



JAGUARS ACADEMY

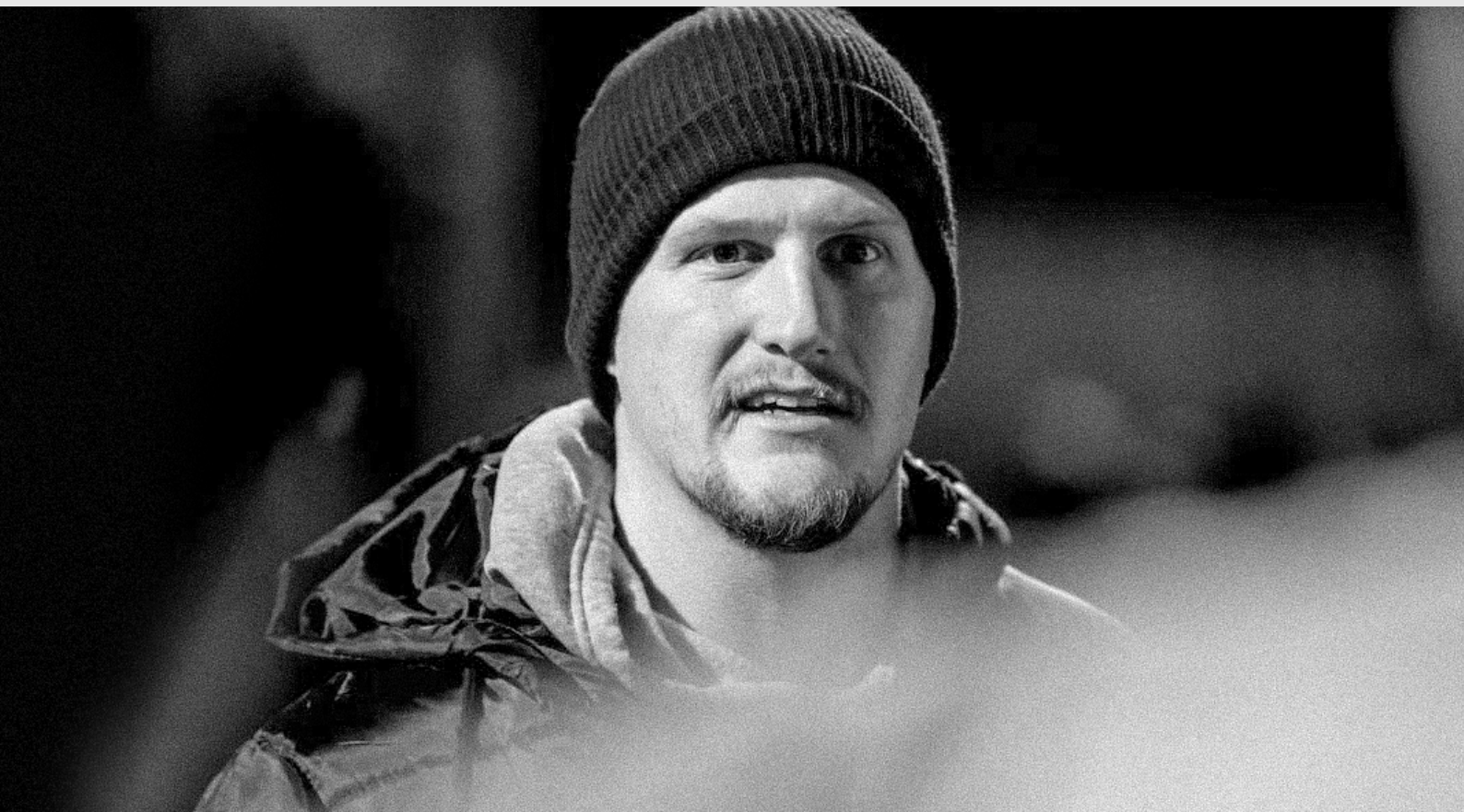
INFORMATION PACK

ABOUT US

Jaguars Academy was founded and developed by Edd Rhodes, driven by his vision and commitment to helping young aspiring players reach their full potential. Having worked in both premiership academies and in schools, Edd has seen at first hand that in the current academy system, there are too many players with immense skill, determination and huge potential that are being overlooked because they are “just not ready yet”.

Jaguars Academy has been created to change that! Our mission is to support and guide these players, providing them with the same high-level individualised coaching and mentoring as the top 1% of players in each age group, who are on the England Academy Pathways.

We offer a comprehensive, individualised approach to each player’s development through personalised rugby coaching, mental coaching, strength and conditioning programming and academic support. We are dedicated to providing everything a player needs to succeed, not just in rugby, but in life. Our philosophy is simple, if you have the potential and dedication to “master the hunt” for success, we’ll provide the platform and support to help you achieve it.



OUR COACHES



EDD RHODES

Founder/Director of Jaguars Academy

- RFU Level 3 Rugby Coach;
- 1st Class Hons in Sport Coaching;
- Former Academy U15/U16 Head Coach at Northampton Saints PDG and Head Coach of Bedfordshire DPP;
- Former Director of Rugby at Samuel Whitbread Academy.



DALLAS PRICE

Head of Strength & Conditioning

- Strength, speed & mental performance coach specialises in preparing athletes for physical demands of rugby;
- Former Lions and Lioness 7s Head of S&C;
- Peak Performance Sports - Mental Game Coaching Specialist;
- Precision Nutrition Qualifications;
- World Rugby Level 2 Coach.



THE JAGUARS MINDSET.

Jaguars are extremely effective solo hunters. Their solitary nature teaches the value of patience, focus, and self-discipline. The Jaguars Academy fosters these same qualities in our players, teaching them to focus on their personal growth, stay patient and embrace hard work. While elite rugby coaching and development is at the heart of what we do, our commitment to supporting players off the field sets us apart. We focus on equipping our players with the life skills, academic tools, and career guidance they need to succeed in all areas of life.

OUR PROGRAMMES

PRE-ACADEMY U13-U14 AGE GROUPS

Professional coaching and full remote strength and conditioning programming to help achieve your playing ambitions. This talent development programme is designed for players who are eager to take their game to the next level and are looking to progress onto the current academy pathways.

WHAT IS INCLUDED?

Professional coaching and full remote strength and conditioning programming to help achieve your playing ambitions. This talent development programme is designed for players who are eager to take their game to the next level and are looking to progress onto the current academy pathways.

2X ON-FIELD COACHING SESSIONS PER MONTH

Delivered by experienced coaches with a proven track record working with academy and professional players. These sessions are specifically designed to up-skill our athletes, helping them take their game to the next level!

FULL REMOTE STRENGTH & CONDITIONING PROGRAMME

All our Pre-Academy players will be provided with age-appropriate strength and conditioning programming, aiming to develop fundamental movement skills, physical power and agility, complementing on-field skills.

END OF SEASON REVIEW

Players will get a 1 to 1 opportunity at the end of the season, with one of their academy coaches to discuss their progress and future development.

PRE-ACADEMY

OUR PROGRAMMES

ACADEMY

U15-U18 AGE GROUPS

A comprehensive and individualised coaching and mentoring programme focussing on providing the tools and support needed for both personal growth and athletic excellence. This programme is designed for aspiring rugby players who would really benefit from one to one support to help them unlock their full potential.

WHAT IS INCLUDED?

The Academy offers a comprehensive development programme for players aged U15-U18, providing the tools and support needed for both personal growth and athletic excellence. Key components of the programme includes:

2X SKILLS SESSIONS PER MONTH

All players will receive two, small group training sessions with their mentor and other specialised coaches, focused on individual player development to maximise improvement.

MONTHLY MENTORING SESSIONS

*Individual Development Plan (IDP) and personalised goal setting and actionable targets to drive progress;
Academic support for balancing studies and rugby commitments;
Video analysis for performance review and continued learning;
Career support for transitioning to professional rugby, university, or full-time employment;
Mental skills training, helping players develop resilience, focus and match readiness.*

VIDEO ANALYSIS

Players will have exclusive ability to upload their game footage directly into our video analysis platform, where your mentor can watch and provide tailored feedback. You will be able to create custom clips, spark meaningful discussions, and receive in-depth insights into your performance. With this hands-on tool, you'll get the guidance you need to elevate your game and reach your full potential.

REMOTE STRENGTH & CONDITIONING PROGRAMMING

Working with our Head of Strength and Conditioning, you will receive individualised, remote S&C Programming designed to prepare you for the physical demands of rugby. Depending on your positional needs, current training levels or injuries, we will be on hand to provide you with a programme to maximise your physical development.

DIRECT MENTOR MESSAGING

Through our Coach Logic Software, you will be able to contact your mentor at any time, offering ongoing support and guidance through real-time messaging. Mentors will aim to respond within two working day.

GUEST WEBINARS WITH INDUSTRY EXPERTS

We will be bringing in industry experts, offering valuable insights into rugby and personal development.

QUARTERLY PARENT REVIEW MEETINGS

We believe that for any aspiring rugby player, they need to have a network of support around them. It is important that the player's mentor keeps the families informed and engaged with their child's progress.

POST-18 CONTINUED SUPPORT

Our commitment to players doesn't end when they turn 18. For post-18 graduates, we provide ongoing support to navigate the transition to senior rugby, university, or the workforce. Whether you are seeking career advice, negotiating new contracts, or exploring loan opportunities, our team is always available to offer guidance and ensure you thrive in your next chapter.

ACADEMY

MASTER THE HUNT.

Now is the time for you to take the next steps and unlock your full potential.
Please get intouch via the email below. We look forward to hearing from you.



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