

2011

the ultimate rugby development experience



“I am excited about my involvement with the Inside Running Academy. We are developing a world class rugby player development programme that will give players an insight into what it takes to become a professional.”

DR. NIC GILL

New Zealand International Strength & Conditioning Coach

**INSIDE RUNNING
ACADEMY**

The Ultimate Rugby Development Experience

A joint initiative between Inside Running
& the Bay of Plenty Rugby Union.

INSIDE»»RUNNING
SPORTS MANAGEMENT





INSIDE RUNNING ACADEMY

The Ultimate Rugby Development Experience

Introducing the Inside Running Academy

The Inside Running Academy is a joint venture between Inside Running and the Bay of Plenty Rugby Union.

Our goal is to provide a rugby development experience that empowers players with the tools to reach their rugby potential.

Our Academy is unique in that it can be tailored for players of all levels and will provide players with the opportunity to play club rugby in addition to training full-time.

Courses are available for 4–20 weeks and are based in Tauranga, New Zealand.

We target rugby players aged between 16–27 years for courses that run from March through to August annually — coinciding with the New Zealand club rugby season.

2010 was the inaugural year for the Inside Running Academy and it was a huge success — with two of our players making Bay of Plenty representative teams

and a further two moving to semi-professional clubs in the United Kingdom. We have made some exciting changes to the Academy for 2011 which we are sure will enhance the experience for our players.

INSIDE»»RUNNING
SPORTS MANAGEMENT



The focus of the Academy is to:

- Improve skill level across all key rugby facets;
- Improve physically — strength, power, speed, agility;
- Develop excellent training habits; and
- Give players an insight into what it takes to become a professional.



Our key personnel:

Dr. Nic Gill Strength and Conditioning Coach for New Zealand's National Team and is regarded as an authority on strength and conditioning for Rugby Union. Nic will develop the strength and conditioning programme, adopting many of the practices that he uses with the best rugby players in the world. Nic will also be putting the Academy boys through their paces throughout the programme in 2011.

Nic's Credentials:

- All Blacks 2008–2011: Head S&C (Strength & Conditioning) Coach
- All Blacks 2004, 2005: Assistant S&C Coach
- Chiefs Super Rugby 2004–2008: Head S&C Coach
- Waikato Provincial Team 2001–2004: Head S&C Coach
- Doctor of Philosophy (PhD), 1997–2002 Southern Cross University, Australia



Murray Pederson As Strength and Conditioning Coach for the Bay of Plenty Steamers professional team, Murray will be responsible for the facilitation of the training schedule for Academy members.

Murray's credentials:

- Bay of Plenty Steamers Head S&C Coach, 2006 – present
- Highlanders Super 14 S&C Coach, 2000–2003
- Otago S&C Coach, 1998–2003



Sean Horan Sean is the Head Coach for the Bay of Plenty Steamers professional team. Sean will run specific coaching sessions relating to forward play, defence and general rugby tactics.

Sean's credentials:

- Bay of Plenty Steamers (NPC) Head Coach, 2009, 2010
- Bay of Plenty Steamers Scrum Coach, 2007, 2008
- Level 3 Qualified Coach
- International Coaching Experience: Blackrock College (Ireland) & Belenenses (Portugal)



Steve Milne Assistant Coach for the Bay of Plenty Steamers professional team. Steve will run specific coaching sessions relating to skills, back play and attack.

Steve's credentials:

- Bay of Plenty Steamers Backs Coach, 2007–2010
- Honda Rugby, Japan, Backs Coach, 2003–2005
- Illustrious playing career including: All Black triallist, NZ Maori, Japanese International & Bay of Plenty representative.



Paul Feeney As High Performance Coaching Co-ordinator for the Bay of Plenty Rugby Union, Paul will be responsible for the planning of all Inside Running Academy sessions. Paul is the most experienced coach involved with the Academy and will also be involved with the delivery of specialist coaching sessions.

Paul's credentials:

- Poverty Bay NPC, Lochore Cup Winners, Head Coach, 2006–2008
- Fiji International Assistant Coach, 2004, 2005
- Ricoh Japan Head Coach, 2002, 2003



Mike Rogers Managing Director of Inside Running, an international rugby player recruitment and management company, Mike is also the Managing Director of Inside Running Academy. Mike and the team at Inside Running will be managing the Academy and will be available to ensure your Academy experience is worthwhile.

Mike's credentials:

- NZRPA Accredited Agent
- Head Coach Tauranga Sports Club
- Founder of Inside Running



Resource Coaches The Inside Running Academy uses a number of resource coaches, each with their own area of expertise. Our resource coaches include former international players, current club coaches together with current and former professional players. We aim to provide a position-specific resource coach for all Academy members.



What makes us different from other academies?

We are focused on providing a unique rugby development experience for players from anywhere in the world. So, what makes our Academy cutting-edge and innovative?

- We have New Zealand International strength and conditioning coach, Nic Gill, as part of our team;
- We are facilitated by the Bay of Plenty Rugby Union coaches. This ensures that initiatives and training techniques are in line with those used at the top level of rugby in NZ;
- We aren't just high performance driven. The IRA is open to players of all levels and the programme can be tailored to meet an individual's needs;
- We have a focus on our players becoming experts in the four key fundamental areas of rugby — Vision/decision, Ruck cleanout, Ball into contact and Tackle technique;
- Strength and conditioning programmes will be tailored to your specific positional and individual needs;
- Players are placed with local clubs and will play club rugby each Saturday. This is critical in enabling players to put their training into action and also get a taste of New Zealand rugby;
- Players are assessed every four weeks with results (including videos and images) posted online allowing coaches/club/family/friends back home to view;
- We provide a minimum of 1 x one-on-one session per month with either a current professional player, or a former legend of the game. The focus of these sessions is position specific.

Course fees:

	NZD	GBP	EURO	USD	JPY	AUD
20 Week Course	13,800	6,540	7,459	10,360	862,500	10,543
16 Week Course	11,500	5,450	6,216	8,634	718,750	8,785
12 Week Course	9,200	4,360	4,973	6,907	575,000	7,028
8 Week Course	6,600	3,128	3,568	4,955	412,500	5,042
4 Week Course	3,800	1,801	2,054	2,853	237,500	2,903

Note:

- * Course fees are denominated in New Zealand dollars and amounts converted to foreign currency are indicative only.
- * Course fees do not include airfares to New Zealand or travel costs to Tauranga, and are subject to change.

Included in the course fee:

- First rate coaching by leading professional staff.
- Accommodation. Provided at a local apartment complex in Mt Maunganui and is shared with other Academy members.
- Gym membership.
- Transfers from Tauranga airport.
- Seminars relating to specialist rugby topics including: video analysis, injury management, rugby agents, physical preparation and nutrition.
- Free wireless internet access at the Clubhouse.
- Training gear, including shorts, t-shirts and jacket.
- Free physio for rugby-related injuries by specialist rugby physiotherapists with national and international experience.
- Supplements.
- Breakfast. Seven days per week.
- Lunch. Five days per week.
- Dinner. One day per week.
- Club subscription fees.

Academy Intake Dates

During 2011 we will have five intake dates:

21 March 2011

18 April 2011

16 May 2011

13 June 2011

11 July 2011

We have elected to have pre-determined intake dates to enable players to be involved in a full four week training cycle. Please note, we are able to accommodate players wanting to arrive on dates other than those outlined above, however, it would be beneficial for the athlete to remain within the recommended cycles.

Facilities

We provide access to first class facilities at the Inside Running Academy which include:

The Hanger

The Hanger is an indoor training facility and gym located at Baypark, the home of the Steamers NPC team. The Hanger is used for all assessment, strength/power development, and some indoor skill training sessions.

Tauranga Domain

Tauranga Domain has three full rugby fields and a first class athletics track. Tauranga Domain is the base for the majority of Academy outdoor training sessions.

Mount Maunganui

A local landmark which is 232 metres in height, Mount Maunganui is a natural training environment which provides the Academy with the opportunity to use the beach and mountain terrain for varied training.

Baywave

An indoor pool complex that we use for pool recovery sessions. A state of the art facility, Baywave has lap pools, sauna, steam room, spa pools and a gym.

Tauranga Sports Clubhouse

The TSC Clubhouse, located at Tauranga Domain, is the focal point of the Academy. All meals are served here and the venue is used for yoga and massage. The Clubhouse also provides broadband internet access and other activities for the players.

Testimonials



"I have thoroughly enjoyed my stay here. It gives players the opportunity to experience what it takes to become a professional rugby player. It has helped me develop my skills especially in relation to 'ruck cleanout'. In my short stay I have also developed physically, putting on 5kg in a short period of four weeks. I have also made friends and had lots of fun." — *Dom Sing, Hong Kong*



"I am real pleased with my selection in the Bay of Plenty U20 representative side. This way I will get to play against some of the best players in NZ in my age group. I have really enjoyed the training and in particular training with the Steamers on occasions. You get to see that they are no different and enjoy a laugh." — *Josh Walker, Bury St Edmunds, England*



"Since beginning the Academy I have seen a lot of improvement in my rugby. Particularly in identifying what the core roles are of my position and also in physical development. My strength, power and fitness levels have all increased substantially over the past three months. I recommend the Inside Running Academy to any young aspiring rugby players to see what it is like to live as a professional." — *Keepa Mewett, Sydney, Australia*



"My time at the Inside Running Academy has been extremely enjoyable and rewarding. The tough conditioning, and skill specific training has equipped me enough to excel in NZ premiership rugby and ultimately has led to my selection in the Bay of Plenty Development squad. I leave this Academy as a fitter, faster, stronger and more knowledgeable rugby player." — *Pingi Talaapitaga, Sydney, Australia*



Location

The Inside Running Academy is located at the Tauranga Domain, Tauranga, New Zealand.

Tauranga Domain is an established purpose-built rugby facility with three full playing fields, athletics track and clubhouse.

The Tauranga/Mt. Maunganui region is a stunning sea-side city location with a population of approximately 100,000. The region is renowned for its fantastic weather, beaches and outdoor activities. It is one of the most popular holiday destinations in New Zealand and is the perfect location for the Inside Running Academy.

Academy schedule (example)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9am	Gym	Beach run	Gym	Speed/Agility	Gym		Recovery
12pm	Lunch	Lunch	Lunch	Lunch	Lunch		
1pm	Game review & analysis	Afternoon off	High intensity skills session	Massage	Yoga	Club Rugby	
2.30pm	low intensity skills session						
6pm		Club training		Club training			

Typically each session will run for 90 minutes.

**“Other” session relates to seminars relating to specialist rugby topics including: video analysis, injury management, rugby agents, physical preparation and nutrition.

Register now



Register your interest by contacting
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A joint initiative between Inside Running and the Bay of Plenty Rugby Union, and proudly sponsored by:

