

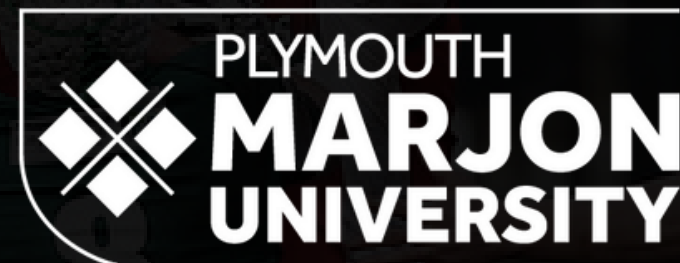


SOUTHWEST



# T.R.I.

THE RUGBY INSTITUTE







# WELCOME

We are welcoming you to join the UK's first independent pathway for aspirant professional rugby players here in the South West.

The "Engine Room" of The Rugby Institute is a network of global rugby professionals who will consult with the onsite pathway coaches to benefit the development of each athlete.

Rugby is one of the most unique team sports on the planet and the values of teamwork, support, bravery and togetherness is the cornerstone for our "Stronger Together" ethos.







# TRI MISSION

We have designed a fully holistic elite program that connects rugby specific performance with education, lifestyle and personal development to create a foundation for athletes to become the best version of themselves. The Rugby Institute's mission is to provide holistic and individual focused pathway for an athlete to develop physically, mentally, emotionally, socially and professionally.

We put a greater emphasis on developing a consistent "high performing human" both on and off the field which will create further opportunities for you to progress in professional rugby or in other professional careers. We focus on three areas of development to ensure you enjoy a balanced and fulfilling experience.





# OUR COMMITMENT

TRI pathway is unique to the traditional pathway due to our commitment to the three areas of individual high performance development.

## PLAYER / ATHLETE DEVELOPMENT

At the Rugby Institute we do not have set parameters to what "success" is. Instead we create a high performing environment that ensures each individual athlete is highly ambitious, self driven, resilient and has a vision that is realistic and achievable.

## EDUCATION & CAREER

Through our education partners, we will provide access to relevant skills, outstanding training, state-of-the-art facilities and an excellent network of support services. We will work closely with the business community and organisations throughout the Great South West and beyond to ensure the skills they deliver are not just what industries need now but also what they need in the future.

## PERSONAL DEVELOPMENT & GROWTH

We will provide a range of experiences for athletes to immerse themselves in, to encourage a balance between high performance, education and general health & well-being. Athletes will be expected to undertake a range of life skill development opportunities such as finance management, cooking and social media management.





# A HISTORY OF SUCCESS IN ELITE SPORT



- Established the **Western Province Rugby Academy** in Cape Town 2014. A full time high performance rugby academy with fully integrated education. producing over 50 provincial players including world cup winning **Kurtley Arendse**.
- Established the **Athlete Development Centre** 2012 . A Multi-sport High Performance program designed to nurture young athletes from aspirant to professional level not only in Rugby but also in Hockey, Tennis, Boxing, MMA, Football and Golf.
- Established the **Global Sports Group** in 2012 to manage professional players in an Ethical way. We managed athletes from many sporting backgrounds including Scottish Rugby International Bryon McGuigan.
- We currently hold the operations director role for the **Born 2 Be Elite** program, an athlete and speed in sport foundation headed by Justin Gatlin and Sharriefa Barksdale.
- Established **The Goodsport Trust** in South Africa (2010). A true development model training local coaches to deliver world class physical education and sport provision peaking at 50,000 children per week.



**Kurtley Arendse**

**WRC Winner 2023**



**HIGH PERFORMING HUMAN**



# **TRI PATHWAY**

**Professional Career (Athlete or Other)**

**Global Semi / Professional Rugby  
Exposure & Career Experiences**

**TRI, Education, Personal Development,  
Professional Pathway**

**Clubs, Schools, Colleges, County,  
Academy, International**

**RESULT**

**OPPORTUNITY**

**DEVELOPMENT**

**IDENTIFICATION**







# Athlete Development

ADC is the forerunner in introducing athletes to a full-time professional training and coaching structures as part of the TRI Flexi pathway. With a periodised conditioning and skills development program along with education courses, the ADC creates the framework for athletes to develop their athletic ability. ADC athletes have access to the professional training philosophies which underpins the TRI athlete management systems.

## ADC Focus

- Strength & Conditioning
- Underpinning movement patterns (athletic development)
- Medical & Rehab Support
- Sports Analysis
- Athlete management, development & profiling
- Nutrition & Recovery
- SAQ





# T.R.I

THE RUGBY INSTITUTE

## HIGH PERFORMANCE

- Athlete Management
- Rugby Specific Skill Development
- Education & Careers
- Personal Development & Life Skills
- Strength & Conditioning
- Medical & Physiotherapy Support
- Sports analysis & Performance
- World Rugby Education Courses
- Media Training / Profile Building
- Sports Psychology
- Nutrition & Recovery
- Global Exposure / Agency Recommendations
- Fiiibac Membership





**T.R.I** X  
THE RUGBY INSTITUTE



We are delighted to have partnered with the renowned Marjon University to offer a range of degrees, courses and study opportunities for our Athletes. Based on the edge of the idyllic Dartmoor, the University campus and world class facilities ensures our athletes enjoy a professional, fulfilling and enriching student experience that compliments their commitments as a full time athlete.

When selecting an education partner it was imperative that both organisations values and ethos aligned. This partnership is very exciting as Plymouth Marjon University has been recognised as;

- No 1 in England for Social Inclusion
- Top 2 in England for Student Satisfaction
- Top 5 in England for over all postgraduate satisfaction



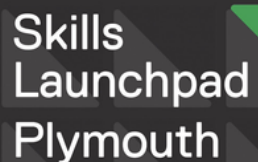


# APPRENTICESHIPS & WORK EXPERIENCE

We understand that further education in a university setting is not for everyone and firmly believe that athletes who wish to choose an apprenticeship or direct work experience should still have the opportunity to be part of a high performance pathway.

We are delighted to have very strong relationships with a range of industry leaders who are dedicated to supporting athletes “on and off the pitch”.

Many of these companies offer athletes apprenticeship opportunities, work experience and contracted work that is flexible and supportive of their rugby ambitions.





# ATHLETE WELLNESS & PERSONAL DEVELOPMENT

As part of the unique, holistic athlete development program we have partnered with Moor To Life CIC who will provide a fully nature engrossed wellness program focusing on the athletes personal growth and wellbeing throughout their experience.

There is consistent evidence of a positive relationship between natural environment exposure and general health. Green and blue experiences can reduce stress, aids recovery, improve cognitive function and provide beneficial changes in ones mood.

Athletes can access:

- Outdoor Pursuits
- CPD and Training
- Psychology & Wellness Coaching
- Work Experience
- Ambassadorship Roles
- Community Engagement











# ATHLETE BENEFITS

- NIKE TRI Training Kit
- NIKE TRI Playing Kit
- Boot & Trainer Discounts
- Access to Spa & Leisure Facilities
- Team Building Activities
- Nutrition Support
- Medical Support
- Careers & Networking Support
- Athlete Wellness Monitoring
- All Student Benefits
- Restaurant Discounts
- Financial Advice
- CPD & Professional Up-skilling



We are delighted to partner with NIKE | KitKing to provide TRI athletes and consulting team with NIKE teamwear





# PRICES

# T.R.I

THE RUGBY INSTITUTE

## **TRI Full Time Individual Athlete (18-23)**

(Education & Accommodation is calculated on a case by case basis)

### **TRI Athlete Group Discount Available (5 or more)**

(Education & Accommodation is calculated on a case by case basis)

\*Refer a friend discount available (T&C's apply)

### **FULL TIME**

**£6,500 p.a**

20% DISCOUNT IF ATHLETE  
ENROLLS ON A MARJON / TRI  
ONE YEAR DEGREE COURSE



## **TRI FLEXI Athlete (16+)**

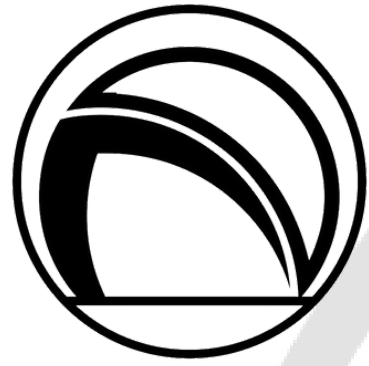
(Education is calculated on a case by case basis)

### **FLEXI**

**£2,750 p.a**

**\*All TRI athlete benefits are included (T&C's apply)**





# SEMI-PRO FLEXI OPTION

**Designed for the part time student, apprentice and working athlete with high performance aspirations.**

We recognise that not every athlete will be able to commit onto our full time elite program but is ambitious to still access a professional level in the game. We have designed a FLEXI program to accommodate athletes who have other education, apprenticeship or work commitments. For an athlete to achieve the best possible outcome, we advise on participating in our **Full Time** program however, the **FLEXI** athletes can choose to participate in up to 8 elite program sessions per week, based on their individual requirements, ability and commitments.

## **Advantages of FLEXI**

- FLEXI athletes will book on to the same sessions as the Full Time Program athletes through an online portal based on their requirements and commitments.
- **Open to all ages (18+)**
- Access to all elements of Full Time Program (booking essential)
- NIKE Kit Bundle
- Access to the Full Time Program benefits
- Upgrade and transition opportunity to Full Time Program







**ENQUIRE  
NOW**



**CALL**

+447794286699



**LOCATION**

PLYMOUTH, DEVON UK



**EMAIL**

INFO@THERUGBYINSTITUTE.CO.UK



**REQUEST APPLICATION**

INFO@THERUGBYINSTITUTE.CO.UK



**WEBSITE**

WWW.THERUGBYINSTITUTE.CO.UK



**PROMO**

[HTTPS://YOUTU.BE/U-SR4X9EDPW?  
SI=HU5RFR0-VZUULC9L](https://youtu.be/U-SR4X9EDPW?SI=HU5RFR0-VZUULC9L)