



Feb - June 2026

TO: ALL RUGBY ORGANISERS

CLUBS, HIGH SCHOOLS AND PRIMARY SCHOOLS

Dear Sir/Madam

LEVEL 1&2 Strength and Conditioning 2026 (Feb – June 2026)

WR LEVEL 1 Strength and Conditioning Courses

Entry Requirements

An active interest in Strength and conditioning in rugby.

Assessment Level 1

This course is an attendance only course. Participants will be awarded the WR Strength and conditioning Certificate if they attend all modules of the course and contribute fully.

Delivery Methods

The Level 1 course will be delivered by:

- Video analysis
- Group work
- Problem solving
- Presentation
- Practical delivery

PRE-COURSE WORK - COMPULSORY

That you are registered on to World Rugby Passport passport.world.rugby/ and complete the following online tests:

1. Rugby Ready
2. Concussion for General Public
3. Safeguarding Essentials
4. Introduction to Conditioning - Children (Pre-level 1)
5. Introduction to Conditioning - Youth (Pre-level 1)
6. Introduction to Conditioning - Adults (Pre-level 1)

A requirement is to submit a printed copy of certificate of the above

NB: FAILURE TO COMPLETE THE ABOVE ONLINE TESTS WILL RESULT IN YOU NOT BEING ELIGIBLE TO RECEIVE A CERTIFICATE FROM WORLD RUGBY, EVEN THROUGH YOU MAY HAVE ATTENDED THE COURSE.

LEVEL 1 WR STRENGTH AND CONDITIONING COURSE

*This is a **1-day course**

COURSE 1			
Day	Date	Venue	Time
Friday	27 March 2026	Newlands	12h00 – 18h00

Dress: Track Suit / Shorts

Fee: R350.00

Maximum of 16 Coaches per course

Closing Date: One week before course takes place

PAYMENT DETAILS FOR LEVEL 1 & 2 WR COACHING COURSES

The following is very important:

1. EFT made out to W.P Rugby Football Union or a bank transfer is acceptable.

Banking details:	Standard Bank Rondebosch
Account Number:	071510249
Branch code:	025009
Reference:	Coach (Name & Surname)

No cash will be accepted at the coaching course.

2. Proof of payment must be sent to nazeem@wprugby.co.za

No application forms will be accepted without the registration form and Proof of payment submitted together.

All payments to be done a week before the course takes place.

3. No late applications will be accepted.

Please use the Reference COACH (Name & Surname) when making payments.

(Example: Coach Nazeem Adams)

For any further queries regarding the coaching Courses please do not hesitate to call Nazeem Adams on 0825319712 or send an e-mail on nazeem@wprugby.co.za

Yours in Sport

**Nazeem Adams
Manager Coaching Education**

LEVEL 1 & 2 WR STRENGTH AND CONDITIONING APPLICATION FORM & COACHES PROFILE

Please complete in block capitals

Course date			Course Venue			
Course Level	One		Two			
School/Club:						
Surname:			First Name(s)			
Address:				Postcode:		
Tel (H)			Cell No.			
E-mail			Fax			
			ID Number:			

Please specify main coaching commitment

Mini-rugby		Junior u/12-u/16		Youth u/17-u/19		Senior		Women's Rugby	
Boksmart accredited		Yes		No					
Boksmart No.									

Current Coaching commitments

Coaching history & other rugby coaching awards held

Playing history & position

I, the undersigned _____

Do hereby acknowledge and confirm

- That I shall be attending the course to be held at m my sole risk and
- That the WPRFU shall not be liable for any claim of whatsoever nature and however which I may sustain and/or any other damage which I may suffer as a result of, or incidental to, my attendance at the said course.

Signed at: _____ on this _____ Day of _____ Year _____
in the presence of the undersigned witnesses.

APPLICANTS SIGNATURE: _____ WITNESSES: _____

COMPLETED FORMS CAN BE FORWARDED TO THE FOLLOWING:

- POSTAL:
Nazeem Adams COACHING EDUCATION MANAGER, P.O BOX 66, NEWLANDS, 7725
- E-MAILED: Nazeem Adams - nazeem@wprugby.co.za