



# Academic

Our main course of study is an extended Diploma in Sport equivalent to 3 A levels. We also offer a range of A-Levels, all of our graduates have been accepted at their chosen University whether it's a sports specific course, or other Degrees such as Business and Finance.

Not everyone wants to go to University and we have been a great stepping stone for students to progress into work, apprenticeships public services and other occupations.

Further qualifications such as coaching certificates, sports first aid and leadership awards are also available as a part of the two year course.

We are an **Ofsted "Outstanding" College** we pride ourselves on providing the best educational opportunity.

We have close **links** to Essex University who have placed our students on their 7s scholarship and St Mary's University Twickenham who have placed our students on their Elite Sports Program.



# Training, playing & pathways

The coaching and development is managed by a team of fully qualified professional coaches, with coach education and full time professional sports background.

We train more than any other College in the region. Time is allocated during the College day to cover all technical, tactical and physical training and recovery.

We have a physiotherapy clinic every week on site to cater for all prehab and rehab.



The Colne Rugby Academy has links with professional clubs and access to top level coaches and facilities. We have had great **progression** for some of our athletes from elite university scholarships to players getting professional contracts. We regularly produce **representative players**.

Our philosophy on **local rugby clubs** is that they are the life blood of the game and we aim to work with them to manage their players and develop them. We want players to play for their teams but be walking adverts for what we produce at Colne Rugby Academy

# Facilities

CRA is based at Mill Road Playing Fields (Colchester Rugby Club). The purpose of this is to ease the disruption caused by additional travel to The Colne in Brightlingsea and have access to the best rugby facilities in Eastern Counties and Essex.

We train and study at the Rugby Club, using laptops and have full access to teaching resources.

Our gym is located on the same business park as the club and has a full range of equipment to cater for all Strength & Conditioning requirements



Our venue is 2 minutes from J28 on the A12, on a main bus line and 10 minutes bike ride from Colchester North train station

# Philosophy

We aim to develop our group physically, mentally and socially not only to become better sportspeople and scholars but more importantly as positive members of society.

# What to do next

If what we offer interest you and you think you have the commitment and stamina to study and train in a full time professional environment we want to hear from you!

As soon as you register your interest via email and/or post we will contact you with the open days and taster day information plus the specific educational course content.

Spaces on the course are limited to 20 in each cohort so please apply early to avoid disappointment

## Contact:

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