



## Centurion Campus

### Program 2 - CARA RUGBY GAP year programme

#### ABOUT THE PROGRAMME:

CARA's goal is to ensure that every player that enters into the programme, develops his potential, both on and off the field. We focus on game performance, decision making, body development, character development, and general game skills. We strive to give the student exposure to all aspects of the sport in order to ensure that his love for the game together with his studies, we can lead him in a direction where he will be able to achieve his fullest potential

The programme is specifically designed to assist the student in making the right decision towards his future plans with regards to his choice of study and how rugby is going to play an active part in this process.

#### PRACTICAL EXPOSURE AND POSSIBLE OPPORTUNITIES:

In association with Centurion Rugby Club and under the banner of BBRU (Blue Bull Rugby Union) the students get the opportunity to participate in any of the following :

##### CARA - 15 man:

- Volcano Super League
- Provincial

##### CARA - 7's :

- ALL STARS
- Provincial
- Local Tournaments

##### Rugby League:

- SARL League
- Provincial
- SA Students

#### ENTRANCE REQUIREMENTS:

Gr 12 pass and must be an active rugby player that wants to build on his passion for the game. Rugby CV

#### STUDY OPPORTUNITIES:

The "GAP" year programme is designed to aid the student in deciding what he would like to study and which career is best suited for him. During this year the student will be exposed to various programmes offered at Centurion Academy and other institutions/federations. We will be providing the student with the following:

##### General Courses and Practical exposure:

Career Guidance & Aptitude Testing, Advanced Aptitude Testing

Practical exposure as well as excursions in collaboration with several of our Academic departments & other working experience in selected industries..

First Aid Level 1

BSN Basic Strapping course

Life Coaching

##### World Rugby Courses: COMPULSORY

Boksmart

World Rugby Coaching Level 1

World Rugby Officiating (Referee) Level 1

World Rugby Strength and Conditioning Level 1

\*Optional\* World Rugby 7's Coaching Level 1

##### Short Courses: (40 hours each) CHOOSE ANY TWO

Project Management

Microsoft + Computer Skills

Business Management

Marketing Management

#### FEES:

The fees for the rugby academy GAP year Programme is R 50 000.00 per year and includes the following :

- Planet Fitness contract + tag
- Attire:
  - o Tracksuit
  - o Formal wear
  - o Practise gear
  - o Jerseys
- Supplement starter pack
- Online players profile
- Development of player specific skills
- League coaching and co-ordinating
- Home league costs

Fees excludes any local or international tours