

SPORT ED EX HIGH PERFORMANCE RUGBY DEVELOPMENT PROGRAMME

in partnership with **Richmond American University London UK**



The Sport Ed Ex Rugby Development Programme is an innovative new opportunity for aspiring rugby players both men and women aged 18+.

The Sport Ed Ex Rugby Development Programme combines working full time with world class coaches and mentors and a wide range of playing opportunities and pathways in the UK, US and beyond (both 15 aside and 7 aside formats) with a dual accredited educational programme which challenges, supports and offers flexibility to both study and work in the UK, the US and Worldwide. The programme is designed to support the athlete's US or UK college or university studies allowing them to remain flexible in where they participate in their education throughout their college/university years.



SPORT ED EX IS A UNIQUE OPPORTUNITY FOR STUDENTS FROM ALL OVER THE WORLD TO COMBINE:



- Participation in a full-time rugby programme led by our Men's Director of Rugby Mike Friday (USA 7s Head Coach) and Women's Director of Rugby Rachael Burford (England & Harlequins) supported and delivered by world class coaches with a wealth of experience in the modern game.
- Participation in the UK's highly competitive rugby landscape taking advantage of the numerous rugby pathways Sport Ed Ex can offer in the UK (BUCS, London Uni Sports League, National Leagues, 7s invitational franchises such as Jesters and Samurai), US (National Pathway, Major League Rugby and US universities) and Worldwide in, for example, the Southern hemisphere with our Australian and New Zealand sports and academic partner universities;
- Studying opportunities on a variety of [undergraduate degree courses and postgraduate courses](#) at the highly regarded Richmond American University London UK which offers students the unique opportunity to graduate with a dual accredited (UK/US) degree;
- The opportunity to extend their academic studies and rugby and academic journey with worldwide sport and academic partner institutions, for example, Australia, New Zealand or other institutions in the US.



For more information on Richmond American University London please visit their website [here](#).



Sport Ed Ex High Performance Rugby Development Programme



THE SPORT ED EX TEAM HAVE A VERY CLEAR VISION ABOUT:



- How rugby should be coached, played and provided to young men and women allowing them the opportunity to maximise their potential;
- The fundamentals required in order to develop those who wish to excel in sport;
- The importance of combining sporting excellence with academic acumen; and
- The current challenges, issues, flaws in “professional” rugby and what franchises currently require from their athletes in order to succeed.

Sport Ed Ex’s view is the ultimate ambition any player or parent should seek from the game is to develop the skills which are fundamental to all sportsmen and women so that the player can utilise those skills on and off the sports field. Sport Ed Ex’s fundamental aim is to produce good people and deliver a programme that gives each player the best opportunity to maximise both their sporting potential and to achieve success in their chosen field.

Sport Ed Ex believes continuing to combine performance sport with academia is vital for a player to achieve these goals – and yes you can do both!





WHY SPORT ED EX?

We offer the combination of

- World class sporting performers and coaches
- The unique opportunity to study at a dual accredited (US/UK) university and all the flexibility that entails
- Due to our unparalleled reach and contacts in the game of rugby, we are able to access a high number of playing and training pathway opportunities in both in the 15s and 7s format in the UK, US and worldwide.

The Sport Ed Ex founders are a product of our own model and are evidence of what can be achieved by being exposed to a sport and educational environment which focuses on combining individual development; performance coaching; and the creation of a culture of self-belief and being part of something bigger than oneself, with a splattering of talent.



Mike Friday

DIRECTOR OF MEN'S RUGBY

Mike is considered one of the best coaches in world rugby and one of the sharpest rugby minds in the game. His coaching expertise and coaching appointments speak for themselves. Mike has achieved worldwide success in all levels of the game from the World 7s Series and Rugby World Cups to Commonwealth and Olympic Games.



Rachael Burford

DIRECTOR OF WOMEN'S RUGBY

Rachael has over 80 England XV caps and 22 7's caps for and has featured in 5 Rugby World Cups 6 RBS 6 nations tournaments becoming a World Champion in 2014.

THE COACHING PROGRAMME

All coaching, competition and athlete development is tailored daily around the high number of academic courses available at Richmond American University London.

A full time rugby programmes that offers a fully professional insight and participation in training and playing opportunities in the UK and worldwide. Involvement requires full commitment from the athlete in challenging themselves in the sporting and educational environments set daily.

A mentor will share their knowledge, skills and/or experience, to help the athlete to develop and grow. Our coaches will provide guidance to the athlete on their goals and help them reach their full potential.



THE COACHING PROGRAM

Our experienced coaches possess excellent coaching knowledge with specific attention paid to a sound coaching philosophy, creating a reliable practice of self-reflection and review, understanding the importance of communication, and shaping the environment of practices and competitions to lead to highly effective experiences for the players.



RUGBY DEVELOPMENT PROGRAM

The Sport Ed Ex rugby programme is supported by sports psychology, strength and conditioning (Athletic Development), nutrition and analysis components in order to give each athlete a full insight into their ongoing development.



SPORT ED EX EXPERIENCE WHAT'S INCLUDED:



- High level daily coaching sessions
- Training & playing kit
- Sports Science – Full access to sports science and athlete development lectures throughout the year
- Pitch side medical support
- Match play and Competition
- Performance Analysis
- Video analysis
- Nutrition advice
- Sports psychology support
- Athlete development – strength and conditioning
- Social & Culture experience
- Transportation to BUCS team fixtures
- Pastoral Care & Support
- Personalised guidance, mentoring & well-being support
- Guidance on all necessary visas and educational applications
- Technical training
 - Focus on both generic core and position-specific skills.
 - Specific skill development eg scrum, lineout, kicking.
- Tactical training
 - Understanding the game, both position and team-specific. Adhering to game plans and understanding tactical analysis.

The Sports Development Programme, Educational Fees and Visa is valued at £28,650 (International Student) and £24,250 (UK Student) per year all inclusive.

Additional costs include

- Accommodation – costs vary depending on accommodation choices.
- 7s Festival playing and traveling opportunities UK, Europe Worldwide.
- Rugby tour and educational experiences UK and abroad.

CONTACT US



For any more information on the Sport Ed Ex Programme or for information on how to enrol onto the programme please send us an email to info@sportedex.com

