

If you want to reach your goals for 2017 get along to this Camp. These Camps are the ones! Great team, great facilities and great programmes. **LIAM MESSAM**

Live the dream

**AS A FULL TIME
RUGBY PLAYER
IN NEW ZEALAND**

LONG TERM DEVELOPMENT CAMPS

Camp duration options: **From 4 to 40 weeks**
09 JANUARY 2017 – 16 OCTOBER 2017



Designed for **Rugby Players Aged**

15-25 YEARS

- » We will teach you how to become the **best player that you can be.**
- » We will give you the **tools to continue your development** when you return home
- » We will expose you to some of **New Zealand's leading coaches, New Zealand club rugby and New Zealand rugby culture.**

Sponsored by

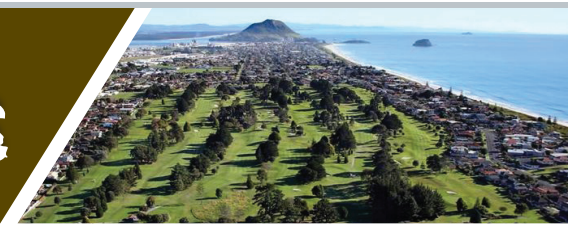


INSIDE RUNNING ACADEMY

The Ultimate Rugby Development Experience

LONG TERM DEVELOPMENT CAMPS

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» MOUNT MAUNGANUI, NEW ZEALAND



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 true taste of New Zealand lifestyle.

KEY FACTS

New Zealand's most popular beach destination, Mt Maunganui is the home of the All Blacks 7s, New Zealand Womens 7s and Bay of Plenty Steamers Rugby Teams.

Summer Temperatures: Average daily high: 24 – 28°C (January – March).

Winter Temperatures: Average daily high 14 – 20°C (April – October).

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

The iconic Mt Maunganui, or Mauao as its known to locals, is a favourite for Academy hill runs.

» A TYPICAL WEEK AT INSIDE RUNNING ACADEMY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
8.00 am	Acute Injury Clinic		Free Day. Set aside for Academy Field Trips and Testing (when required).						
8.30 am									
9.00 am	Academy Meeting & Game Review	Gym			Gym				
9.30 am									
10.00 am	Gym								
10.30 am									
11.00 am		Physio			Physio	Gym Based Primer		Recovery	
11.30 am									
12.00 pm	Lunch	Lunch			Lunch	Lunch			
12.30 pm									
1.00 pm									
1.30 pm	Skills	Skills			Skills	Coach Interviews & Education Workshops	Game		
2.00 pm									
2.30 pm	Mount Run								
3.00 pm		Recovery Swim			Recovery Swim				
3.30 pm									
4.00 pm	Recovery Swim								
4.30 pm									
5.00 pm									
6.00 pm to 7.30pm		Club Rugby Training		Club Rugby Training					

For more info and how to enrol contact:

Mike Rogers, Inside Running Academy Director: mike@insiderunning.com
ph: (07) 574 2319 / 021 784 839 | www.insiderunning.com

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» DURATION / OPTIONS / START DATES

Location: Inside Running Academy, 124 Aerodrome Road, Mt Maunganui.

Dates: Our 40-week 2017 Season operates from 09 January 2017 to 16 October 2017.

Duration: Players may choose their Camp stay duration to be any nominated number of weeks: From 4 weeks (minimum) through to 40 weeks.

Start Dates: Arrivals/start dates and departures for nominated durations are every Sunday during the 40-week Academy season.

Cost: NZ\$1100 per week for stays of 11 weeks or less | NZ\$1000 per week for stays of 12 weeks or more.

» CAMP INCLUSIONS

Samurai Training Apparel:	3 x training shirts, 1 x singlet, 2 x shorts, 1 x backpack. Plus the option to purchase further apparel at discounted prices.
Workshops on Key Education Topics:	Mental Toughness, Sports Nutrition, Injury Prevention & Recovery, Game Review, Video Analysis, etc.
Skills Sessions:	Position-specific and General.
Comprehensive Testing:	Strength & Conditioning. Movement Competency.
Strength & Conditioning:	Individualised Rugby-specific Programming, World-class Strength & Conditioning Coaching, Fundamental Movement Coaching, Speed & Power-focused Sessions, Gym Membership at THE ATHLETE FACTORY.
Transport to and from training sessions and games.	
Placement with local club and school teams.	
Accommodation provided at Academy Lodge on a room share basis (typically 2 per room).	
Breakfast and lunch meals provided on a self-catered basis.	
Supplements as prescribed by our Head Strength & Conditioning Coach. (Typically a whey protein isolate supplement only).	

» HOW TO ENROL

For more information and how to enrol contact:

Mike Rogers

Inside Running Academy Director:

mike@insiderunning.com

Phone: +64 7 574 2319

+64 21 784 839



KEY RESULTS

- 2015: Inside Running Academy graduate, Pingi Talaapitaga makes his Super Rugby debut for the Highlanders.
- 2014: Academy graduate, Byron McGuigan makes his Premiership debut for Exeter Chiefs.
- Six 2016 and six 2015 Inside Running Academy graduates attend the NZ National U19 Tournament for Bay of Plenty.

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» COACHING STAFF

MIKE ROGERS Mike has worked in the sports management, coaching and rehabilitation sectors for the past 13 years and has a real passion for athlete development. Since the establishment of Inside Running Academy during 2010, Mike's career highlights include: Tauranga Sports Rugby Premier Coach 2010-2015 (Baywide Champions 2010, 2013 & 2015) | Bay of Plenty U19 Rugby Coach 2015-16 | Establishment of: Inside Running (2003) | Foundation Sports & Rehab Clinic (2013) | THE ATHLETE FACTORY NZ (2016)

KEEPA MEWETT Keepa has played professional rugby for the Bay of Plenty Steamers and Manawatu Turbos for the past 5 years. During this time he has developed a keen interest in the strength and conditioning side of sport as well as a passion for Olympic weight lifting. More recently, Keepa has been avidly involved in skills and strength development of Inside Running Academy and school-age rugby players.

TIM WILSON Passionate about combining science with coaching to create development-focused training environments, Tim has significant strength and conditioning experience and has worked with various athlete groups ranging from New Zealand age group football teams to school rowing groups. More recently, Tim has been helping develop athletes of all ages at St Kentigern College in Auckland, together with studying toward post-graduate qualifications in strength and conditioning, and athlete development.

OTHER RESOURCE COACHES:

CLAYTON MCMILLAN Head Coach, Bay of Plenty Mitre 10 Cup Team
RODNEY GIBBS Assistant Coach, Bay of Plenty Mitre 10 Cup Team
DAMIAN KARAUNA Head Coach, Japan National 7s Team | Former Assistant Coach, AllBlacks 7s.

Additionally we access a number of other local and international coaches together with current professional players to deliver sessions for Inside Running Academy.



» FACILITIES

THE ATHLETE FACTORY Early 2016 Inside Running Academy relocated to its own purpose-built training facility called THE ATHLETE FACTORY.

The all-weather facilities include:

- 300m² of high performance gym space
- 3 x 44m of running track
- 600m² of turf
- On-site physiotherapy, nutritionist, sports massage and sports psychology services
- Academy meeting and seminar rooms
- Academy offices

This facility has been designed specifically for our requirements and is without question the best rugby performance centre in New Zealand.

Find out more: <http://www.theathletefactory.nz>

BLAKE PARK Blake Park is a purpose-built rugby union facility with three full sized rugby fields and is renowned for its hard and fast surface. Less than 50 metres from Academy Lodge and the training venue for the AllBlacks Sevens team, we hold all Academy outdoor skills sessions at this venue.

MAUAO We take advantage of the unique natural training environment of Mt Maunganui — our local mountain (Mauao) and our sensational beaches.

232 metres in height, we use Mauao for our conditioning and team building activities.

ACADEMY LODGE In 2015 Inside Running Academy established its very own accommodation complex, Academy Lodge.

Housing up to 20 Academy members on

a mostly twin-share basis, the Lodge has eight bedrooms with shared communal bathrooms, kitchen, lounge and deck and is just 500 metres walk from the beach.

Live-in managers, Nicky and Mikaere, provide guidance and support to players, together with food provisions (breakfast and lunch meals on a self-catered basis).

HOMESTAY

For players under the age of 16 we can arrange for Homestay with local families.

These families typically live in the Mount Maunganui Township and are avid rugby supporters.

The cost of Homestay is significantly more expensive, hence, there is an additional charge of \$100 per week for this service.

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