

INTRODUCING THE CRUSADERS

**INTERNATIONAL HIGH PERFORMANCE
UNIT PROGRAMMES**

PROGRAMMES



canstaff
We ♥ People

www.crusaders-ihpu.com

THE ELITE PROGRAMME

'WORK, TRAIN AND PLAY' OPPORTUNITY

The Crusaders are the most successful Super Rugby franchise ever, having won the title seven times since the start of the competition in 1996.

On average, a staggering **1 in 3** Crusaders has become an All Black and they are the only team in the history of the super rugby competition to go undefeated in a season. The Crusaders coaching staff have nurtured and developed many past and current All Blacks including captain **Richie McCaw**, and IRB World players of the year **Kieran Read** and **Dan Carter**.

What's your game plan?

Be part of our winning formula by combining your passion for rugby and register now for our Elite programme, or our unique work and travel training package in beautiful New Zealand!



INTERNATIONAL HIGH
PERFORMANCE UNIT

THE INTERNATIONAL HIGH PERFORMANCE UNIT (IHPU) PRESENTS TWO KEY TRAINING OPTIONS:



ELITE PROGRAMME

Our IHPU [Elite training programme](#) has been operating since 2008, supporting the development of coaches and high performing athletes including five alumni players who participated in the 2015 Rugby World Cup.

Its purpose is to offer a selected group of players and coaches an opportunity to join the Crusaders' IHPU and experience our bespoke rugby environment. The full-time players programme has one to five month options and allows you to play and train while immersing yourself within a fully professional environment. Ambitious coaches wanting to learn more about the Crusaders' winning strategies can attend from one to five weeks.

Who is eligible for the Elite programme?

The players programme is targeted at aspiring professional rugby players who have already excelled to a reasonable level.

If you are over 18 and believe you are hardworking, self-disciplined, passionate, of good character and have untapped potential, then the Elite programme is for you!

The IHPU organises your programme from the moment you step off the plane to the moment you leave. Accommodation, rugby club affiliation and gym membership are just a few of the many things that we cater for during this experience.

If you're a player or a coach, find out more about our Elite Player programme [here](#).

Due to limited spaces for 2016 we strongly suggest you apply [here](#) for our specialised rugby development programme based in the heart of the Crusaders territory!

ELITE PROGRAMME

WORK, TRAIN AND PLAY RUGBY PACKAGE



Via a special partnership with the Crusaders and global recruitment company Canstaff, we are joining forces to offer players abroad a brand new opportunity to “Work, Train and Play” in 2016. Up-and-coming players will undertake a 12 week part-time intensive rugby upskilling programme under the tutelage of our world renowned Crusaders coaching staff utilising our modern facilities.

Our comprehensive training offer includes our 12 week training programme, workplace assistance, a fantastic orientation package and much, much more...

SEIZE YOUR CHANCE TO MAXIMISE YOUR POTENTIAL!

This unique opportunity to learn from one of the leading rugby organisations in the world makes this a once in a lifetime experience.

The ability to work whilst training makes our [rugby experience](#) an exclusive and affordable option for those who want to combine travel, training, work and pleasure while experiencing our revered Kiwi culture.

WHO CAN APPLY?

The ‘**Work, Train and Play**’ rugby programme targets aspiring players who believe they have the ability and motivation to achieve at a higher level.

Players from the age of 18 years and over who believe they have the necessary qualities and a desire to learn in a high performance environment should [apply now!](#)



WORK, TRAIN AND PLAY PACKAGE

A SAVVY INVESTMENT FOR CLUBS



This programme offers rugby clubs an opportunity to develop their players during the Northern Hemisphere's off-season, while also adding value in-season to other parts of the world. Players selected to attend will train under the keen eye of some of rugby's best coaches in our state-of-the-art facility. They will bring back a number of key learnings to your club making this a win-win for players and you!

If you are a player, or club wanting to invest in the future of rugby in your region, then travelling, working and attending the Crusaders International High Performance Training programme is an extraordinary opportunity not to be missed.

FIND OUT MORE

Know someone who may be interested in accelerating their rugby career? Forward this brochure now to a friend, or download and attach to your next club newsletter.

Have a query? Reply to this email now.

**For further information visit
www.crusaders-ihpu.com**

or [apply here](#) for the Elite Player, Coaching programme or the Work, Train and Play Rugby package.



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