

Press Release for Leeroy April from Rondebosch Boys High School who attended our Advanced Course

Advanced Course – 5 – 10 April 2010

It is yet another successful course under the belt for the Investec International Rugby Academy at Glenwood High School. The first of two Advanced Courses for 2010 proved to be a huge success with Gary Gold (Assistant Springbok Coach) and Ian McIntosh (former springbok coach and selector) facilitating the coaches course whilst Greg Miller and Ryan Strudwick facilitated the players course. The Advanced Course is specifically designed to take boys aged 16 – 18 years old to another level in their rugby career by focusing on position specific coaching, mental toughness, nutrition and supplementation and to understand their role as part of the team. There were boys from various schools in South Africa:- Hoërskool Waterkloof, Maritzburg College, Bishops Diocesan College, Durban High School, Paarl Boys High School, Strand High School, President High School, St. Johns College, Kearsney, Rondebosch Boys High School, Grey College, Hilton College and Clifton College.

There were a host of specialists who joined us including Mark Andrews, Mark Lawrence, Ian Mac Donald, Dick Muir (assistant Springbok Coach), Johan Visage, John Smit (Springbok Captain), Braam Van Straaten, Doug Heymans, Hugh Reece-Edwards (former Springbok Coach), Wayne Taylor, Tim Goodenough, Ruan Fourie and then of course the position specific coaches for the game including Joost van der Westhuizen, Trevor Halstead, Jacques Botes (Sharks flanker), John Allan, Andre Snyman, Thys Stoltz, Ryan Strudwick, Braam van Straaten and Brad McLeod-Henderson.

Friday was proof of the enormous dedication and all the hard work payed off when the Academy teams played a mixed Glenwood side, beating them 60 – 3. The players and coaches enjoyed a social and presentation with the next day finishing off the course with a video analysis and feedback session with position specific coaches. Thank you to all the coaches who made this course such a huge success, without you there is no knowledge, and without knowledge there is no power.

We would like to acknowledge and thank Leeroy for his dedication and participation.

For more information on upcoming courses contact 031 5665000 or
email: admin@investecacademy.com