



# TRAIN & PLAY RUGBY IN SOUTH-AFRICA



**Sign Up Now**



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



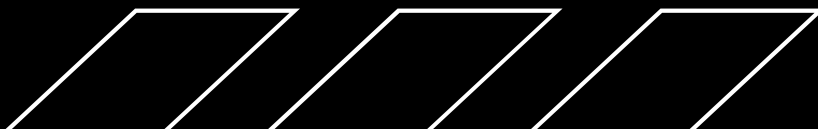
**TRAIN IN A  
HIGH-PERFORMANCE  
ENVIRONMENT**



**PLAY RUGBY GAMES AT THE  
BEST CLUB IN PRETORIA**



**TRAVEL & SEE THE  
BEAUTIFULL SOUTH AFRICA**



# TYPICAL DAY PROGRAM

8:00

**FRONT ROW SESSION**  
**KICKING SESSION**

9:00

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



10:00

**GYM - REHAB/PREHAB**

11:00

**GYM - POWER & STRENGTH**

12:00

**LUNCH**

13:00

**UNIT SKILLS**  
(RUNNING.PASSING, CATCHING, KICKING, CONTACT)

14:00

**POSITIONAL SKILLS**

14:00

**CLUB PRACTICE**



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



# PROGRAM FOCUS

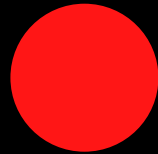
 **PLAYER CENTERED**

 **INDIVIDUAL SKILLS DEVELOPMENT**

 **POSITIONAL SKILLS DEVELOPMENT**

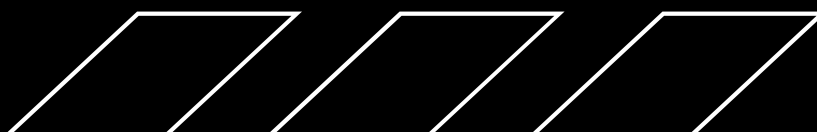
 **SELF ANALYSES**

 **LIFE SKILLS**

 **INDIVIDUALISED CONDITIONING PROGRAMS**



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



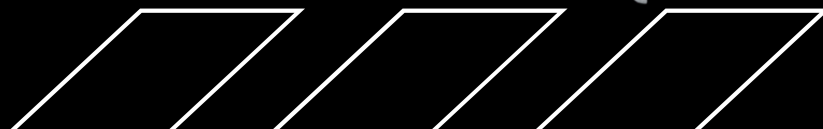


# STRENGTH & CONDITIONING

- TESTING
- POSITION SPECIFIC
- STRENGTH
- POWER
- RE-HAB
- PRE-HAB



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





# ACCOMMODATION & MEALS

## INCLUDED:

- SELF CATERING ACCOMMODATION
- FULLY EQUIPPED ACCCOMMODATION
- BEDDING & LINEN
- COOKING UTENSILS

## NOT INCLUDED:

- WI-FI
- MEALS



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



# RUGBY GAMES



ALL GAMES WILL BE PLAYED AT NAKA BULLS RUGBY CLUB.

[HTTPS://WWW.FACEBOOK.COM/NAKABULLSRUGBYCLUB](https://www.facebook.com/nakabullsrugbyclub)

NAKA BULLS IS THE CARLTON CHAMPOINS IN BOTH THE FIRST AND 2ND LEAGUE AND IS THE BEST CLUB IN PRETORIA CURRENTLY. THE IRI CAMPUS IS ON THE SAME PREMISES AS NAKA BULLS RUGBY CLUB.

PLAYERS CAN PLAY FOR:

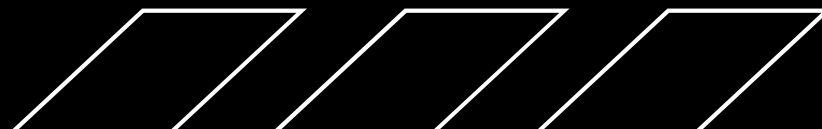
U/20 B

U/20 A

SENIOR 3

SENIOR 2

SENIOR 1





**IRI** HIGH-PERFORMANCE  
**ACADEMY**

# TOURIST ATTRACTIONS

- PILANSBERG GAME RESERVE
- SUN CITY
- DINOKENG BIG 5 GAME RESERVE
- KRUGER NATIONAL PARK
- SHORT FLIGHTS TO DURBAN & CAPE TOWN

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



## FEES: PACKAGE 1

**1 MONTH: R 16500**

**INCLUDED:**

- ACCOMMODATION
- ALL FIELD SESSIONS
- ALL GYM SESSIONS
- TESTING
- IRI APPAREL
- RUGBY GAMES
- AIRPORT TRANSFER

**NOT INCLUDED:**

- MEDICAL INSURANCE
- PHYSIOTHERAPY
- TRAVEL INSURANCE
- FLIGHTS
- MEALS

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







## FEES: PACKAGE 2

**3 MONTH: R 49000**

### INCLUDED:

- ACCOMMODATION
- ALL FIELD SESSIONS
- ALL GYM SESSIONS
- TESTING
- IRI APPAREL
- RUGBY GAMES
- AIRPORT TRAFER

### NOT INCLUDED:

- MEDICAL INSURANCE
- PHYSIOTHERAPY
- TRAVEL INSURANCE
- FLIGHTS
- MEALS

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





## FEES: PACKAGE 3

**6 MONTH: R 90000**

### INCLUDED:

- ACCOMMODATION
- ALL FIELD SESSIONS
- ALL GYM SESSIONS
- TESTING
- IRI APPAREL
- RUGBY GAMES
- AIRPORT TRANSFER

### NOT INCLUDED:

- MEDICAL INSURANCE
- PHYSIOTHERAPY
- TRAVEL INSURANCE
- FLIGHTS
- MEALS



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



## FEES: PACKAGE 4

**10 MONTH: R 110 000**

### INCLUDED:

- ACCOMMODATION
- ALL FIELD SESSIONS
- ALL GYM SESSIONS
- TESTING
- IRI APPAREL
- RUGBY GAMES
- AIRPORT TRANSFER

### NOT INCLUDED:

- MEDICAL INSURANCE
- PHYSIOTHERAPY
- TRAVEL INSURANCE
- FLIGHTS
- MEALS



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

# TESTIMONIALS



**LEGION**  
**SD** **RE-SIGNED**  
2021

**AARON MITCHELL**

My time at IRI was a very pivotal part in my career as a rugby player. IRI provided me with the tools to be able to adapt as a young player just getting back into the game and allowed me to train at a very high level each and everyday. Coach Marinus and Kudu are very knowledgeable about what it takes to thrive and compete at a high level. I wouldn't change my experience at all and if I could go back today I would. The front row academy allowed me to gain the knowledge I needed on scrumming and What it takes to be an all world prop. The work and the environment allows for growth and makes the grind well worth it.

**MLR** MAJOR LEAGUE RUGBY



**IRI**  
2019

**DEVIN SHORT**  
Las Vegas, USA

The experience I had at the IRI was such a game changer for me as a player and as a person. It really was a pivotal part in my career as a rugby player. Coach Marinus and coach Kudu both are very knowledgeable around all parts of the game. The techniques and body positioning around the breakdown and the over all knowledge about the game I learned added an edge to my game. Seeing and being 100% stuck in to the hard nose, grinding style of rugby they play in South Africa was so cool and I feel I have added that to my style of play! I am so grateful for the opportunity I had to train with the IRI and if I had the opportunity to go back today I would.

**MLR** MAJOR LEAGUE RUGBY



**IRI**  
2020

**MARC BREDEKAMP**  
Hertfordshire, UK

I came to the International Rugby Institute to become a better rugby player. And with the amazing coaches at the academy, I achieved that goal. I had been playing rugby four years prior to coming and felt I wasn't improving as much as I could in the UK. I did some research and found the IRI. The coaches here are the best at what they do: teaching players how to improve their individual skills and better our overall rugby ability. What I really found amazing was they are always willing to help, no matter the time of day.

**International Rugby Institute**



**IMPI VISSER**  
Blitzbok



"Ek was in die bevoorregte posisie om saam coach Marinus te kon werk. Eerlikwaar sou ek nie vandag wees waar ek is sonder sy insette nie. Ek het soveel gevorder en gegroei as 'n speler, maar wat altyd vir my sal uitstaan is die manier hoe hy sy spelers hanteer en ook hoe hy spelers bevorder as beter mense en nie net as sport manne nie. Ek sal altyd dankbaar wees vir coach Marinus en die invloed wat hy op my lewe gehad het. Hy is werklik een van die beste afrigters wat ek al mee gewerk het en weet dat ek nog 'n lang pad saam hom sal stap" - Impi Visser



**Brendon Venter**  
Pretoria, Sout Africa



Ek wil begin deur dankie te sê vir die (tools) wat die IRI my gegee het om nie net n goeie rugby speler te wees nie, maar ook n man te geword het wat van die veld af gegroei het, geestelik en emosioneel. Die lewenslesse wat ek geleer het en voorbeelde wat ek kon volg van manne wat al voor my die pad gestap het. Ek het vriendskappe ontwikkel by die IRI wat lewenslank gehou sal word. Verder het die IRI my ontwikkel deur wêreldklas kondisionering en rugby afrigting in 7's en 15 waarby ek regtig baie geleer het, die IRI het my tegniek in als verbeter en my die afronding gegee om goeie rugby te speel....."



**MICHAEL BENADIE**  
Middelburg, SA



Many thanks to Coach Kudu and Coach Marinus who afforded me the opportunity to grow as a person and to grant me the opportunity to improve my rugby skills on the field. From a very young age, I already had big dreams about rugby and always gave it my all. Only once I arrived at the IRI, did I then realize what hard work it entailed. I was taught new rugby techniques and exercises I never even heard of. And of course the first weekend's team building exercise is not easily forgotten. But throughout all the hard work friendships were forged....."





# CONTACT US

WWW.INTERNATIONALRUGBYINSTITUTE.COM  
INTERNATIONALRUGBYINSTITUTE@GMAIL.COM

**MOBILE: KUDU OBERHOLZER**

+27 082 766 1939

**MOBILE: MARINUS VAN DER WATT**

+27 79 880 8604