



# If Rugby is your life...

The Sharks Academy, located in Durban, South Africa is recognized as one of the world's premier rugby institutes. It is no coincidence that The Sharks are one of the most successful teams in the professional era in South Africa. If your aim is to become a rugby star of the future, with aspirations of joining current icons on the world stage, then you need to get a real taste of the big league. The Academy offers a glimpse of the world of professional rugby where you train and learn from some of the best coaches, trainers and legends in the sport. Entry to this exclusive facility is through application and selected invitation. Space is limited for every intake. Apply now!

**...make it your Career**

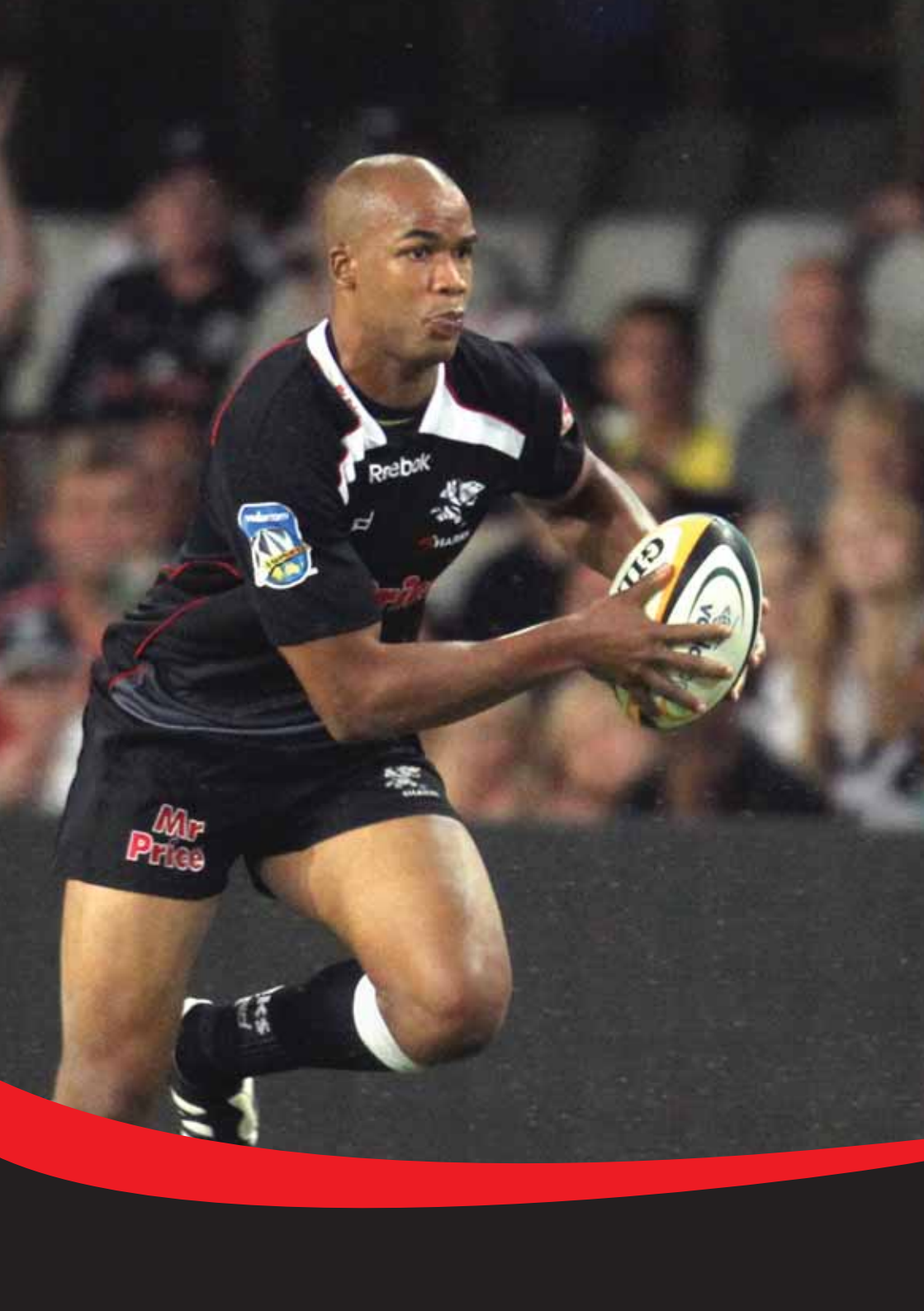
## The Sharks Academy

The highly efficient operation of The Sharks Academy , which is fully accredited by SA RUGBY, has now been in operation for ten years, with a track record of outstanding success across an international market. The Academy has so far produced 45 Sharks and 10 Springboks, the latest of these being Keegan Daniel, Patrick Lambie and Lwazi Mvovo. The up close partnership with The Sharks, a top professional outfit with an envied pedigree in World Rugby, has many beneficial spin-offs for players who attend the Academy.

This association brings with it both present and past Sharks and Springbok legends, world-renowned coaches and an internationally acclaimed management team, plus the experience of having trained at The Shark Tank, arguably the most popular rugby stadium in the world.

All the recently upgraded Academy facilities in terms of gymnasium, lecture rooms, training fields, dining facilities, medical facilities and offices are situated at The Absa Stadium Durban, Home of The Sharks.





## The Sharks Academy:

- Is a World-Class Professional Rugby Academy.
- Develops young Rugby talent into balanced individuals and future professionals.
- Offers a unique, well-balanced program of Rugby Skills, Conditioning Training, Life Skills and Vocational Education.

## Player Achievements

### Springboks (10):

JP Pietersen, Frans Steyn, Waylon Murray, Beast Mtawarira, Ryan Kankowski, Tim Dlulane, Alistair Hargreaves, Keegan Daniel, Lwazi Mvovo, Patrick Lambie

### Sharks Super Rugby or Currie Cup (45):

(15) Frans Steyn	Carl Bezuidenhout	Scott Spedding
(14) JP Pietersen	Dusty Noble	Howard Noble
(13) Waylon Murray	Clyde Rathbone	Braden Ferreira
(12) Brad Barritt	Riaan Swanepoel	JC Strauss
(11) Lwazi Mvovo	Cedric Mkhize	Luzuko Vulindlu
(10) Patrick Lambie	Guy Cronje	Steve Meyer
( 9) Sandile Nxumalo	Ross Cronje	Thulani Nteta
( 8) Ryan Kankowski	Justin Downey	Mike Rhodes
( 7) Keegan Daniel	Nikolai Blygnaut	Pompies Wessels
( 6) Tim Dlulane	Conrad Stoltz	Melusi Mtetwa
( 5) Alistair Hargreaves	Johan Snyman	Anton Breslar
( 4) Steven Sykes	Jandre Marais	JT van Jaarsveld
( 3) Patrick Cilliers	Wiehan Herbst	Julian Redelinghuis
( 2) Craig Burdon	Jody Jenneker	Kyle Cooper
( 1) Beast Mtawarira	Dale Chadwick	Sangoni Mxoli



## **Training Camp at The Sharks Academy**

The Sharks Academy would like to invite talented young rugby players to broaden their Rugby Experience by training in the Southern Hemisphere. A unique opportunity exists for a selected group to train at The Sharks Academy for 3 weeks to experience what is required to become a professional rugby player.

Players selected will be given the opportunity to train at one of the best rugby facilities in the world, by some of the top coaches in South Africa. This is an opportunity not to be missed.

Course Dates:  
26 June to 16 July 2011

Venue:  
The Sharks Academy  
The Absa Stadium Durban  
South Africa

## Rugby Training:

This will focus predominantly on developing and improving Core Rugby Skills, Position Specific Skills, Tactical Approach to the Modern Game as well as Team Play.

## Conditioning Training:

Players will be put on a professionally prepared Physical Conditioning Program and will work out daily in the Gym.

## Coaches:

The coaching sessions will be conducted mainly by the Top Academy Coaches.



Hans Scriba



Swys de Bruin



Etienne Fynn



Roelof Kotze



Deon Kayser



Andre Volsteedt

Hans Scriba: Academy MD

Swys de Bruin: Sharks U21 Coach

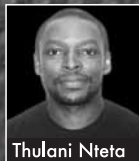
Etienne Fynn: Sharks Scrum Coach

Roelof Kotze: Sharks 7's Coach

Deon Kayser: Sharks Backline Coach

Andre Volsteedt: Sharks U21 Conditioning Trainer

Thulani Nteta: Sharks 7's Conditioning Trainer



Thulani Nteta

## Current and Former Rugby Greats who have previously contributed to the lectures and coaching are:

John Smit - Springbok Captain & Sharks Player  
Johan Muller - Former Springbok and Sharks Lock

Percy Montgomery - Former Springbok Fullback  
Beast Mtawarira - Springbok & Sharks Prop  
Keegan Daniel - Springbok and Sharks Flank  
Lwazi Mvovo - Springbok and Sharks Wing  
Patrick Lambie - Springbok and Sharks Flyhalf/Fullback  
Ryan Kankowski - Springbok & Sharks Eighth Man







**Accommodation:**

Safe and secure accommodation close to the Academy will be arranged with players being placed in groups of 4 to 6 with host families in Durban.

**Meals:**

Three healthy, balanced, nutritious meals will be supplied daily.

**Medical:**

Medical Injury Insurance will be provided. Players need to take out their own Travel Medical Insurance.

**Transport:**

Players will be transported to and from the Academy daily as well as on all the Excursions.

**Weather:**

The weather in July in Durban is ideal for training with daily temperatures varying between 20°C to 28°C.

**Clothing:**

Players will be provided with the following training and rugby kit: rugby jerseys, rugby shorts, t-shirts, golf shirt, gym shorts, fleece top.

**Additional Lectures:**

These will be conducted on topics such as Goal Setting, Rugby Laws, Sports Injuries, Nutrition, Leadership Skills & other relevant topics.

**Sharks Matches:**

Players will be able to watch a Sharks Currie Cup match at the 52 000 seater The Absa Stadium Durban.

**Excursions:**

These will include trips to Phezulu Village - a traditional Zulu village, a crocodile and snake park in the majestic Valley of a 1000 Hills, Thala Game Reserve - Durban's Finest Game Reserve and to Durban's uShaka Marine World and Waterworld.

**Flights:**

SA and Durban are serviced by all major airlines. Flights are the responsibility of the candidate.

**Contact:**

Email communication is available from the Academy office at the Stadium.

**Costs:**

R27 795 (excluding flights).

**APPLY NOW TO SECURE  
YOUR PLACE AT  
THE SHARKS ACADEMY**

"I attended The Sharks Academy Training Camp for two years in a row and found it to be an amazing awe-inspiring experience. The Southern Hemisphere attitude, training program and motivation was like nothing I had experienced in England even at Academy and County level. It was a privilege to be coached by those at the Academy."  
*Justin Hast (Epsom College UK)*

"Spending three weeks in the pre-season with The Sharks Academy has helped me to step up my game considerably. The techniques that you focus on in the program are different from what we have been taught back home and will give me a head start in my rugby future. I have been back for two years in a row to the Academy."  
*Arnold Chavis (New York USA)*

"The weather in Durban is superb and conducive to a quality learning environment. The core skills, gym techniques and life skills that we learn has enabled us to perform better at competitive levels. The great opportunity to learn from arguably the best Rugby Academy in the World has given us a kick start to be the best that we can be."  
*George Smith (Millfield UK)*

"There are many aspects I will be able to take back with me to England that I have learnt at The Sharks Academy. These new skills and strengths I have picked up will definitely prepare me for professional rugby."  
*Sebastian Stegmann (Cranleigh UK)*

"I have really enjoyed my time training at The Sharks Academy. It has given me a different perspective on all aspects of the game, in the gym and on the field."  
*Thomas Sargeant (RGS Guildford UK)*







**The Sharks Academy**  
**Suite 721, The Absa Stadium Durban**  
**Jacko Jackson Drive, Stamford Hill, Durban 4001**  
**P.O. Box 307 Durban 4000**  
**Email: [info@sharksacademy.co.za](mailto:info@sharksacademy.co.za)**  
**Tel: +27 31 303 2931**  
**Fax: +27 31 303 7419**  
**[www.sharksacademy.co.za](http://www.sharksacademy.co.za)**