

Investec
International
Rugby Academy



5 Day Coaches Course
9 – 13 July 2016

Venue

St Charles College Pietermaritzburg

Registration

9 July 2016: Registration at 09:00 – please report to the gym hall next to the swimming pool at the school. Once you have arrived and completed the registration process, you will be allocated your room from there.

13 July 2016: The course will finish at 14:30 on the Wednesday and there will be transport available to the airport at 15:00.

Return flight to your destination can be made from anytime after 17:30 onwards.

Transport to and from the International Rugby Academy

Transport will be arranged for those arriving and departing from King Shaka Airport. Please ensure that you return your completed information form so that we can coordinate this. There will be transport from the airport to the venue. **All applicants must make their way to the Mugg & Bean once landed where an IRASA representative will meet you with further instructions.**

Contact Numbers

- Office: +27 31 940 5565
- Greg: +27 82 327 2629
- Bernadine Miller +27 82 494 4523
- Fax: +27 86 296 6615

Facilities

St Charles College Pietermaritzburg

Climate

These are estimated temperatures

Mean daily maximum in Winter (July) 24C

Mean daily minimum in Winter (July) 11C

Resources and Merchandise

You will receive:

- Course highlights
- Team photo
- International Rugby Academy Sports Kit
- International Rugby Academy Certificate

What to Bring

- Training gear - be prepared to be involved in any sessions to be run outside
- Footwear – should include suitable running shoes
- Casual and recreational clothing
- **NB: Towels, pillow and own bedding (Sleeping bag etc)**
- Alarm clock
- **Padlock medium size**
- Camera (optional) / External Hard drive [250 GIGS]
- Sun Cream

To Complete and Return before the Course

Please complete the forms attach and email/fax to the office

Form includes information we need to know regarding your:

- Travel Information
- Indemnity form

For further information contact

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