

Rugby and English Academy

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## RUGBY AND ENGLISH

Dear Sirs, Good morning

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- **Munster Rugby Academy, Cork**

RUGBY AND ENGLISH in LONDON 2016



## Twickenham LONDON



**England**  
**RUGBY ACADEMY**  
**.INTERNATIONAL**

## Rugby Academy International LONDON

**Athletes' Ages** 12 - 15 years old

**Dates:** July 17th to July 31st, 2016

**Accommodation:** College

**Location:** London, College in Twickenham, with great sports fixtures and indoor swimming pool.

Numerous excursions are included in the program, such as London, Oxford and Brighton, and a guided visit to Twickenham Rugby Stadium and Museum.

### SPECIAL FEATURES

- International and English rugby players participation
- Strength and conditioning foundation
- Skills development specialists & clinics
- Rugby game with an English Rugby Club
- Recreational activities and excursions: Oxford, Brighton, London, Dinner cruise on the Thames

### DAILY PROGRAMME 2016 from the 17th to the 31st of July 2016

17th July	Arrivals
18th July	English and Rugby, Evening activities in the College
19th July	English and Rugby, Evening activities in the College
20th July	English and Rugby, Evening activities in the College
21st July	English and Rugby, Evening Walk and Dinner in Central London
22nd July	English and Rugby, Evening activities in the College
23rd July	Full day Excursion to Oxford
24th July	Full day Excursion to Brighton or London

- 25th July Rugby and English, Evening activities in the College
- 26th July Rugby and English, Evening activities in the College
- 27th July Rugby and English, Evening activities in the College
- 28th July Rugby and English, Thames Cruise with Dinner & Disco Club on the Boat
- 29th July Rugby and English, World Rugby Museum and Twickenham Stadium tour
- 30th July Full Day Excursion to London and Rugby Game with a local team.
- 31st July Departures

**AVAILABILITIES**

**ACCOMMODATION COLLEGE:**

time frame (17th-31st July 2016): **6 PLACES AVAILABLE**





## RUGBY AND ENGLISH in DUBLIN 2016



### Rugby Academy International DUBLIN

**Athletes' Ages:** 13 - 18 years old

**Dates:** July 3rd to July 31st, 2016

**Accommodation:** College and Host Family (Total immersion in the life of an Irish family with strong rugby traditions).

**Location:** Top Rugby College in Dublin, providing numerous sporting facilities including indoor swimming pool

**Features:** Young Irish and international rugby players will take part to this Academy.

### DAILY PROGRAMME 2016

#### RUGBY ACADEMY INTERNATIONAL

from the 3rd to the 31st of July 2016

- 3rd July Arrivals
- 4th July English and Rugby, Evening Activities
- 5th July English and Rugby, Evening Activities
- 6th July English and Rugby, Evening Activities

7th July English and Rugby, Evening Activities  
8th July English and Half Day Excursion (Aviva Stadium, Croke Park or other)  
9th July Full Day Excursion  
10th July Arrivals or Half Day Excursion in Dublin  
11th July English and Rugby, Evening Activities  
12th July English and Rugby, Evening Activities  
13th July English and Rugby, Evening Activities  
14th July English and Test Match with Irish College team, terzo tempo e riposo  
15th July English and Rugby, Evening Activities  
16th July Full Day Excursion  
17th July Dublin City Tours (or Arrivals)  
18th July English and Rugby, Evening activities  
19th July English and Rugby, Evening activities  
20th July English and Rugby, Evening activities  
21st July English and **Rugby Match with Munster Rugby**, refreshment  
22nd July English and Rugby, Evening activities  
23rd July Full day Excursion outside Dublin  
24th July Dublin City Tours (or Arrivals)  
25th July English and Rugby, Evening activities  
26th July English and Rugby, Evening activities  
27th July English and Rugby, Evening activities  
28th July English and **Rugby Match with Munster Rugby**, refreshment  
29th July English and Rugby, Evening activities  
30th July Full day Excursion outside Dublin  
31st July Departures

Over 200 players from across Leinster region plus overseas players including from countries such as Dubai, Canada, Japan, America plus various European countries will join us to train like a professional player during the month of July at the Rugby Academy International in Dublin.

#### **AVAILABILITIES**

**ACCOMMODATION COLLEGE:** fully booked (waiting list)

#### **ACCOMMODATION HOST FAMILY:**

time frame (3rd -17th July 2016): fully booked (waiting list)

time frame (10th-24th July 2016): 3 PLACES AVAILABLE

time frame (17th-31st July 2016): 4 PLACES AVAILABLE



## LEINSTER RUGBY ACADEMY



### Leinster Rugby Academy

**Athletes Aged:** 10 -16

**From:** July 3rd to July 31st, 2016

**Accommodation:** College

**Location:** Historical College in Dublin, providing numerous sporting facilities including indoor swimming pool

**Features:** Irish and International youth Players participation

**Special Features:** Players will learn new techniques and develop new skills; Leinster Rugby Coaching staff and players attending the trainings and interacting with young players.

### AVAILABILITIES

#### ACCOMMODATION COLLEGE:

time frame (3rd -17th July 2016): 3 PLACES AVAILABLE

time frame (17th-31st July 2016): 4 PLACES AVAILABLE

## MUNSTER RUGBY ACADEMY



### Munster Rugby Academy

**Athletes Aged:** 13 - 16

**From:** July 3rd to July 17th, 2016

**Accommodation:** Host Family

**Location:** Modern College in Cork, providing numerous sporting facilities including indoor swimming pool

**Special Features:** Players will learn new techniques and develop new skills; Munster Rugby Coaching staff and players attending the trainings and interacting with young players.

#### AVAILABILITIES

##### ACCOMMODATION HOST FAMILY:

time frame (3rd -17th July 2016): 2 PLACES AVAILABLE

time frame (17th-31st July 2016): 3 PLACES AVAILABLE

## SCHOOL YEAR ABROAD

Ireland, England and New Zealand are three ideal destinations for young athletes who wish to live a unique school, sport and life experience abroad.

We are happy to assist in finding the most suitable solution for them and organising their experience either for three months only, for six months or for a whole school year, with accommodation in a host family or in a college.

Athletes during the entire period of stay will take part in the College Rugby team and/or join a local rugby club.

During their experience abroad the athletes increase their mental strength and activate their leadership. They improve their sports and personal skills and in they use of English language. Our mission is to prepare all athletes for future challenges on a solid educational foundation.

Please contact us for more information at [playrugby.eu@gmail.com](mailto:playrugby.eu@gmail.com)

Many Thanks  
Best Regards  
Daniele Marcon

## "Play Rugby and Learn English"

### RUGBY AND ENGLISH

[www.playrugby.eu](http://www.playrugby.eu)

Ballsbridge  
Dublin 4  
Ireland

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## RUGBY AND ENGLISH FOUNDATION

In historic schools and in quiet and green areas of England and Ireland, during the entire month of July, we offer the opportunity to young international athletes to live totally immersed in the life of the best English and Irish colleges, and enjoy an effective method to learn the English language.

Athletes can live at college or stay with carefully selected host families, which will facilitate their learning process and improve their personal skills that help in communication.

### RUGBY AND ENGLISH

"Play Rugby and Learn English" is an educational approach that allows students to learn English while they are participating in a specific rugby-training programme within a rugby academy. This method is recommended to all the students who wish to improve their English and develop their rugby skills. The Rugby and English programme is designed for athletes between the ages of 9 and 18 years old.

### International participation

Participants come from all over the world, especially from France, Spain and Italy, and this ensures that the only communication code is English.

### SCHOOLS AND SPORTS FACILITIES

The programme is implemented in universities and colleges with modern and excellent academic and sports facilities, situated in great locations around the world. All the schools have bright and spacious classrooms, equipped with modern teaching and learning facilities and safe Internet access. We are committed to provide all the international students with an appropriate, safe and secure learning and training environment.

The designated sports centres have a variety of pitches, courts and a wide range of other superb indoor and outdoor sport facilities, which offer students the perfect locations to train and play rugby or practice



many other sports such as basketball, volleyball, football, tennis, hockey, golf, pitch and putt, table tennis, swimming, horse riding, climbing, sailing and many more.

### ENGLISH COURSE

English classes are made up of a maximum of 15 students per class plus native English speaking teachers, university graduated, that are highly experienced and fully qualified to teach English to international students (TEFL).

The English courses cover all aspects of the language: speaking, listening, reading, writing, grammar, vocabulary and pronunciation. The courses focus on conversations and debates keeping classes lively while enhancing oral fluency. Emphasis is also placed on written skills including letters, reports and emails writing.

There are 15 hours of English language tuition each week.

Courses can run over 2, 3 or 4 weeks.

### ENGLISH PROGRAMME

Before the start of the course students are assessed with a placement test to determine their level of English. They are then placed in an appropriate class according to their level and needs and they will develop their language skills adopting the approach "from beginner (A1) to advanced (C1)". Our

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various phases of the acquisition of language skills. The English programme focuses on learning materials from established publishers combined with modern teaching methods, in order to attain promptly and effectively the objective of improved pronunciation and oral fluency.

### CERTIFICATE

At the end the course a certificate of attendance is issued to each student. It certifies the number of hours studied, the progress that has been made and the level of English proficiency reached.

### RECOGNITIONS

The Irish and the British departments of education recognize our educational programmes. Schools, English courses, teachers qualifications, teaching methods and techniques and learning experience are inspected, reviewed or approved by ACELS in Ireland and by the British Council in the United Kingdom.

### RUGBY ACADEMY

The project has been generated in conjunction with the "Long-term player development programme", created by the Irish Rugby Football Union, which aims to maximise individual potential and involvement in rugby. This programme takes care of the rugby players, covering all aspects of coaching, nutrition, fitness and the spirit with which young athletes should be conducted during their training process as they progress along their rugby journeys. The athletes learn the essential techniques required to play safely, develop new skills and new ways to express themselves within a group. There will be the

“humbleness” that comes by playing for a team and the “responsibility” for the safety and enjoyment of all participants. We encourage a healthy competition and promote the joy to participate in rugby.

### **RUGBY COACHING**

All participants are assisted and guided by highly qualified professional IRFU, RFU, WRU and NZRU coaches, experienced tutors, expert educators and former professional players. The coaching programme focus on all aspects of the game. Particular emphasis is placed on individual techniques and skills development, communication and the ability to make decisions. We have forwards and backs coaches; scrum instructors; coaches specialised in individual, mini-unit and team skills development; educators with expertise in team building and leadership development.

### **RUGBY PROGRAMME**

The athletes will have more than 10 hours per week of training and interrelated activities, such as educational classes, position specific analysis tuition, coaching sessions on individual techniques; mental strength, intelligence and rugby skills development. There are also rugby matches and introduction to match analysis.

### **ACCOMMODATION** (Residential and Host Family)

Students can live in a residential college or with selected host families, which have many years experience in hosting international students. The Interaction with the host family plays an important role in students' self-confidence and language skills development and at the same time gives the opportunity to make a great cultural experience. Host families are conveniently located to the schools. We are constantly in contact with each host family during the students' whole stay.

All meals are included.

### **PLEASE NOTE**

The rugby academies are open to players of any level, ambition and nationality. Individual technique, basic skills development, teamwork and enjoyment will be considered fundamental aspects of the rugby programme. For those students who wish to learn English without taking part in a rugby academy, there are many other sports and cultural activities available, which involve professional educators and highly experienced coaches and instructors all committed to provide the students with the best possible education. The activities programmes give students the opportunities to explore and absorb new cultures, make new friends and improve and practice the English language outside the classroom in a fun and relaxed way.