



Excellence in Sport

The Canterbury Institute of Sport

at The Canterbury Academy



Rugby Academy



For more info email Jesse Sazant - Head of Elite Academies
on jsazant@canterbury.kent.sch.uk

Working in partnership with  Simon Langton Boys to provide a
grammar school band in a comprehensive school

www.canterburyacademy.co.uk



Excellence in Sport

The Canterbury Institute of Sport



Rugby Academy

Programme Overview

The Canterbury Rugby Academy programme is recognised as one of the finest in England. It has a philosophy of dedication, honesty and team work which supports players in progressing to the highest levels after graduating from the academy.

At this age the emphasis is on mastering skills as well as gaining an advanced understanding of the game. This ensures that wherever the players progress, they will have the skills and understanding needed to be successful at the next level.

The programme also focusses on functional movement to develop size, speed and strength and to prepare body and joints for the demands of this high impact game. A typical week comprises: 2 on field rugby training sessions, 2 strength and conditioning sessions, 1 match and training and playing for a club.

The academy
top class
rugby field
programme.

has an outstanding £4 million sports centre and gym facility, providing equipment to support development alongside the technical and tactical work, including an innovative personalised strength and conditioning

The academy has an elite sports physiotherapist and sports masseuse on site. It also has a professional fitness coach. A full time sports scientist offers opportunities to go to the University of Kent's Sports Science lab to conduct scientific testing and data collected is used to monitor a player's progress throughout the year. Workshops on nutrition, lifestyle management, psychology and personality profiling are also included in the programme.

Head Coach and Director of Rugby is Nicky Little, an ex-professional including Sale, Saracens, Bath, Bristol and Fiji international (71caps, 1996-2011). Nicky has been a rugby player for over 15 years; his technical knowledge is impressive and proven. He recently coached the Fiji team to the Pacific Nation's Championship (PNC) title in June 2013 and currently coaches Canterbury Rugby Football Club's 1st and 2nd teams.



Contact: Nicky Little - Director of Rugby
Email: nlittle@thelangton.kent.sch.uk
Mob: 07789 743308