



# INGWENYAMA CONFERENCE & SPORTS RESORT

# Be Legendary



Rugby

**Ingwenyama Conference & Sport Resort is South Africa's premier warm weather training resort, facilitating training for grassroots, amateurs and professional sports teams of all disciplines. We have become sport specialists for tours with a track record of delivering highly organised custom packages.**

We guarantee a personal touch that you will not experience with any other sport resort, or a more committed and flexible team as with us. When traveling to Ingwenyama Conference & Sport Resort you will be left with memories and experiences like no other as we have knowledge of our area and ensure you are exposed to the very best of it, from interactions with Elephants, Cheetah and seeing the Big 5 and so much more. We are 30 minutes' drive from Kruger Mpumalanga International Airport, we are the gateway to the panorama tour and only 30 minutes away from the world famous Kruger national park, the largest biosphere in the southern hemisphere. We are also surrounded by 5 top South African Golf courses.

Ingwenyama Conference & Sport Resorts modern facility has everything you need right on the property. Accommodation, 2 x pitches, professional gym, changing rooms, rehab center, team room with own private lounge games room, auditorium & lapa BBQ area, physio rooms and kit rooms, bar and restaurant are all on the property within a few meters of each other. Every Team has a different approach to training and because of this we have custom-made packages which are created based on individual team needs & requests. Meticulous planning, right down to the finest details, all ensure that your camp arranged at Ingwenyama Conference & Sport Resort is a huge success.

We are followed by champions and teams on the move & because of this we take the following key areas into account:

- Privacy
- Training, schedule and duration of camp
- Training requirements
- Facilities required
- Nutritional requests
- Fixtures • Rehabilitation
- Arranged matches & officials • Extra activities
- Day excursions and the team



## Background Experience Rugby

At Ingwenyama Conference & Sport Resort, we fully understand the demands of Rugby Union teams. After years of consultation with many teams coming through our doors we have rugby training camps down to a fine art.

With all the training facilities on-site, it is easy for players and management to be fully focused and ready for the task in hand. Our full size grass pitch (120m x 80m) is perfect for practice or playing a game. In fact, in rugby terms, our pitch is a carpet!

A scrum training area with scrum machine is located right beside the pitch. We provide teams with big hit pads and tackle sacks for trainings.

We also have the usual on the field stuff items like cones, poles, hurdles and speed ladders.

Our pitch side Gym is equipped with top line equipment built specifically for rugby players. It works perfectly for coaches who wish to combine skills sessions and weight training within spitting distance.

Warm up games with officials and medical teams can be arranged and trips out to underdeveloped areas can be arranged for coaching and training sessions. Mini tournaments have been arranged in the past as an alternative to warm up games to put the guys into a competitive mindset for the day.

The changing rooms, allocated inside Gym, are spacious and have showers. Right next to the changing rooms we have the steam room, sauna, jacuzzi and Ice bath.

In addition, we have a team room that has a dining area, auditorium, lounge, games room, big screen TV for up to date sports or their favorite play station games. The team will also have WI FI internet access.

For a list of teams who have chosen Ingwenyama Conference & Sport Resort as their preferred Training Camp, please refer to our website:

[www.ingwenyamasport.com](http://www.ingwenyamasport.com)



Comfort



Top Facilities



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