

## » WHERE

WPRA is centrally located within Cape Town's Southern Suburbs, making it easily accessible for pupils from all schools in the area. Our facility accommodates a lecture hall, gymnasiums and rugby fields, (which means that no time is wasted, by travelling from one area to another), specialist rugby equipment, as well as professional sports rehabilitation specialists on-site.

Based at the Athlete Development centre, Imam Haron/Landsdown Rd, Claremont, Cape Town, South Africa.



## » COSTS\*

Costs are available on request for individual programs, clinics and camps and will be designed to meet your specific goals.

## CONTACT US

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# SCHOOLS PROGRAMS & CLINICS



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## INTRODUCTION

When it comes to rugby training and conditioning, understanding the developmental stage of children and young adults at school is critical for their development as athletes and their well being. At the Western Province Rugby Academy (WPRA) we ensure that all training is age specific and based on the correct scientific training principles in our quest to help develop future rugby stars and prepare them for the rigours of the sport. Being a contact sport, strength and conditioning are of great importance and it is imperative that this training is periodized in a rugby-specific format, enabling players to deliver peak performance in-season.

The WPRA will take each schools player through a periodised training program following testing. This will incorporate all components of conditioning specific to high performance rugby. The programme will offer all rugby specific gym and field based conditioning components and progressions that are critical for optimal performance and confidence on the field. This training will be performed under the supervision of fitness professionals.

High school players from 14-18 years of age can complete a full conditioning programme over a 6 months period, after which the WPRA graduate player will have a significant advantage over other players that have not trained with the correct approach and expertise. Alternatively, players can arrange individual coaching on conditioning, on-field skills and off-field lectures, although it is advised that a player work through the WPRA program to reach maximum development and progress.

The programme also includes a world class coaching and skills development intervention from the WPRA professional coaching team.

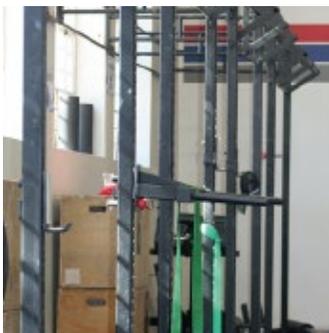
## APPROACH

At WPRA we focus on the holistic development and transformation of rugby players. The program combines both educational lectures and on-field practical sessions, ensuring that performance excellence is understood and achieved both in principle and practice.

The skills and competencies of each individual are measured and evaluated according to their position-specific needs. The program empowers individuals to excel at this dynamic sport through nutrition, physical development and rugby skills development.

## WHO

The WPRA is comprised of a group of highly skilled, internationally-accredited professionals, who are united by their pursuit for excellence and a passion for rugby.



## WHEN

At WPRA we understand the pressures of the modern-day School student and therefore the program is designed with careful consideration towards the student's academic, sporting and family life. The program spans up to 19 weeks, commencing end of September each year and concluding at the beginning of March.

Consultation and planning with staff at schools within the Southern Suburbs has allowed the WPRA timetable to balance the demands of the program with the "peaks and troughs" of the school calendar (e.g. exams, sports tours etc.) and thus the key to the success of the program is rooted in flexibility and timing.

Unlike other programs of this nature, students do not board at the facility for the duration of the course. Students thus enjoy the support of family and friends and are free to pursue their other interests, which means there is a life beyond rugby. We believe this approach promotes a better-rounded individual and athlete, as opposed to the idea that a child or adolescent must focus only on one sport before they leave school.

## HOW

At WPRA we believe that holistic development is achieved through detailed nurturing of the key elements of each student's physical, mental and emotional make-up. This is facilitated by knowledgeable and passionate professionals at the forefront of their respective specialist areas. Our program is comprised of both lectures and on-field practicals, encompassing strength and conditioning, position specific skill work, rugby tactics, video analysis and mental preparation, amongst other aspects.

## STRUCTURE

### CONDITIONING

- MUSCLE FACILITATION AND CORE WORK (imbalance correction)
- BASIC STRENGTH
- HYPERTROPHY
- CIRCUIT WORK
- CONVERSION TO POWER
- MAINTENANCE/PEAK
- CARDIOVASCULAR
- AEROBIC ACTIVATION
- AEROBIC ENDURANCE
- ANAEROBIC ACTIVATION
- RUGBY RELATED FITNESS
- MAINTENANCE



### EDUCATION & FIELD WORK

- ANALYSIS
- THE KICKING GAME
- VISUAL SKILLS
- BASIC SKILLS
- CONTACT SKILLS
- SET PHASE ATTACK
- SET PHASE DEFENCE
- POSITIONAL SPECIFIC SKILLS
- BREAKDOWN
- BREAKDOWN ATTACK
- BREAKDOWN DEFENCE
- TEAM AND POSITIONAL STRATEGY
- SET PHASE UNIT ATTACK
- SET PHASE UNIT DEFENSE