



UTAH RUGBY ACADEMY

2018-2019 Training, Tours and
Development



AGENDA

- Introduction and Welcome
- The New Development Pathway: Train to Train
- Strength, Conditioning and Speed
- Neurologic Health: Our new partner Univ of Utah
- Touring and the Circuit: Train to Compete
- Costs

INTRODUCTION

- 501(c)(3) Corporation
- One of 8 major US and Canadian Academies
- 3 major pillars
 - Hard work
 - Dedication
 - Accountability
 - Responsibility



NEW DEVELOPMENT PATHWAY TRAIN TO TRAIN

- Year Round Training with downtime for Spring and Winter Sports
 - S&C with partners
 - Speed training
 - Technical Skills
 - Perfect the Basics
 - Neurologic Health
 - Longterm Player Development



NEW DEVELOPMENT PATHWAY STRENGTH AND CONDITIONING



NEW DEVELOPMENT PATHWAY NEUROLOGIC HEALTH



TRAIN TO COMPETE: NAHS7S AND NORTH AMERICAN LIONS

- U16 Developmental: open
- NAHS7s U18 Elites by tryout
- NAHS7s circuit stops
 - 19-20 April to Tropical 7s in Orlando
 - 12-13 July at Great North 7s , Toronto
 - 2-3 August at NAI7s in Salt Lake City



TRAIN TO COMPETE: NAHS7S AND NORTH AMERICAN LIONS

- NA Lions
- Top Players from All of US and Canada
- U19 boys go to Dubai 7s in Dec
 - Compete against nations
- U18 Girls to TDC in Paris in Sept
- U16 Boys to Paris for World Games in July.



COSTS

- Train to Train
 - \$300 initially , \$75/month from Jan to Aug for year round training
 - Covers all indoor and out door training, kit, etc.
 - We do have a month to month program dependent on time frame.
- Train to Compete
 - Tour costs vary but expect the circuit to br around \$2300
 - Internationals are around \$1200 plus flights.