

Live the dream



If you want to reach your goals for 2017 get along to this Camp. These 5 day Camps are the ones! Great team, great facilities and great programme.

**LIAM
MESSAM**

PLAYER DEVELOPMENT CAMP

2 CAMP OPTIONS:
JANUARY 2017 SCHOOL HOLIDAYS

Camp 1: **16 – 20 January 2017**

Camp 2: **23 – 27 January 2017**

Designed for
promising young
players aged

**15-18
YEARS**

INTENSIVE 5-DAY CAMPS

- » **Kick-start your development** as a rugby player
- » **Comprehensive evaluation** of you as a rugby player
- » **A formulated offseason training programme** and player development plan

**INSIDE RUNNING
ACADEMY**

The Ultimate Rugby Development Experience

PLAYER DEVELOPMENT CAMP

JANUARY 2017 SCHOOL HOLIDAYS

2 Intensive 5-Day Camps | 16–20 Jan & 23–27 Jan 2017



Designed for promising young players aged **15–18 YEARS**

INTENSIVE 5-DAY CAMPS

Designed for up-and-coming players aged 15–18 years, Inside Running Academy are holding two **Player Development Camps** this coming January school holidays.

Our Player Development Camp programme will provide secondary school players with an intensive camp environment that is focused on the development of technical, physical, mental and leadership skills.

Our Camp programme is perfectly suited to promising young players aged 15 to 18 with aspirations for the future.

An Intensive five-day course that includes:

- Comprehensive Strength and Conditioning testing and movement competency screening.
- Concentrates on position-specific analysis and tuition, mental toughness, skill development and education.
- Daily Strength and Conditioning Sessions at our purpose-built facility, THE ATHLETE FACTORY.
- Emphasis on educating players about future development and establishing future Player Development Plans.

CAMP SCHEDULES:

	9.00am	10.30am	12.00pm	1.00pm	2.00pm	2.30pm	3.30pm	4.00pm	5.00pm
MONDAY: 16 January & 23 January	Players Arrive Academy Induction (10am)		Strength & Conditioning testing and movement competency screening						
TUESDAY: 17 January & 24 January	Mental Skills Workshop	Gym	Lunch	Skill Development		Recovery Swim		Player Development Plans	
WEDNESDAY: 18 January & 25 January	Nutrition Workshop	Gym	Lunch	Skill Development		Mount Run	Recovery Swim	Player Development Plans	
THURSDAY: 19 January & 26 January	Game Review Workshop	Position Specific Skills	Lunch	Skill Development & Team Run		Recovery Swim		Player Development Plans	
FRIDAY: 20 January & 27 January	Recovery & Injury Prevention Workshop	Gym Based Primer	Lunch		Game		Recovery Swim		Depart Academy

For more info and how to enrol contact:

Mike Rogers, Inside Running Academy Director: mike@insiderunning.com
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2 Intensive 5-Day Camps | 16–20 Jan & 23–27 Jan 2017



Designed for promising young players aged **15–18 YEARS**

»» PARTICIPATION OPTIONS:

Both January Player Development Camps offer two options for participation — one for **Local Players**, or those who are based in or near Tauranga / Mt Maunganui and do not require accommodation; and a **Non-Local Player** option, providing accommodation and meals (on a self-catered basis) for the Camp's duration.

»» CAMP INCLUSIONS:

• Samurai Training Apparel:	2 x training shirts with the option to purchase other apparel at discounted rates.
• Workshops on Key Education Topics:	Mental Toughness Nutrition Game Review & Recovery Injury Prevention.
• Skill Sessions:	Position-Specific and General.
• Comprehensive Testing:	Strength & Conditioning. Movement Competency.
• Strength & Conditioning:	Daily Sessions
• Formulated after-Camp Plans:	Future Player Development. Off-season Strength & Conditioning Programme.
• Additionally, for Non-Local Players:	Accommodation at the Inside Running Academy Lodge and meals (on a self-catered basis). Transfers from Tauranga Airport (if applicable).

»» LOCATION / DATES / COST:

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

Dates: **Two 5-Day Camp Options: 16–20 January 2017 & 23–27 January 2017**

Cost: **Local Players \$500** (not requiring accom) | **Non-Local Players \$750** (incl accom at Academy Lodge & meals)

»» HOW TO ENROL:

Our Player Development Camps are LIMITED TO JUST 20 NON-LOCAL PLAYERS.

BOOK NOW To Secure Your Place.

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