

FINBOROUGH RUGBY ACADEMY

SUN 5TH - FRI 10TH AUGUST 2018

Coaching
Excellence

Top Rugby
School Venue

World Class
Partners

Cutting Edge
Sports Tech



"In partnership with STC, PSA Academies are very excited to launch our first UK Residential Rugby Academy in Finborough School in August 2018. The programmes will offer the best rugby academy experience to young players from across the UK, in a fantastic & modern venue. We look forward to working with your young players, to maximise their potential"



Philippe Saint-Andre
Co-Founder and Chairman, PSA Academies



SPECIALIST AREAS COVERED

Core Skills Assessment & Development	Positional Play	Game Management Development
Speed, Agility & Flexibility Development	Strength & Conditioning	Sports Tech Use & Analysis
Injury Prevention & Recuperation	Nutrition Analysis & Planning	Personal Development
Personal Fitness Assessment & Planning	Mental Preparation	Peer & Rugby Networking

RESIDENTIAL (4pm Sun 5th - Fri 10th August)

INTERMEDIATE/ADVANCED* £449

5 Nights fully supervised full board shared accommodation, all rugby & leisure activities, Player Development Report and the Finborough Rugby Academy Player Pack

NON-RESIDENTIAL (08:30 - 17:00, Mon 6th - Fri 10th August)

MINIS, INTERMEDIATE & ADVANCED* £315

5 days cooked lunch, all rugby & leisure activities, Player Development Report and the Finborough Rugby Academy Player Pack

*MINIS, 10 - 11 years, boys & girls / INTERMEDIATE/ADVANCED, 12-15 years, 16+, boys & girls

SPECIAL BOOKING OFFER

See
www.psaacademies.com/offers
for more

Ts&Cs apply

For more information or to book go to
www.psaacademies.com/finborough-rugby-academy

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