

# RUGBY CAMPS

**SKILLS - BREAKDOWN - TACKLING - PASSING**  
**INDOOR LECTURES - GYM - SAQ - REHABILITATION**  
**LIFE STYLE - GOAL SETTING - NUTRITION**



## ELITE COACHING

**FROM INTERNATIONAL COACHES AND WORLD CLASS PROFESSIONALS**



**Thinus DELPORT**



**Ricardo LOUBSHER**



**Johnny GOODRIDGE**



**Jonathan MOKUENA**



**Ntando MANYOSHA**

**Andrew Barlow - Maso Bowles - Benjy van der Byl - Sean Scanlon - Dylan Campbell - Felo Sangweni - Antonín Brabec  
Zane Ansell - Lwazi Ngcungama - Spha Dube - Shayne Makombe - Matt Ratana - Patric Ross-Allen - Louis Mitchell**



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