



IRISH RUGBY INSTITUTE

BROCHURE 2024

ENGLISH



IRISH RUGBY INSTITUTE



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OUR 2023 VIDEO



ABOUT US

THE IRISH RUGBY INSTITUTE (IRI) IS A PROFESSIONAL RUGBY COACHING COMPANY BASED IN DUBLIN, IRELAND. OUR MISSION IS TO DEVELOP YOUNG NATIONAL AND INTERNATIONAL PLAYERS IN THE GAME OF RUGBY.

Offering a rare combination of practical experience alongside theoretical knowledge, we have an authentic and persistent passion for the game.

At the IRI, rugby is at the heart of everything we do. We live, love and play rugby the Irish way and offer a range of services all focused on helping both budding and experienced players build and achieve their dreams in the game of rugby.

SUMMER PROGRAMME 2024

DATES

Our Summer 2023 Programme will run from:

Week 1: 01/07 - 05/07
Week 2: 08/07 - 12/07
Week 3: 15/07 - 19/07
Week 4: 22/07 - 26/07

HOST FAMILIES

Stay with one of our Irish host families for the most authentic Irish experience. Our host families are carefully selected, and the students will be staying locally to the campus. We offer a variety of activities during the week and on the weekend to make all of our players have the best experience possible.

PRICING

1 Week: €1099.00
2 Weeks: €1,699.00
3 Weeks: €2,299.00
4 Weeks: €2,899.00

Pricing includes all activities, accommodation, food, and airport transfer to and from the airport.

RUGBY

Our main focus is and always will be improving the skills of all the players we host. Our professional coaches aim to improve everyone's skills to make sure they go back a better player than when they arrived. Our focus on both individual and team based development allows our players to flourish, culminating in a competitive game at the end of each week.





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EXAMPLE TIMETABLE

To ensure a positive experience and progressive learning, our timetable changes weekly. We provide evening and weekend activities for our students to keep them engaged and ensure they are enjoying Ireland in a safe environment.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:30-09:30	Check - In	Check - In	Check - In	Check - In	Check - In	Check - In	
09:30-10:10	Strength & Conditioning	Strength & Conditioning	Skills Session	Strength & Conditioning	Team Preparation	Morning Activity (NON RUGBY RELATED)	Free Time
10:15-10:55	Rugby Session 1	Rugby Session 1		Rugby Session 1			
11:00-11:40	Rugby Session 2	Rugby Session 2		Rugby Session 2			
11:40-12:00	Break	Break		Break			
12:00-12:40	Rugby Session 3	Rugby Session 3	Team Preparation	LUNCH	MATCHES	Free Time	
12:45 - 13:25	Rugby Session 4	Rugby Session 4					
13:30 - 14:30	LUNCH	LUNCH	Afternoon Activity (NON RUGBY RELATED)	LUNCH	Team Preparation		
14:30-15:00	Position Specific Skills	Position Specific Skills	Position Specific Skills				
15:00 - 15:45	Team Preparation	Team Preparation	Team Preparation	Team Preparation	POST-MATCH FOOD		
15:50 - 16:30	Units Sessions	Units Sessions					
18:30	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities		

LONG TERM PROGRAMME

OUR LONG-TERM PROGRAMME OFFERS STUDENTS THE OPPORTUNITY TO LIVE AND PLAY RUGBY IN IRELAND, IMPROVING THEIR SKILLSET WITH ADVANCED COACHING AND THEIR ENGLISH LANGUAGE ABILITY WITH IMMERSION INTO IRISH CULTURE.

With a guaranteed school place, enrolment into a local rugby club and access to world-class strength and conditioning facilities, this programme allows students to reach their potential.

With limited places available, this programme is available on a first-come, first-serve basis. A clear demonstration of elite-level rugby is required, and applications do not guarantee a place.

DATES

To ensure your place on our highly sought-after programme, please apply before 1st March 2024.

Arrivals into Ireland should be no later than 26th August 2024.

For more information email: rossa@rugbyinstitute.com



KIT PACKAGE

Wear the IRI badge this summer! Pre-order our kit package from Macron when you sign up and pick it up on your first day! Order early to get our reduced sale price!

Kit Package: €150.00
€120.00



IRISH RUGBY INSTITUTE

WHO WE ARE

OUR EXPERT TEAM ARE DEDICATED TO MAKING OUR RUGBY PROGRAMMES AN EXCITING, INFORMATIVE AND MEMORABLE EXPERIENCE FOR EVERY PLAYER.

Alongside our team are our fantastic coaches, each of whom has vast experience and outstanding knowledge in different areas of rugby, strength and conditioning.

Each year our coaching team gets even better, with visits from IRI Alumni playing international rugby to look forward to as well.



**ROSSA KEANE
FOUNDER**

Rossa founded the Irish Rugby Institute in 1999. Having gone to school in the rugby hotbed of Blackrock College, Rossa played his club rugby for Suttonians RFC in the AIL, where he enjoyed a long and successful career before retiring in 2018.

His passion for sport translated into academic success, gaining a degree in Sports Science, and subsequently he founded TonedFit where he continues to be Director. Rossa is the owner of multiple gyms across Dublin, and continues to refine his Personal Training skills daily.

Rossa's vast rugby experience combined with his Strength and Conditioning expertise are omnipresent in everything the Irish Rugby Institute is about. His influence has guided the IRI through the years and he remains as passionate about giving young players the tools to succeed as ever.

**rossa@rugbyinstitute.com
+353 86 338 1367**



**PETER SYNNOTT
DIRECTOR OF RUGBY**

Peter is a former professional rugby player in the UK, gaining over 100 caps for Esher RFC in both National League 1 and the Championship. A Senior Cup winner with Belvedere College in 2008, success followed through his career in both playing and coaching.

Moving back to Dublin in 2017, Peter took over as Head Coach at St Fintan's High School, continuing the hard work to keep rugby as an established sport at the school, and guiding them to just their second Senior Cup appearance in the school's history. He also took over as head coach at Suttonians RFC and oversaw the clubs promotion to Leinster League 1A in just his second season.

Peter's degree in Strength and Conditioning Science, ability to play multiple positions and love of the game gives him a unique ability to engage with players, coach all facets of the game and breed success.

**peter@rugbyinstitute.com
+353 83 049 3000**



**OSCAR REILLY
GENERAL MANAGER**

The youngest member of our team, Oscar was born in England and had a successful under-age career; starting every game for an unbeaten St George's College 1st XV and earning a call-up to the Ireland Exiles U18 touring side, where he was Vice-Captain.

Having earned a degree in Journalism, Communications & Politics from Cardiff University, Oscar moved back to Dublin to undertake an MSc in Marketing from the UCD Smurfit School of Business. Oscar is responsible for our host families, our camps overseas and marketing efforts, as well as coaching at our camps and developing our business interests in new territories.

Oscar remains involved in rugby, currently playing for Suttonians 1st XV and as a coach of St Fintans Senior Cup Team.

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