



## **THE SHARKS ACADEMY**

Suite 721, Mr. Price Kings Park  
Jacko Jackson Drive, Stamford Hill, Durban, 4001  
P.O. Box 201254, Durban North, 4016

TEL: +27 31 - 303 2931

FAX: +27 31 - 303 7419

E-mail: [info@sharksacademy.co.za](mailto:info@sharksacademy.co.za)

Website: [www.sharksacademy.co.za](http://www.sharksacademy.co.za)

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### **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 is 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 into 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 by selected invitation. Space is limited for every intake. Apply now!

### **...make it your Career**

#### **The Sharks Academy**

The highly efficient institute of The Sharks Academy, which is fully accredited by SA RUGBY, has now been in operation for twelve years, with a track record of outstanding success. The Academy has produced 60 Sharks and 13 Springboks to date, the latest of these being Marcelle Coetzee, Keegan Daniel, Patrick Lambie and Lwazi Mvovo. The 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.

All the recently upgraded Academy facilities, i.e. of gymnasium, lecture rooms, training fields, dining facilities, medical facilities and offices are situated at The Kings Park Stadium Durban,

Home of The Sharks.

## Player Achievements

### Springboks (13):

#### **\*2012 Springboks**

- ❖ **Frans Steyn**
- ❖ **JP Pietersen**
- ❖ **Beast Mtwarira**
- ❖ **Keegan Daniel**
- ❖ **Lwazi Mvovo**
- ❖ **Patrick Lambie**
- ❖ **Marcelle Coetzee**
- ❖ **Jacques Potgieter**
- ❖ **Pat Cilliers**
- ❖ **(Craig Burden)**
  
- ❖ Waylon Murray
- ❖ Ryan Kankowski
- ❖ Tim Dlulane
- ❖ Alistair Hargreaves

## Sharks Super Rugby or Currie Cup (61):

15	Gous Prinsloo	Carl Bezuidenhout	Scott Spedding		
14	JP Pietersen	Roscoe Speckman	Dusty Noble	Mark Richards	
13	Paul Jordaan	Waylon Murray	Clyde Rathbone	Braden Ferreira	
12	Frans Steyn	Brad Barritt	Riaan Swanepoel	Luzuko Vulindlu	
11	Lwazi Mvovo	Sibusiso Sithole	Cedric Mkhize	Howard Noble	
10	Patrick Lambie	Guy Cronje	Steve Meyer		
9	Cobus Reinach	Ross Cronje	Sandile Nxumalo	Thulani Nteta	
8	Terror Mthembu	Ryan Kankowski	Justin Downey	Pompies Wessels	
7	Marcell Coetzee	Brynard Stander	Michael Rhodes	Nikolai Blignaut	
6	Keegan Daniel	Francois Kleinhans	Lambert Groeneweld	Conrad Stoltz	
5	Anton Bresler	Peet Marais	Pieter-Stef du Toit	Alistair Hargreaves	Johan Snyman
4	Steven Sykes	Jandre' Marais	Claude Dry	Jan-Toit van Jaarsveld	
3	Wiehahn Herbst	Julian Redelinghuys	Patrick Cilliers	JC Strauss	
2	Craig Burdon	Kyle Cooper	Monde' Hadebe	Franco Marais	Jody Jenneker
1	Beast Mtwarira	Dale Chadwick	Allan Dell	Sangoni Mxoli	Barra Mthethwa

## **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 2 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, under the guidance of some of the top coaches in South Africa. This is an opportunity not to be missed.

### **Course Dates: 30 June - 14 July 2012**

#### **Venue:**

The Sharks Academy  
The Kings Park Stadium Durban  
South Africa

#### **Rugby Training:**

This will focus predominantly on developing and improving Core Rugby Skills, Position Specific Skills and 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.

- Pieter Terblanche: Sharks U21 Conditioning Trainer
- Thulani Nteta: Sharks 7's Conditioning Trainer
- Heinrich du Plessis: Sharks Academy Conditioning Trainer

## **Coaches:**

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

- Swys de Bruin: Head Coach Sharks Academy
- Ettienne Fynn: Sharks Scrum Coach
- Roelof Kotze: Sharks 7's Coach
- Deon Keyser: Sharks u/19 Backline Coach

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

John Smit - Springbok Captain & Sharks Player  
Johan Muller - 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 Fly half/Fullback  
Ryan Kankowski - Springbok & Sharks Eighth Man  
Marcelle Coetzee – Springbok & Sharks Flank

## **Accommodation:**

Safe and secure accommodation close to the Academy will be arranged with players being placed in groups 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 and 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 Mr Price Kings Park Stadium, Durban.

## **Excursions:**

These will include trips to a Game Reserve near Durban 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:**

Internet facilities for email communication is available

## **Costs:**

**R19 950.00 (excluding flights).**

"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 have 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)*

“Thank you very much for all your help over the last two weeks, helping it become the best experience of my life and two weeks full of life-long memories! I couldn't fault one bit of the experience! “

*Stuart Whatling, UK*

“The atmosphere was wonderful, training was serious and intense, Glynni's host was also wonderful, with good food, and overall this seems to be one of those moments he will remember forever.”

*Thomas Mac Gaw, Argentina*