

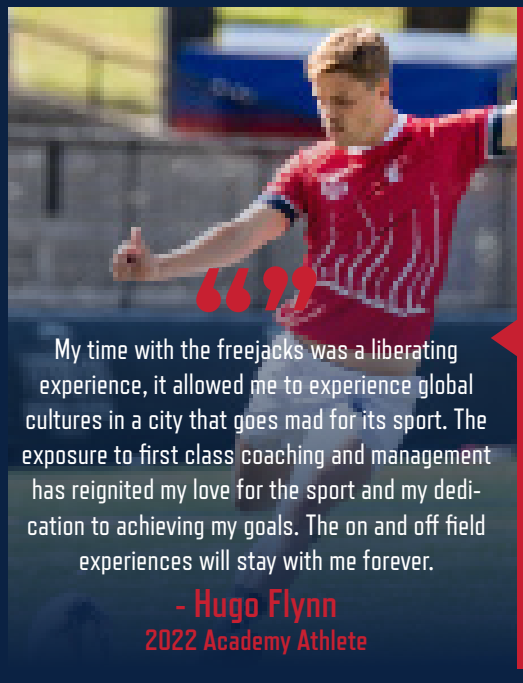


# INTERNATIONAL ACADEMY

**Semester 1**  
6 Feb - Apr 16

**2023**

**Semester 2**  
17 Apr - 25 Jun



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My time with the freejacks was a liberating experience, it allowed me to experience global cultures in a city that goes mad for its sport. The exposure to first class coaching and management has reignited my love for the sport and my dedication to achieving my goals. The on and off field experiences will stay with me forever.

- Hugo Flynn  
2022 Academy Athlete

- **Open to Athletes aged 17+**
  - This camp is designed specifically for players who want to accelerate their rugby development by being fully immersed in a full-time professional rugby environment at the New England Free Jacks, in Boston, USA, competing in Major League Rugby.
  - Immersed in the Free Jacks team culture, training, programing, strength and conditioning and related rugby development, you will join the professional outfit to be the best player you can be.
- **APPLY NOW: Limited Spaces**
  - Capped at 5 players per semester. Apply now to be considered.

[FREEJACKS.COM/INTERNATIONAL-ACADEMY](https://FREEJACKS.COM/INTERNATIONAL-ACADEMY)



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I have extensive experience running my own International Rugby Academy, Inside Running Academy based in New Zealand. The programme that we offer at The New England Free Jacks is world-class, full inclusion and really unique in world rugby. This is really the opportunity of a lifetime for the selected 10 players per year.

- Mike Rogers  
Free Jacks Assistant Coach



# INTERNATIONAL ACADEMY



## What can you expect?

### 1. Full Immersion

Become part of a full-time professional rugby environment. This is an all access opportunity. You will be fully integrated in all team activity, training, housing, strength & conditioning, team bonding and more.

### 2. Game Experience

International Academy players will have the opportunity to play for the New England Independents, Free Jacks A-Team, as well as, season permitting, with local club programs in the USA Rugby spring competition.

### 3. Skill Development

In addition to the team training sessions you will have additional skills coaching from The Free Jacks coaching staff, developing the skills to perform at the professional level.

### 4. Strength & Conditioning

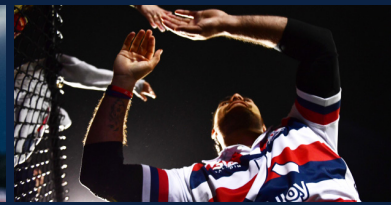
All players will receive comprehensive strength and conditioning testing and programming within the Free Jacks high performance training environment and training center.

### 5. Leadership & Game Preparation

All International Academy players will prepare as the opposition each week by learning the opposition line-outs, attacking shape, defensive system and lineout attack maps. This is a great opportunity to develop leadership and take responsibility for preparing the starting 23 to play against the opposing team.

### 6. Live the Dream!

Live the life of a full-time professional rugby player in Boston USA and experience the United States with the Free Jacks!



## Program Details

## COACHES

### COSTS

- **10 Week Camp Experience - \$7,500 (USD)**
- **Includes:** Training apparel, accommodation, injury assessment and treatment, lunch provided on training days, all training sessions, team activity, transport to and from sessions etc.
- **Exclusions:** Medical insurance, flights, additional meals and entertainment.



#### Scott Mathie

Head Coach of the Free Jacks. Mathie is a former scrumhalf and highly rated attack and skills specialist. Mathie enjoyed a career as a professional player including 4 seasons in England before retiring in 2013. In his first Currie Cup as Head Coach he led Griquas to a 3rd place finish, which included upset wins over traditional powerhouses Western Province & the Free State.



#### Ewan Brumwell

Head of S&C. Brumwell first began his strength and conditioning coaching journey with Otago Rugby in 2014 stepping into Head S&C Coach of the Otago Academy team while also assisting with the NPC squad. Ewan progressed to work with the Highlanders Super Rugby, where he stayed until 2017 before becoming Head S&C for Otago Rugby in 2020 and 2021.



#### Mike Rogers

Assistant Coach of the Free Jacks. Mike Rogers comes to New England via New Zealand where he was forwards coach for the Bay of Plenty Steamers before becoming an assistant for the Chiefs Women's side. Mike led the Free Jacks forwards and defense showcasing dominant displays and development across his first season in MLR.

## WEEK SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	Team Gym and Skills	Team Gym and Skills	Off Day Medical & Recovery	Team Gym and Skills	Captains Run Non-23 Field Session	Club Rugby Match Free Jacks Game	Recovery
9am							
10am							
11am	Lunch	Lunch		Lunch			
12pm	Team Review	Team Review		Team Review			
1pm	Team Field Session	Team Field Session		Team Field Session			
2pm							
7:30pm		Club Rugby Training	Club Rugby Training				