RUGBY ACADEMY

SPORTS ACADEMY

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

Alongside their course, students will undertake six to eight 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.

Barnsley College

BARNSLEY SIXTH FORM COLLEGE

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