

rugby

strenght & condition

workshops

extras



SUMMER PROGRAMME



POLAND EDITION

May 13th to 16th

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ABOUT RAI

Rugby Academy Ireland is an international rugby development academy founded by **Dan Van Zyl** and **Johan Taylor**, both highly experienced coaches and World Rugby Educators.

The Academy's mission is to provide players with a professional and structured rugby environment where they can learn, train, and grow both on and off the field.

Through high-quality coaching, performance analysis, and educational support, RAI has built a strong reputation for developing players who understand the modern game and embody the values of discipline, teamwork, and continuous improvement..

RAI have years of experience running summer camps for players age 15-18 and also summer camps for kids age 10-15 in Ireland under **PSAacademies** (www.PSAacademies.com)



<https://rugbyacademyireland.ie>

DIRECTORS



Dan Van Zyl, a former Springbok international, has extensive coaching experience in Ireland, having worked with Leinster U18, U19, and Women's teams, as well as the Irish Students and Irish Youths.

Johan Taylor, former Sri Lanka National Team Head Coach, led his team to win two Asian Nations Cups. He has also served as Head of Rugby at the Philippe Saint-André Academy in France and coached at AIL level in Ireland.

Together, they combine international expertise and educational excellence to deliver a unique rugby experience that promotes high performance, learning, and personal growth.

TESTIMONY

"Dan Van Zyl had a big influence on my rugby and was always a mentor. His love for the game was contagious. He had a major influence on me and still I feel if I needed to, I could pick up the phone and ask him something."

Joey Carbery, Irish International-



strenght & condition

workshops

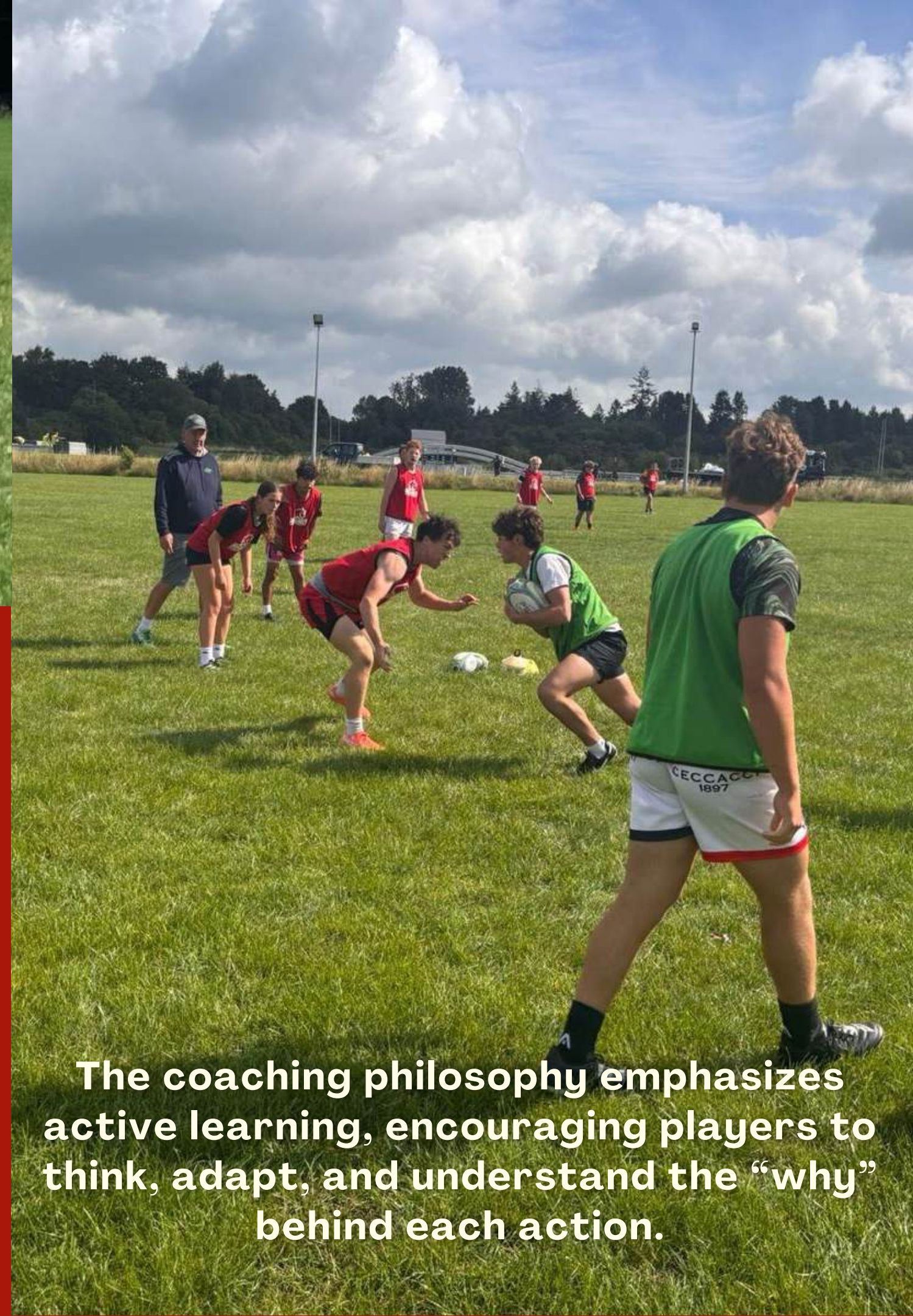
extra activities

The Rugby Academy Ireland Summer Programme 2026 in **Ogniwo Sopot Rugby Club** in **Poland**, is designed to provide players aged 14 to 18 with a **professional rugby experience** in an environment that promotes **learning, development, and enjoyment.**

The programme combines **high-level rugby training, strength and conditioning, and educational workshops** in areas such as nutrition and personal development. Its structure and methodology follow the standards of Rugby Academy Ireland, ensuring quality coaching and a holistic approach to player growth.

Participants will take part in a four-day rugby camp including beach activity and recovery, with both residential and non-residential options available.

OUR PROGRAMME



RUGBY SESSIONS

Rugby sessions are designed to replicate the **standards of a professional training environment**, combining technical, tactical, physical, and mental development.

Players will take part in structured sessions that include:

- Individual and unit skill development
- Game understanding and tactical awareness
- Decision-making and game-based learning
- Positional coaching and performance feedback

The coaching philosophy emphasizes active learning, encouraging players to think, adapt, and understand the “why” behind each action.

As part of the programme, players will attend educational workshops designed to complement their on-field training.

These sessions focus on **nutrition**, and **personal development**, providing players with the knowledge and tools to improve their performance, build healthy habits, and enhance their mindset both on and off the field.

Through these workshops, participants will explore key themes such as leadership, resilience, discipline, and self-awareness, ensuring they grow not only as players but as individuals ready to take on future challenges.

WORKSHOPS



2026

facilities

top-level

professional

OUR VENUE: OGNIWO SOPOT RUGBY CLUB

The Sopot Rugby Club, founded in 1966 and celebrating its 60th anniversary, **is one of the most successful rugby institutions in Poland**, with ten Polish Championship titles to its name.

The club has built a strong tradition of high-level competition and long-term sporting excellence.

Based in Sopot, the summer capital of Poland, the club operates from a top-standard sports complex featuring a **FIFA 2-star and World Rugby certified artificial pitch**, one of the largest in the country. The modern facilities include a main grandstand for 2,500 spectators, VIP seating areas, spacious changing rooms, and covered training spaces designed for high-performance rugby.

Located just a 7–8 minute walk from the beach, the club offers a unique environment where elite training, recovery, and lifestyle come together, providing players with both professional conditions and an exceptional sporting experience.



**Registrations for the Rugby Academy Ireland Summer Programme 2026, Sopot are open.
Dates: May - Wednesday 13th (4pm) to Saturday 16th after lunch.**

The programme offers both residential and non-residential options,
with full board available for players traveling from outside Sopot.

INSCRIPTION

[LINK TO THE FORM](#)

PRICES

Non-Residential – €225

Includes:

Lunch and snack.

Full participation in the Summer Programme.

Access to all club facilities.

Residential – €325

Includes:

Accommodation in apartments.

Breakfast, lunch, snack, and dinner.

Full participation in the Summer Programme.

Access to all club facilities.



RUGBY EXCELLENCE FOR ASPIRING PROFESSIONAL PLAYERS

<https://rugbyacademyireland.ie>