



# HIGH-PERFORMANCE RUGBY ACADEMY

CREATING OPPORTUNITIES SINCE 2014



## PROSPECTUS

TO JOIN OUR PROGRAM NOW  
FILL IN THE APPLICATION FORM ON OUR WEBSITE

[WWW.INTERNATIONALRUGBYINSTITUTE.COM](http://WWW.INTERNATIONALRUGBYINSTITUTE.COM)



# ABOUT US

The International Rugby Institute (IRI) is rated as the best full-time rugby academy in South Africa. The IRI Rugby Academy offers a program that exposes players to a high level of performance and gives them the opportunity to become professional rugby players. Our High Performance (HP) program is a holistic player development program that develops players emotionally, physically, and mentally. These characteristics are crucial for any player who wants to excel in professional sport. The HP program is designed to elevate each player's conditioning and skill set to the highest standard. In our HP program, each student's character, skill level, and natural talent are carefully developed to ensure they become not only better rugby players, but also exceptional young men.

Through our program, players also gain valuable exposure and opportunities to be selected for provincial teams, Varsity Cup teams, and rugby clubs overseas.

Learn more at:

 [www.internationalrugbyinstitute.com](http://www.internationalrugbyinstitute.com)



# NAKA BULLS



## Affiliation



The IRI is proud to be associated with **Naka Bulls Rugby Club**. Naka Bulls Rugby Club is currently the number 1 club in South Africa. Naka Bulls fields 4 senior and 2 u/20 teams. The 1st team of Naka Bulls Rugby Club won the sought after Carlton Cup 3 years in a row currently. They also received the BBRU rugby club of the year award in 2023/4/5. All our IRI students play for the club which gives them the best exposure possible. These players together with the IRI Old Boy's form the backbone of this successful club. The mindset and slogan of #NakaBrothers and #NakaGuts runs through the IRI's DNA.

## Accreditation



Our academy program is an accredited institution inside the Blue Bulls rugby Union. The Blue Bulls Rugby Union (often referred to simply as the Bulls) is a prominent rugby union team based in Pretoria, South Africa. The Bulls are one of the major rugby franchises in South Africa and have a significant presence in domestic and international rugby competitions.



# MISSION & VALUES

The IRI's mission statement is to develop and elevate players to be the best rugby player that he can be. We also strive to give quality opportunities for our players in South Africa or overseas

## WORK ETHIC

### WORK ETHIC

A professional athlete has a great work ethic. This is defined by how they handle their sport prior, between, and after practice. First on the field and last off the field.

## RESPECT

**RESPECT** is a way of treating someone or something in a way that shows regard for their feelings, wishes, rights and traditions. This means that you accept somebody for who they are, even when they're different from you or you don't agree with them.

## INTEGRITY

The word **INTEGRITY** means to be whole and undivided but also the quality of being honest with strong moral principles. In sport, this means the manifestation of the ethics and values which promote confidence in sports, including positive conduct by its members and community.

## ACCOUNTABILITY

**Accountability** in sport is doing what you say you're going to do and executing the task to the best of your ability. Then being able to put your hand up and say 'this is what I need to do better' if you don't get it right. Being accountable is not making excuses, not blaming others or whinging and complaining.



## Benefits Of IRI HP Rugby Academy

### Skill Development

Focused training sessions to enhance technical skills, such as passing, tackling, and game strategy.

### Tactical Education:

Instruction on game strategy, positional play, and decision-making.

### Professional Guidance:

Coaching from experienced professionals and sometimes mentorship from current or former players.



### Physical Conditioning

Fitness programs to improve strength, speed, agility, and endurance.

### Competitive Play:

Opportunities to participate in matches and tournaments to gain experience and showcase talent.

### Holistic Approach:

Support for players' personal development, including education and life skills.

## IRI HIGH PERFORMANCE RUGBY PROGRAM

### Strength and Conditioning

By focusing on these aspects, teams can develop well-structured and effective units that contribute to overall team success.

Strength and conditioning are critical components for rugby players, as they enhance physical performance, reduce injury risk, and improve overall fitness.

We focus on the following strength training, conditioning, mobility and flexibility, injury prevention and recovery. By focusing on these areas and maintaining a well-rounded approach to strength and conditioning, rugby players can enhance their performance on the field and reduce the risk of injuries.

### Positional Development

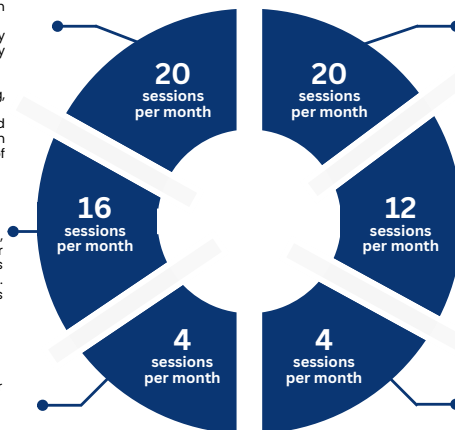
Positional development in rugby involves enhancing the skills, understanding, and performance of players based on their specific roles within the team. Each position in rugby has distinct responsibilities and requires tailored training to excel. Here's a detailed guide to positional development for various rugby positions

### Video Analysing

Video analysis is a powerful tool in rugby for enhancing player performance, improving team strategies, and making informed coaching decisions.

By effectively implementing video analysis, teams and players can gain valuable insights into their performance, make data-driven improvements, and enhance their overall game strategy.

**10 MONTH DURATION**  
**76 SESSIONS PER MONTH**



### Individual Skill Development

In rugby, individual skill development is crucial for enhancing performance and contributing effectively to the team. Here are some key areas and drills for developing individual skills in rugby.

The skill are passing, tackling, rucking and mauling, kicking, running and evasion, scrummaging, defensive skills, fitness and conditioning, game awareness and decision-making. Focusing on these areas and regularly practicing these skills, players can significantly improve their individual performance and contribute more effectively to their team.

### Rugby Unit /Structure Development

Units and structures in rugby involves organizing players into cohesive groups that can execute specific strategies and tactics.

Here's a breakdown of structure development for various areas of rugby like scrum, lineout, ruck and maul, Kick-off, kick ins, backline attack, defence structure, counter-Attacking.

By focusing on these aspects, teams can develop well-structured and effective units that contribute to overall team success.

### Practical coaching certificate

The IRI presents his own coaching qualification which would give the students knowledge and skills to coach rugby successfully.



# DAY PROGRAM OVERVIEW

## HP PLAYER PLAYER PROGRAM



## TYPICAL DAY PROGRAM

### BACKS

8:00

**KICKING SESSION - POSITIONAL SKILLS**

9:00

**INDIVIDUAL SKILLS**  
(RUNNING, PASSING, CATCHING, KICKING, CONTACT)

10:00

**GYM - REHAB/PREHAB**

11:00

**GYM - POWER & STRENGTH**

12:00

**LUNCH**

### FORWARDS

8:00

**FRONT ROW SESSION - POSITIONAL SKILLS**

9:00

**INDIVIDUAL SKILLS**  
(RUNNING, PASSING, CATCHING, KICKING, CONTACT)

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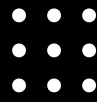
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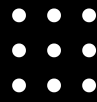
12:00

**LUNCH**



## HP PLAYER PLAYER PROGRAM

### TYPICAL WEEK PROGRAM



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00	Meeting	Meeting	Meeting	Meeting	Meeting	
8:30	Field session	Video session	Field session	Field session	Life skills	
9:00	Field session	Video session	Field session	Field session	Life skills	
9:30	Field session	Video session	Field session	Field session	Life Skills	
10:00	Gym	Gym	Gym	Gym	Gym/ Activation	
10:30	Gym	Gym	Gym	Gym	Gym/Activation	
11:00	Gym	Gym	Gym	Gym		Practical
12:00	Lunch	Lunch	Lunch	Lunch		Practical
18:00		Club practice	Club practice	Club practice	Games	

# EDUCATION PROGRAMS

## IRI COACHING CERTIFICATE



The International Rugby Institute (IRI) Coaching certificate is a very highly sort after qualification due to the fact that players takes 4 months to qualify for the certificate. The course is very practical and ensures that our coaches are confident when they start coaching.

The certificate consists of the following modules:

- Coaching fundamentals & didactics
- Planning of sessions
- Individual skills (Running, Catching, Passing, Kicking, Contact)
- Unit skills fundamentals (Scrum, Line out, backline play, Kick off)
- Positional skills (1-15)
- Attack & Defence



# EDUCATION PROGRAMMS

## ENTREPRENEURSHIP FOR RUGBY ATHLETES

### SOUTH AFRICAN PRACTICAL BUSINESS & WEALTH CREATION PROGRAMME



#### MODULE 1

What is Entrepreneurship?

#### MODULE 2

Basic Economic Principles

#### MODULE 3

Registering a Business in South Africa

#### MODULE 4

Opening a Business Bank Account

#### MODULE 5

Budgeting and Cash Flow

#### MODULE 6

Event Planning and Sports Entrepreneurship

#### MODULE 7

Project Management

#### MODULE 8

Marketing and Sales

#### MODULE 9

Tax Laws and Tax Implications

#### MODULE 10

Contracts in Business

#### MODULE 11

Investing and Wealth Creation

#### MODULE 12

Capstone Business Project



# CREATING OPPORTUNITIES

The IRI/Naka Bulls rugby network provides excellent exposure and opportunities for players at South African rugby provinces and abroad. The IRI/Naka Bulls rugby network has placed over 40 students in 8 years in different countries like Australia, UK, France, Spain, Portugal, Germany, Poland and Russia. The IRI's biggest player accomplishment up to date is the Tight Head Prop, Patrick Shickerling of the English club, Exeter Chiefs.

Patrick was a IRI student in 2018 and got selected for Namibia u/20 world cup team. Patrick was ready and conditioned to play premierhip rugby after he was signed by the Exeter Chiefs club. In 2022 he played in 2 tests for England against Australia. We also give students the opportunity to tour with the IRI to Europe each year.

We have partnered with a French based player agent company ACTIVREP that will ensure our players gets the best exposure possible

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# YEAR FEES

**The IRI HP Rugby Academy fee for 2026 is R60 000 that includes the following:**

- IRI Apparel
- Naka Bulls Warmup kit.
- More than 84 sessions of rugby training a month for 10 months.
- Training sessions done by professional, provincial coaches.
- Player Mentoring
- All club fees at Naka Bulls RC.
- All Gym fees.
- Sports science based monitoring and evaluation.
- IRI Practical Coaching Qualification.
- Boksmart Qualification.
- Boot Camp 2026.
- Access to IRI Tours when available.
- IRI Year End Gala Function.

**Please Note: Accommodation, meals, travel, and Tours are not included in the year fee.**

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# ACCOMMODATION

We have several accommodation options available in our network. They are all privately owned and range from flats, town houses, communes to garden flats. The average accommodation option in our network is from R2500.00 to R6000.00/month all depending on location, number of occupants and furnished or unfurnished. All the accommodation is within walking distance from the IRI campus. We will assist in the process to connecting you to the owners or dedicated Estate Agents. **Please Note** that the students Accommodation and Meals are excluded from the IRI program fee.

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# TOUR TO FRANCE

EXAMPLE OF OUR TOUR IN 2024

## IRI Rugby Tour to France

26 August - 6 September 2024

**ORGANISED BY:**  
BEAL TRAVEL

**OUR MOTIVATION**

We have had great success in the past 9 years by giving players the opportunity to play rugby abroad. We are now embarking on a whole new journey to take our players to be seen by the European market.

**OUR VISION**

Our Vision with this tour is to give players the best possible opportunity to get scouted in the best club competition in the world. We also want to create a brand in Europe whereby clubs know that we produce great players in our program.

**OUR MISSION**

To play some off the best Clubs in France and Europe to ensure our players can test themselves as well as have the opportunity to experience the world and other cultures.

**FOLLOW US ON**

**TOUR PACKAGE**

**Included:**

**FLIGHTS:**  
Return flights from Johannesburg to Paris France (including airport taxes)

**ACCOMMODATION:**  
9 nights in Paris France -Youth hostel

**TRANSPORT:**  
Transport to and from airports, accommodation, matches and training sessions in luxury coaches. Services of a professional driver.

**MATCHES:**  
3 x Matches against local clubs

**TRAINING SESSIONS:**  
2 x training sessions

**MEALS:**  
All meals

**BEAL BACKPACK GROUP INSURANCE**

**EXCURSIONS:**  
Seine Cruise  
Eifel Tower (Access on 1st floor via stairs)  
Underground pass for 5 x leisure days

**Not Included:**  
Visas & spending money

\*\*\* Exchange rate: R20.5 = 1 Euro  
GROUP SIZE | EXCHANGE RATE FLUCTUATIONS | AIRPORT TAX FLUCTUATIONS | AVAILABILITY AT THE TIME OF BOOKING | PRICE BASED ON MINIMUM 60 TOUR MEMBERS

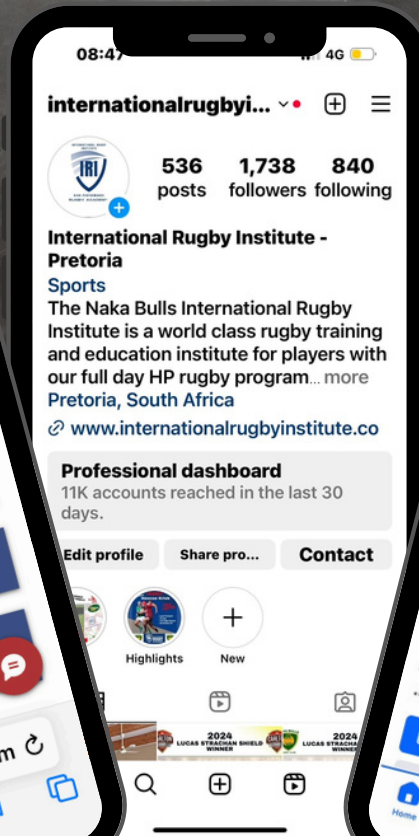
**Stade France**  
U/20 & U/18 teams will play the IRI

**Racing 92**  
U/20 & U/18 teams will play the IRI

**Massey Rugby Club**  
U/20 & U/18 teams will play the IRI

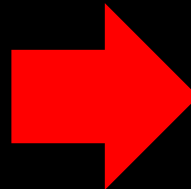
Contact:  
Marius Van Der Watt - 079 880 8604  
Kudu Oberholzer- 082 766 1939

[www.internationalrugbyinstitute.com](http://www.internationalrugbyinstitute.com)



# START YOUR NEW JOURNEY

**SCAN HERE**



## Info



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- [Website: www.Internationalrugbyinstitute.com](http://www.Internationalrugbyinstitute.com)

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