



2022 **PLAYER DEVELOPMENT** CAMPS

Flexible Term Camp duration options:

2, 4, 6 & 8 weeks

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 SEASON:

19 JUNE – 28 AUGUST 2022

**THIS CAMP IS
A FANTASTIC
OPPORTUNITY
TO ACCELERATE
YOUR DEVELOPMENT
AS A RUGBY PLAYER
AND HAVE THE
EXPERIENCE
OF A LIFETIME**

➤ **Open to Boys & Girls 14–18 years***

These 2–8 week Programmes are designed to provide aspiring male and female rugby players with an opportunity to experience life as a full-time athlete.

* Older athletes are encouraged to apply for our High Performance Camp.

➤ **Camp Durations**

Camp durations are flexible and elective — it's your choice — you can join for 2, 4, 6, or 8 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
- 17 July 2022
- 31 July 2022

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

INSIDE RUNNING ACADEMY

The Ultimate Rugby Development Experience

2022 PLAYER DEVELOPMENT CAMPS



Camp Duration Options: From 2,4,6 to 8 weeks
2022 Season: 19 June–28 August 2022

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							
8.45 am	Academy Meeting							
9.00 am	Gym: Strength & Flush Focus	Gym: Strength Focus	Recovery Day <i>We also use this day for Testing, and/or Academy Field Trips</i>	Gym: Speed & Power Focus	Gym: Game Prep Focus	Game Day	Recovery Session	
10.00								
10.30 am	Micro Skills	Micro Skills		Micro Skills	Micro Skills			
11.00 am	Physiotherapy	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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Our Staff:

<p>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</p>	
<p>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</p>	
<p>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</p>	
<p>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: Scrummaging, Defence & Collision Aspects</p>	

Camp Costs & Inclusions:

2 Weeks: NZ\$3,000

4 Weeks: NZ\$5,000

6 Weeks: NZ\$7,500

8 Weeks: NZ\$9,500

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).

Tripadvisor: Recently voted as one of the World's Top 25 Beaches!

How to Enrol:

Go online to: www.rugbyacademy.global

Or email mike@insiderunning.com

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