



If you want help to achieve your goals, then get along to Inside Running Academy. Great team, great facilities and great programme.

LIAM MESSAM

2022 HIGH PERFORMANCE CAMP

8 or 10 weeks
18+ Years | Capped at 20 Players



THIS CAMP IS DESIGNED SPECIFICALLY FOR PLAYERS LOOKING TO ACCELERATE THEIR DEVELOPMENT TO MOVE INTO A SEMI-PRO OR PROFESSIONAL RUGBY ENVIRONMENT

Live the dream
AS A FULL TIME RUGBY PLAYER IN NEW ZEALAND

2022 SEASON:
19 JUNE – 28 AUGUST 2022

➤ Open to: 18+ years, Male & Female

Are you super motivated to take your rugby to another level? Accelerate your rugby development with a dedicated 8 or 10 week Pre-season Camp.

Your camp experience will include the development of your Rugby CV — with video clips captured, Strength and Conditioning testing completed and a summary of your strengths and weaknesses as a player. This information will enable you to contact professional clubs and agents around the world.

➤ Camp Durations

Camp durations are flexible and elective — it's your choice — you can join for 8 or 10 weeks.

➤ Camp Dates

The 2022 Season will run from Sunday 19 June 2022 through to Sunday 28 August 2022. Camp start dates are:

- 19 June 2022
- 03 July 2022

➤ **Apply Now:** Limited Spaces

Only 20 spaces are available. Book now or risk missing out.

INSIDE RUNNING ACADEMY

The Ultimate Rugby Development Experience

2022 HIGH PERFORMANCE CAMP



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2022 Season: 19 June–28 August 2022

How Are the High Performance & Player Development Camps Different?

The majority of sessions for the High Performance Camp group are delivered by Academy Director, Mike Rogers, and entry criteria for the Camp is based on players having performed at a high level, have an exceptional work ethic and are extremely motivated to take their rugby to another level. Athletes will have their Rugby CV created, and video footage and testing data captured. This information is then sent to Inside Running Academy's network of professional / semi-professional clubs and agents globally. The High Performance Camp focuses equally on physical and mental development, and training intensity is at professional rugby club level. Ultimately, entry criteria ensures that players are well prepared for this intensity — physically and mentally.

What You Can Expect from this Camp

- **Full-time Training**
Our Academy programme mirrors the frequency and intensity of Super Rugby team training in New Zealand.
- **Game Experience**
All Academy players will take part in school rugby where they can test their skills against players of their age in New Zealand.
- **Skill Development**
We have a huge emphasis on skill development at Inside Running Academy and players are exposed to some of New Zealand's leading coaches. We focus on learning through a specialised micro skills session three times per week and a dedicated field-based skills session three times per week, where learning is delivered through games-based activity.
- **Strength & Conditioning**
Our S&C programme concentrates on functional movement coaching before increasing load. Our first goal is to get all players moving effectively in the gym before we add load to build strength and power. All players are tested across key S&C measures at the start of their Academy stay, and then again at the conclusion.
- **Leadership & Personal Development**
We develop leadership skills by first breaking down the barriers, getting players out of their comfort zone and building a safe environment where everyone feels like they belong and can be themselves. We then start to challenge players to develop their leadership skills through Academy training activities.
- **Education**
All players will attend workshops on Mental Skills, Game Review, Performance Analysis, Sports Nutrition and Injury Prevention & Recovery.
- **Continued Development**
All players are required to develop a plan as to how they are going to continue to develop their rugby when they return home. This is our key point of difference, as we see attending Inside Running Academy as just the start of the player's development journey.
- **Live the Dream!**
Live the life of a full-time professional rugby player in Mt. Maunganui, New Zealand.



Our normal training week typically looks like this:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
8.00 am	Acute Injury Clinic		Recovery Day <i>We also use this day for Testing, and/or Academy Field Trips</i>			Game Day	Recovery Session	
8.45 am	Academy Meeting							
9.00 am	Gym: Strength & Flush Focus	Gym: Strength Focus		Gym: Speed & Power Focus	Gym: Game Prep Focus			
10.00 am	Micro Skills	Micro Skills		Micro Skills	Micro Skills			
10.30 am	Physiotherapy	Physiotherapy		Physiotherapy	Micro Skills			
12.00 pm					Education Workshop			
1.00 pm	Skills: Focus on Fundamental Skills	Skills: Focus on Catch / Pass / Run & Decision Making			Skills: Focus on Collision & Game Readiness			Coach One-on-One's: Feedback & Video Review
2.30 pm	Recovery Session	Recovery Session			Recovery Session			
6.00 pm		Club Training	Yoga Session (Optional)	Club Training				

For more info and how to enrol:

Go online to: www.rugbyacademy.global | Or email mike@insiderunning.com

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High Performance Camp Alumni

Nothing pleases us more than High Performance Camp players moving rapidly forward with their careers and achieving lofty heights.

The following players are a snapshot of some High Performance Camp participants. Needless to say, we are immensely proud of their accomplishments.



Charlie Lawrence

Toyota Verblitz, Top League | Japan



Zach Kerr

Newcastle Falcons, Premiership | England



Will Flinn

Gloucester, Premiership | England



Stan Van Den Hoven

Bay of Plenty NPC, Chiefs Super Rugby, New England Free Jacks, MLR | USA.



Tevita Sole

New England Free Jacks, MLR | USA



Marijn Huis

Durham University | England, Netherlands International



Libbie Janse van Rensburg

South African International 7s and 15s



Lisa Egberts

Bay of Plenty Volcanix



PK Vincze

USA Rugby Stars, Harvard University



Pingi Talaapitaga

Bay of Plenty NPC, Highlanders Super Rugby, Narbonne | France



Keepa Mewett

Bay of Plenty NPC, Maori All Black, NTT Docomo Top League | Japan



Scott Lyle

Petrarca Padova Rugby, Super 10 | Italy

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Our Staff:

Mike Rogers | Level 3 Qualified Rugby Coach

New England Free Jacks, MLR, USA Assistant Coach 2022 | Chiefs Super Rugby Womens Assistant Coach 2021 | Waikato Womens Assistant Coach 2021 (FPC Champions) | China Lions Head Coach 2020 | Bay of Plenty Steamers NPC Assistant Coach 2019-2020

Specialist Coaching Area: Defence & Set Piece



Mike Delany | Level 2 Qualified Rugby Coach

Bay of Plenty Steamers NPC Assistant Coach 2019-2021

Playing Career: All Blacks, Chiefs & Highlanders Super Rugby, Panasonic Japanese Top League, Clermont France Top 14 & Newcastle English Premiership

Specialist Coaching Area: Attack & Skill Development



Andrew Spraggon | Level 3 Qualified Rugby Coach

World Rugby Coach Educator. 'Spraggs' has an extensive history as a club, school and representative Coach both in New Zealand and internationally.

Specialist Coaching Area: Defence & Collision Aspects



Pingi Talaapitaga | Level 3 Qualified Rugby Coach

Bay of Plenty Toa Head Coach 2021 | Tauranga Sports Premier Club Assistant Coach 2020 - 2021
Bay of Plenty U23 Assistant Coach 2019

Playing Career: Highlanders Super Rugby & Bay of Plenty Steamers (50 caps)

Specialist Coaching Area: Scrumming, Defence & Collision Aspects



Camp Costs & Inclusions:

8 Weeks: NZ\$11,000 10 Weeks: NZ\$13,000

Inclusions: Accommodation, meals,* Samurai training apparel, transport to and from sessions, all training sessions, etc.

* We provide breakfast and lunch meals on a self-catered basis. Players are required to organise their own evening meal.

Where We are Based:

Inside Running Academy is based in Mount Maunganui, New Zealand, the world's best location for an International Rugby Academy and undoubtedly the perfect environment for players to experience a true taste of New Zealand lifestyle.

Summer, average daily high: 24–28 °C (January – March).

Winter, average daily high 14–20 °C (April–October).



Voted as one of the World's Top 25 Beaches!

How to Enrol:

Apply Now: This Camp is capped — only 20 spaces are available.
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