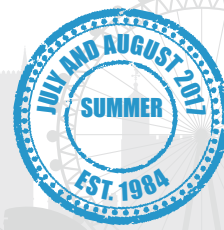


# Ardmore Rugby Academy

**SHIPLAKE COLLEGE**

FOR JUNIORS AND TEENAGERS FROM 9 YEARS UP TO 17 YEARS  
RESIDENTIAL ACCOMMODATION



In association with



SHIPLAKE COLLEGE



# Ardmore Rugby Academy

**SHIPLAKE COLLEGE**

**FOR JUNIORS AND TEENAGERS FROM 9 YEARS UP TO 17 YEARS**



Ardmore Rugby Academy Students

## WHO CAN TAKE PART?



This course is aimed at boys aged between 9-17 years. Students from all over the world return each year to improve their skills in English language and rugby whilst being trained by some of the best coaches from Sales Sharks.

For the coaches who may travel with groups of students, there is a great opportunity to exchange ideas with the academy coaches and pick up the latest techniques from the coaches of some of the World's best rugby players.



Sale Sharks

## INTRODUCTION



Welcome to Ardmore's Rugby Academies with international centres based in Shiplake.

This programme is aimed at all rugby enthusiasts throughout the world who want to improve their rugby skills with the help of coaches from Sales Sharks, the best Premiership rugby team in England, and improve their English language with Ardmore Language Schools, experts in educational travel for over 30 years.

The established collaboration between Ardmore Language Schools and Sale Sharks enables young rugby stars of the future to be taught by the best coaches in the business whilst learning English in a safe environment.

The English taught in the classroom will be reinforced on the rugby pitch with the English speaking coaches teaching students about tactics, game plans and skills with special emphasis being placed on the English game. Each of the academies has excellent rugby training facilities plus a wide range of additional sport and recreational facilities to complement the training programme.

Accommodation is on a full board basis and is provided on the campus.

The course enables students to improve their rugby skills as well as their confidence in speaking English.



Ardmore Rugby Training



Ardmore Rugby Training





Ardmore Rugby Training

## COACHING METHODS



Sale Sharks, internationally recognised club and winners of the 2006 Guinness Premiership division in England, have been one of the top teams for a number of years.

They have some of the best players from all over the world including French, Spanish, Argentinians and Samoans. Every course is designed by experienced coaches who use the latest techniques and training methods available. These coaches are responsible for nurturing some of today's top talent such as Charlie Hodgeson and Mark Cueto and they are constantly looking for new young talent from around the world. The sessions will be given in English and will include key vocabulary for the game.

The coaching will focus on all aspects of the game and may include tackling, taking the ball into contact, ball handling skills, performing skills under pressure. The coaching methods will depend on the age of the students.

In addition to the top class coaching, there will be visits from some of the Sale Sharks players themselves, who will join in with or conduct training sessions. There will also be competitions and incentives to give the course a 'competitive edge'.

## ENGLISH LESSONS AND RECREATIONAL ACTIVITIES



Ardmore will be taking care of the teaching and welfare aspects of the course providing a traditional English boarding school experience at Shiplake College with teaching by fully qualified EFL teachers. The students on our rugby programme will be mixed with students on our international summer course to provide the best possible integration with international students. The lessons will be conducted in English immersing the students in the English language and enhancing their listening and speaking skills. The lessons will cover a variety of topics that can be used in every day conversation with rugby specific vocabulary being taught on the rugby pitch.

The students will be placed into groups according to age and ability. A Placement Test designed to assess English ability will be completed on arrival with an Exit Test before departure to record the student's progress whilst on the course. In the evenings, the students will have supervised evening activities with students from our international summer course to encourage integration with other international students and to promote cultural understanding.

Recreational activities and off-site visits will include one full day excursion and one half day excursion per week. This excursion programme will include at least one Rugby specific full day excursion during each two week stay. E.g. excursion to London, Twickenham, Oxford, Windsor and Reading.

### Price includes:

- Full board accommodation
- 15 lessons per week in international classes
- 12 hours of rugby coaching by qualified Rugby Union coaches
- 1 full day excursion per week
- 1 half day excursion per week
- Placement Test on arrival
- Exit test on departure
- Evaluation Certificate on completion of course
- Evening activity Programme



Ardmore Rugby Academy Students at Sales Sharks Home Stadium

# Shiplake College

**HENLEY-ON-THAMES**

FOR JUNIORS AND TEENAGERS FROM 9 YEARS UP TO 17 YEARS



Shiplake College



## SHIPLAKE


Shiplake College is a historic 'Harry Potter' style boarding school located close to the riverside town of Henley-on-Thames only yards from the River Thames itself. The school was first founded in 1959, although the original building dates back to 1890, and offers students the opportunity to become completely immersed in an English boarding school culture during their course.


Aside from the colleges beautiful appearance and amazing setting, the fantastic facilities include a historic dining room, indoor theatre, outdoor heated swimming pool, tennis courts, playing fields and sports hall.


The school is set within beautifully manicured and secure grounds with Henley-on-Thames nearby, famous for the Royal Regatta, Shiplake is in an idyllic riverside location within easy reach of London, Windsor and Oxford.


### ACCOMMODATION

- Residential. Maximum number of beds 250
- Mainly two to four bedded rooms, some single and larger rooms available
- Shared shower and bathroom facilities
- Accommodation in boarding houses on the main campus

 38 km from Heathrow  
96 km from Gatwick  
128 km from Stansted

 62 km from London  
Full day excursion to London

 Residential Programme


 Suitable for groups and individual students

### FACILITIES

- Beautiful riverside location
- Indoor theatre
- Outdoor heated swimming pool
- 4 tennis courts
- Playing fields
- Classrooms
- Sports hall

 Intensive English

 European City Tours Available

 Adult to Student ratio 1:10 min

## SAMPLE PROGRAMME

Possible two week programme.

Lessons may be in the morning or in the afternoon\*

DAY	AM	PM
Sun	Welcome to Ardmore – Ice breaker welcome games	
Mon	Placement Test and Ardmore Life	Rugby Training
Tues	Rugby Training	Lessons
Wed	HALF DAY EXCURSION TO READING TOWN	
Thurs	Rugby Training	Lessons
Fri	Rugby Training	Lessons
Sat	EXCURSION TO LONDON WALKING TOUR AND ENTRANCE TO TWICKENHAM	
Sun	Sport & Leisure Activities on Campus / Optional Excursion	
Mon	Rugby Training	Lessons
Tues	Rugby Training	Lessons
Wed	HALF DAY EXCURSION TO WINDSOR CASTLE	
Thurs	Rugby Training	Lessons
Fri	Rugby Training	Lessons, exit test and Graduation
Sat	EXCURSION TO OXFORD WITH TOWN TOUR	
Sun	Goodbye Ardmore	

\*The programme may vary due to operational reasons

**ENGLISH LESSONS:** 15 hours per week (3 hours per day, 5 days per week); may be morning or afternoon

**RUGBY ACADEMY:** 12 hours per week organised by Ardmore Rugby Academy coaches; and Arts & Crafts., may be morning or afternoon

**EVENING ENTERTAINMENT:** Talent show, quiz games, sports tournament, blind date, casino nights, Capture the Flag, welcome icebreaker nights and party games, etc.

**EXCURSIONS:** One full day and one half day per week.