



**International Rugby Academy**  
NEW ZEALAND LIMITED

Welcome to the December issue of the International Rugby Academy Newsletter

#### Upcoming Courses

##### New Zealand

High Performance Players Course

31 Jan – 19 Feb 2010

High Performance Coaches Course

8 Feb – 19 Feb 2010

Advanced Players and Coaches Course

1 April – 7 April 2010

##### South Africa

Skills Clinic Coaches

19 Feb – 20 Feb 2010

Attack Clinic Coaches

12 March – 13 March 2010

Defence Clinic Coaches

19 March – 20 March 2010

Intermediate Coaches Course

27 March – 31 March 2010

##### North America

Elite Players Course

24 Jul – 6 Aug 2010

Elite Coaches Course

31 Jul – 6 Aug 2010

Advanced Players Course

24 Jul – 30 Jul 2010

Advanced Coaches Course

24 Jul – 30 Jul 2010

Womens Players Course

31 Jul – 6 Aug 2010

## Merry Christmas from the International Rugby Academy

From all the team at the International Rugby Academy, we would like to wish players, coaches and teams from around the rugby world a very Merry Christmas and a safe and happy holiday season. The coaching teams in New Zealand, South Africa, and North America wish all of you a successful rugby season in 2010. We look forward to continuing to work with aspiring players, coaches and administrators as you strive to maximise your potential.



## International Rugby Academy (IRA) Website, Blogging & Social Networking

The International Rugby Academy (IRA) has joined the 21st Century and with the launch of our new website we have also embarked on a new crusade into the world of social networking. You can check out our [facebook](#) page for course updates, photos and comments (sign up as a fan so you can comment on our posts), follow us on [twitter](#) or check out our [you tube](#) page for video files from our courses. We will be adding further material to the sites in the New Year



You can also keep up to date on the world according to Murray by reading his [blog](#), for insightful commentary on the way he views the rugby world.

## Investec Elite Courses a success

The inaugural Investec International Rugby Academy elite players and coaches courses have recently wrapped up in South Africa. These two courses were held at the Rugby Performance Centre at Riebeeck West. It's an amazing facility, absolutely private, surrounded by trees and the cliff tops typical of the Cape Town area, beautiful wine land and a charming little village called Riebeeck Kasteel. The facility is an ideal set up for International Rugby Academy courses with beautiful fields and training pitches. 30 players (2 in each position) and 18 coaches came from all over South Africa, Uganda, Zimbabwe, Namibia and Portugal. There was also a whole bunch of South African Coaches from the extremities, a marvelous group of individuals, who gained tremendous benefit from the International Rugby Academy specialist coaches .





## IRANZ Rugby Sevens Clinic

IRANZ is pleased to announce its inaugural Rugby Sevens Clinic which will be held 12–16 March, 2010 at the Sport and Rugby Institute, Palmerston North, New Zealand.

The Clinic is held prior to the IRB Adelaide Sevens (20–21 March) and the Hong Kong Sevens (26–28 March) and is designed for those teams preparing for Adelaide and Hong Kong, though would also suit FIRA–AER nations looking to excel on the European Tour or NACRA unions striving for gold at the CAG Games.

For more information contact IRANZ General Manager Steve McHardy on [admin@iranz.co.nz](mailto:admin@iranz.co.nz)

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## North America Programmes Confirmed for 2010

IRA is pleased to confirm the courses to be held at Infinity Park, Denver, Colorado in 2010. For the first time we will be holding a womens course to enable female players the same opportunity to develop as their male counterparts. Womens playing numbers are expanding dramatically in all corners of the world so we're sure that women will be delighted with this fantastic opportunity. As well as the womens course we will also be holding an Elite course for players and coaches, an Advanced Course for players and coaches and a referees course, over the period 24 July – 6 August at this fantastic purpose-built facility.

For information on our North America programmes and to enrol see our [website](#).

### IRANZ Annual Dinner

Murray Mexted invites you to join us for an evening of stimulating rugby debate featuring Buck Shelford, Christian Cullen, Anton Oliver, Jeff Wilson, Grant Fox and Joost van der Westhuizen.

Held at the Massey University Sport and Rugby Institute on Thursday 11 February 2010. For more information contact [Mariska@iranz.co.nz](mailto:Mariska@iranz.co.nz).



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