We will combine this with mental toughness training using poles and tyres, and by the conclusion of the course any player participating with intent in the course will be stronger and faster.

We are also contacting top international speakers to give lectures on focus, mental toughness and conditioning. The lectures will be divided into two sections, one for the players (which will form part of their programme), and one for parents and other sports people who might want to listen to top people in their respective sport's genre.

We have approached the following:

Steve Harris: 3 X flags champion at the world Lifesaving Championships.

Corne Krige: Former Stormers and Springbok captain.

Clint Readhead: Physio and conditioning expert for Jake White's 2007 World Cup Rugby winning team.



Campbell McCraw / Director of Rugby



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ATLANTIC RUGBY ACADEMY OFF-SEASON PROGRAMME OTHER FORMS OF RUGBY & POSTIONAL TRAINING

We will also be introducing other forms of rugby into the course, including: tag, touch and sevens, all of which will be run by either SA or WP players.

This should give a more complete and enjoyable angle to the course by introducing games of skill into the programme.

Lastly, we will be introducing positional training by experts in each position eg. scrumhalf, hooker etc. *Please note this is a separate course and will involve one-on-one training and will be charged separately.*

COST OF THE COURSE

R400 per QUARTER FROM 5/10/2019 TO W/E OF 7/12/2019

R400 per QUARTER FROM W/E OF 11/1/2020 TO W/E OF 29/3/2020

The lectures for adults in this course will be a t a cost of R50.00 per adult, which will include snacks.

Campbell McCraw / Director of Rugby

Banking Details

Account Name	Atlantic Rugby Academy
Bank / Branch	FNB Sea Point
Branch Code	201-809
Account No.	622 558 904 96
Reference	ARA 2019 HOL PROG.
Amount	R 400.00 PER QUARTER



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ENQUIRIES

ALL ENQUIRIES CAN BE MADE TO:

CAMPBELL MC CRAW

CELL: 083 480 4648

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PTO FOR PLAYER ACHIEVEMENTS



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ATLANTIC RUGBY ACADEMY PLAYER ACHIEVEMENTS

CRAVEN WEEK

UNDER 13

Toefiq Dramat

UNDER 16

Fabrice Nahimana

UNDER 18

Rostand Ntembu

Riaz Fredericks

WP U16 ELITE SQUAD

Ryno Loots

WP SEVENS

Fabrice Nahimana

Michael Abrahams

WESTERN CAPE TOUCH

Fabrice Nahimana

Michael Abrahams

Thomas Symons

SA TOUCH

Fabrice Nahimana

WP TAG

Fabrice Nahimana

SA TAG

Fabrice Nahimana

SENIOR PROVINCIAL

GOLDEN LIONS

Hacjivah Dyamani

LEOPARDS

Caleb Louw

SA SCHOOLS PREMIER A

RONDEBOSCH

Sebastian Bouriedl

SACS

Constantine Eick

Josh Kreyborg

Hlomela Ntweni

Riaz Fredericks

Jake Snijman

Fabrice Nahimana

Michael Abrahams

Michael represented SACS 1stXV for 3 years making 55 appearances - 2nd best of all time.

INTERNATIONAL

Rob Herring - **IRELAND**

Bryon McGuigan - **SCOTLAND**