



# RUGBY ACADEMY

**The Rugby Academy gives talented young rugby players the opportunity to combine academic excellence with player development.**

Alongside their course, students will undertake four to six hours of rugby training per week with emphasis on:

- > Technical and Tactical Practice
- > Strength and Conditioning
- > Sport Science Support – Physiotherapy and Rehabilitation, Psychological and Nutritional guidance
- > Performance Analysis

The performance teams compete in the Association of Colleges Sport North East League and national cup competitions.

Our Academy players have access to top-class facilities in the Barnsley Sports Academy, supporting players to perform at elite level.

State-of-the-art facilities include:

- > Professional training from a qualified rugby coach
- > Two gyms
- > Video analysis
- > Structured training schedule
- > Match analysis
- > Sports therapy
- > Strength and conditioning facilities
- > Sports massage suite



## THE ELITE SPORTS PERFORMER BURSARY

The Barnsley College Sports Academy is committed to supporting elite athletes, combining sporting and academic excellence, and has a number of sports bursaries to award to our elite athletes who meet specific criteria.



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