



Key Points UXi



Offer every individual in its system, regardless of their previous background, the opportunity to develop to their highest level of competition. As such the program is always based on the individuals' goals and performance.

Focus on development of the player on and off the field. Our highly-experienced coaching staff are passionate about developing individuals to become the best rugby player that they can be, all within a disciplined high-performance environment.

Strength and Conditioning (on-site gym) implemented is position-specific and relevant to each position.

- A Game “Championship Mindset” Daily Assessment.
- UXi Life: Life’s Toolbox
- Elite Playing & Competition Opportunities
- Individualized Career Assessment & Planning
- Nutrition & Wellness
- Individual Athletic & Positional Development
- A Rugby Varsity
- Individual Designed Strength & Conditioning Program
- Performance Management & Reporting
- Video & Game Analysis
- Participation in Games = Live Stream for Coach/Family.

