



STONYHURST

SPORTS ACADEMY 2021



Supported by Former International
Rugby Union Player, Joe Ansbro

WELCOME

Stonyhurst College is the UK's leading Catholic independent school for boarders and day students. Set in a magnificent Grade I listed building in the beautiful Ribbles Valley, the College has a fascinating heritage, fine reputation and excellent facilities.

At Stonyhurst we believe sport is an essential component of life. Participation in sport is an important element of a healthy lifestyle, which enhances academic performance and fosters collaboration, concentration, self-confidence and leadership skills. We also believe in having fun. For children, this means having fun in a safe, supportive, encouraging and challenging environment, where they can explore, make new friends, try new activities and most importantly, enjoy themselves!

The Stonyhurst Sports Academy offers a combination of courses on both a residential and non-residential basis, aimed at children aged between 8 and 16 years of age.



2021 COURSE DATES

STONYHURST RUGBY ACADEMY

Residential (Ages 10 – 16yrs)
or Non-Residential (Ages 8 – 16yrs)

COURSE ONE Monday 9th August –
Thursday 12th August

COURSE TWO Monday 16th August –
Thursday 19th August

STONYHURST ADVENTURE WEEKEND

Residential Places Only (Ages 10 – 16yrs)

**TWO NIGHT
RESIDENTIAL** Friday 13th August –
Sunday 15th August

RUGBY AND ADVENTURE

**COURSE
ONE PLUS
ADVENTURE** Monday 9th August –
Sunday 15th August

**COURSE
TWO PLUS
ADVENTURE** Friday 13th August –
Thursday 19th August

STONYHURST RUGBY ACADEMY

Stonyhurst is world-famous for its rugby, providing a number of pupils with the training and experience to go on to have successful professional sporting careers. We can boast several international sportspeople among our alumni, including Joe Ansbro (Scotland); Will Greenwood, Kyran Bracken and Iain Balshaw (all members of the England squad who won the 2003 Rugby World Cup).

In August 2021, Stonyhurst will be launching its first Rugby Academy, aimed at boys and girls aged 8 – 16, who are looking to improve their rugby skills. Led by Level 3 qualified rugby coaches, the focus will be on educating players on key areas of rugby development as well as covering fundamental aspects of skill progression. Attendees will be expected to have an understanding of the techniques and rules of the game.

We aim to deliver an enjoyable and rewarding preseason training course, which will equip our students with the skills and confidence they require to fulfil their sporting potential.

The Stonyhurst Rugby Academy offers non-residential places to children aged 8 – 16 years, to attend the rugby course on a daily basis, or a residential option with full board for children aged from 10 – 16. The Rugby Academy runs for two weeks, enabling children to attend for one or two weeks, with an optional Adventure Weekend taking place between the two rugby courses.



JOE ANSBRO

Former International Professional Rugby Union Player
and Former Stonyhurst Pupil

Joe Ansbro was a pupil at Stonyhurst between 1994 and 2004. Ansbro left Stonyhurst to read Natural Sciences at the University of Cambridge, before launching his professional rugby career.

He made his international debut for Scotland in 2010 playing against South Africa, followed by his first Six Nations appearance against France in 2011.

Ansbro also played for Scotland in the 2011 Rugby World Cup in New Zealand. He retired following a career-ending injury in 2012 and has been a Biology master and 1st team coach at Harrow School for the past 7 years.



I am delighted to lend my support to the Stonyhurst Rugby Academy. My time at Stonyhurst as a pupil was pivotal to cultivating my passion for the game and providing me with the skills and experience to launch a professional career.

I've been fortunate to play and coach at some of the finest schools, clubs and stadiums around the world.

Stonyhurst, and its place within the Ribble Valley, is up there with the very best - providing an outstanding setting for aspiring players to develop the skills and behaviours required to thrive in the game.



JOE ANSBRO



RUGBY COURSE

Our Rugby Course is designed to challenge players, to advance their skill set and increase confidence in a fun and enjoyable environment. Each session is carefully planned to focus on a particular skill and develop young talent to their full potential. We are focused on delivering technical, tactical and physical improvements relative to each player's ability and enabling them to translate this onto the rugby pitch.



COURSE CONTENT

- ◆ Physical warm-up
- ◆ CARDS abilities
- ◆ Skill development
 - ◆ Catch and pass
 - ◆ Contact skills
 - ◆ Tackle technique
 - ◆ Kicking
 - ◆ Evasion skills
- ◆ Tackle understanding and progression
- ◆ Lifestyle
 - ◆ Mental skills including communication, leadership, etc.
 - ◆ Nutrition and Hydration
 - ◆ Game Review
 - ◆ Injury Prevention & Recovery
 - ◆ Strength & Conditioning
- ◆ Match play



KEY FEATURES

- ◆ Full strength and conditioning programme
- ◆ Game understanding
- ◆ Skill development and training programme
- ◆ Education - Mental skills, sports nutrition, game review and injury prevention and recovery
- ◆ Professional, energetic and enthusiastic coaching
- ◆ Building stamina, strength and agility



THE FACILITIES

High performance indoor and outdoor facilities, including external sport/games pitches along with access to the multi-functional gym.



PROFESSIONAL TUITION

Our professional coaches will bring their wealth of experience and commitment along with a range of skills that allows us to provide top-class coaching in the sport as well as being able to encourage enjoyment and participation.

We believe that competitive sport is the cornerstone of our programme. It exposes the players to the reality of competition, giving them the avenue through which they can learn to deal with success and failure. It also provides the opportunity for those shared experiences where the team can perform and succeed, helping to improve players' self-esteem and confidence.

Residential Timetable

Breakfast	07.45-08.45
Morning Meeting	08.45-09.00
Rugby Session 1	09.00-12.40
Lunch	12.40-13.40
Theory Session Indoors	13.40-14.30
Rugby Session 2	14.30-16.00
Afternoon Activities	16.00-18.00
Change / Free Time	18.00-18.30
Dinner	18.30-19.15
Evening Activities	19.15-21.30

Non-Residential Timetable

Arrivals	08.15-08.45
Morning Meeting	08.45-09.00
Rugby Session 1	09.00-12.40
Lunch	12.40-13.40
Theory Session Indoors	13.40-14.30
Rugby Session 2	14.30-16.00
Afternoon Activities	16.00-18.00
Pick-Up	18.00

MEET OUR COURSE DIRECTOR, MAX LE COUNT-WARD



My name is Max Le Count-Ward and I'm delighted to be the Course Director of Stonyhurst Sports Academy.

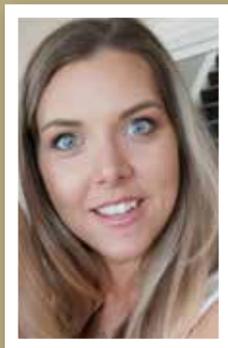
From a young age I could be found on the rugby pitch. I discovered my passion for coaching, and had many opportunities to coach younger teams at my club and school. I attended Buckinghamshire New University to study Sports Management and Rugby Studies, and it was here where my coaching career really kicked off. Alongside my degree I also worked for Wasps, Harlequins, England Rugby and Saracens.

I have over 10 years of rugby coaching experience, a Level 3 coaching qualification and a background in player development. During the 4 years as a Community Rugby Coach for England Rugby, I had the amazing opportunity to work for teams such as Saracens Junior Academy, Northampton Saints Developing Player Pathway and Essex County. Most recently in my career, I spent time coaching in New Zealand with Wakatipu RFC as an attack and skills coach. These experiences have shaped how I coach and also why I coach. I want to support the development of young people in rugby, and help them achieve their potential by giving them the skills and abilities to play the game of the future. I am extremely excited by the plans and the content of the course, and it's certainly something that I would have wanted to be a part of as a young player!

EXTRA ACTIVITIES & EVENING ENTERTAINMENT

Following a stimulating day of rugby training, the children will choose from a wide range of activities, games and evening entertainment.

The activity and evening programme is supervised by our committed team of Activity Leavers, led by our Activities Director, Corinna Atkinson.



MEET OUR ACTIVITIES DIRECTOR, CORINNA ATKINSON

I have been working as an Activities Director for 6 years here at Stonyhurst. Using my love of sports and outdoor activities, I will ensure you have a rewarding and memorable experience here with us at Stonyhurst Sports Academy.

The state-of-the-art facilities available here at Stonyhurst and the picturesque venues chosen for our Adventure Weekend will provide you with the perfect summer break whilst developing your sporting skills at the same time. Furthermore, the activity programme will make time for you to unwind in the evenings after a busy day of sporting activities to catch up and share your experiences with your friends.

I'm excited for you to share in this programme and look forward to sharing this time with you at the Sports Academy in the summer.



Activities:

- Swimming
- Music
- Arts & Crafts
- Mountain Biking
- Yoga
- Tennis
- Bushcraft & Outdoor Skills

Entertainment:

- Film Night
- Bingo
- Quizzes
- Evening Strolls
- Casino Night
- Table Football or Tennis
- Karaoke
- Croquet
- Music
- Treasure Hunt
- Computer Games

STONYHURST ADVENTURE WEEKEND

Our fantastic facilities, extensive estate and dedicated staff lend themselves perfectly to create an adventure experience to remember. We want our young people to thrive in the outdoors, embracing the opportunity for independence and freedom, and leave with a sense of achievement and friends for life.

Our bespoke outdoor adventure programme will provide something for everyone. We want our young adventurers to grow in confidence and take on new and exciting challenges.



THE FACILITIES

Stonyhurst College is set in 1,000 acres of Britain's most beautiful countryside in the North West of England. Overlooking Pendle Hill and the magnificent Ribble Valley, the Stonyhurst estate is simply outstanding.

The River Hodder runs through the Stonyhurst estate and with acres of well attended and maintained gardens, Stonyhurst staff and qualified instructors can deliver a wide range of activities on campus with full access to all Stonyhurst facilities.



THE TEAM

The Stonyhurst Adventure Weekend is delivered by our dedicated and talented team of academy coaches and activity leaders. The programme features something for everyone and our high staff to child ratios ensure all our adventurers receive individual attention and support.



THE PROGRAMME

The Stonyhurst Adventure Weekend combines a variety of activities onsite, making the most of the College's fantastic facilities and estate, alongside a full day excursion to the Lake District National Park where our adventurers will embrace a variety of outdoor pursuits.

The Adventure Weekend is available on a residential basis only, for children aged between 10 and 16.

Onsite Activities:



Clay Pigeon Shooting



Tennis



Fishing



Golf



Paintballing



Mountain Biking



Archery



Water Polo



Bushcraft

Excursion Day Activities



Kayaking



Gorge Scrambling



Abseiling



Waterfall Climbing



Zip Wire



Raft Building



Rock Climbing



CARING FOR OUR PLAYERS & ADVENTURERS

Pastoral care and welfare is very important to us. High staff to child ratios mean that we give all the children attending our programmes constant personal care and attention. To guarantee very close supervision we employ dedicated welfare staff who are experienced in all aspects of pastoral care.

MEET OUR DIRECTOR OF PASTORAL CARE,
SAM WILLIAMS



I have worked at Stonyhurst for many years in this stunning setting and cannot wait to welcome you to this year's Sports Academy. We work, live and play in incredible surroundings here in the heart of the Ribble Valley, and as Director of Pastoral Care, I look forward to making you feel part of the Stonyhurst family for the duration of your stay with us.

Working together, we will provide you with a safe and relaxing environment where you can rest after training sessions or catch up with friends after an exciting day of activities and adventure. I will be here to help you make the most of your Sports Academy experience and look forward to meeting you at Stonyhurst next summer.



All our staff understand the importance of pastoral care. Your child can talk to a coach or activity leader anytime throughout their stay. With the help of our Director of Pastoral Care we offer individual support, answer questions and resolve any issues as and when required.



ACCOMMODATION

The College offers high quality accommodation to all students in the form of single, twin or dormitory style bedrooms. Students are allocated rooms according to their age and gender.

Each boarding area is looked after by a dedicated House Parent. In addition, there are duty rooms situated throughout the boarding accommodation areas. These rooms are occupied all night by Academy Staff who are available for any problems a child may have during the night.

We guarantee close supervision within a happy, well-ordered environment. We encourage staff to create a friendly, lively, family atmosphere to ensure your child will feel comfortable, happy and supported while they are away from home.



CATERING

At Stonyhurst, all staff and students eat together at breakfast, lunch and dinner in our modern Refectory.

We understand the importance of a balanced diet and good nutrition for the health and well-being of our students. Our food is freshly prepared by Stonyhurst's excellent catering team and our carefully planned, daily menus provide options that everyone will like.

There is always a selection of hot and cold dishes, a variety of vegetables, soup and a full salad bar at lunchtime, tempting desserts and a selection of fresh fruit. We also cater for students with allergies, food intolerances and special diets so please do let us know if your child has any special dietary requirements.



MEDICAL

Although we hope that your child will be healthy throughout his or her stay, if they have an accident or illness, we always have fully qualified first-aiders working onsite 24/7 and we offer a daily surgery with a qualified nurse to help any of our students if they need it.

In the unlikely event that we need them, there are also two minor injury drop-in centres close by, a local health centre and dentist in Clitheroe (10 minutes' drive) and several hospitals nearby.



COURSE OPTIONS & FEES

Stonyhurst Rugby Academy

Course One or Course Two Residential	£495.00
Course One or Course Two Non-Residential	£295.00
Course One & Course Two Residential	£950.00
Course One & Course Two Non-Residential	£550.00

Stonyhurst Adventure Weekend

Two Night Residential	£495.00
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Combined Courses

It is possible to combine one or two weeks of the Rugby Academy with the Stonyhurst Adventure Weekend.

Course One Rugby Academy (Residential) plus Adventure Weekend	£950.00
Course One Rugby Academy (Non-Residential) plus Adventure Weekend	£750.00
Adventure Weekend plus Course Two Rugby Academy (Residential)	£950.00
Adventure Weekend plus Course Two Rugby Academy (Non-Residential)	£750.00

Combined Courses

Course One & Course Two Rugby Academy (Residential) including Adventure Weekend	£1,400.00
Course One & Course Two Rugby Academy (Non-Residential) including Adventure Weekend	£995.00

ALL-INCLUSIVE PRICES

Our all-inclusive course prices include a complimentary sports T-shirt and water bottle, as well as all activities and excursions. Residential courses also include full board accommodation and weekly laundry.

ADDITIONAL NIGHTS

To allow for different travel arrangements there is the option to add an additional night's stay, at the beginning or end of a course, at a cost of £100.00 per child, per night.

INTERNATIONAL TRAVEL

Transfers from airports or train stations are not included in the course fee. However, prices for transfers can be provided on request and are dependent on availability.



HOW TO FIND US



BY ROAD

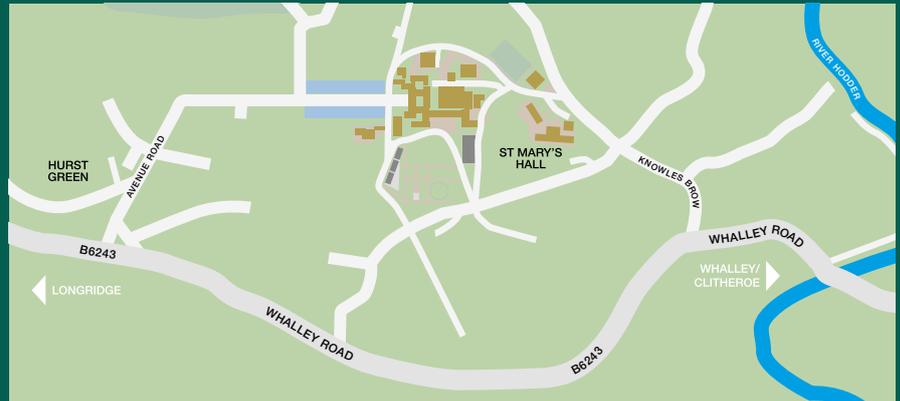
Stonyhurst College is located near the village of Hurst Green, half an hour's drive from Preston.

M6

From the South: Leave at Junction 31 and follow signs for Clitheroe, then Whalley and Hurst Green (B6243); From the North: Leave at Junction 32 and follow B5269 to Longridge and Hurst Green.

M62

Leave at Junction 18 and follow M66, A56 and A6068 to Padiham, A671 to Whalley, B6246 to Great Mitton and B6243 to Hurst Green.



BY RAIL

The most convenient railway station for Stonyhurst is Preston, some 13 miles away from the College, and just over 2 hours from London Euston and 3 hours from Edinburgh and Glasgow.

BY AIR

We are easily accessible via Manchester, Liverpool and Leeds Bradford Airports.



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