

Scion Rugby Academy Launches Newest USA Rugby NDA in DC Metro

WASHINGTON, D.C. - Scion Rugby Academy (scionrugby.com) has launched the newest USA Rugby National Development Academy (NDA) in Washington, D.C. to provide year-round elite athlete development. Honored to join the ranks of quality academies such as Atavus, ARPTC and Northeast Academy, Scion Rugby Academy will operate in tandem with the Women's National team development pathway to provide on and off field skill and tactical sessions as well as consistent playing opportunities. Utilizing a coaching staff led by former USA Eagles Toshi Palamo and Farrah Douglas along with some of the top coaches in the DC Metro area and international coach consultants, Scion NDA will aim to provide athletes with the decision-making skills, technical proficiency and match awareness required to physically and mentally succeed at the international level.

Built to provide year-round training and development for players looking to compete at the highest levels, Scion Rugby Academy will provide opportunities to play at Elite, Selects, Collegiate, High School and Youth levels in both 7s and 15s, domestically and internationally. Rugby-specific strength and conditioning plans, high performance mental skills, technical video analysis, and nutrition education as well as opportunities to grow the game through the Scion Rugby Academy youth programs will incentivize academy participants to improve and expand their knowledge of the game in a comprehensive and diverse manner.

Scion NDA has partnered with Balance Gym, Core Power and Spitfire Athlete to provide top strength and conditioning support, including world class coaches, full Olympic lifting platforms, indoor turf training, and recovery resources through customized and convenient programming via Spitfire's smartphone app.

All athletes interested in joining current USA Eagles Stacey Bridges, Kimber Rozier, and Samantha Pankey as inaugural Scion Rugby Academy participants or learning more about how the academy might customize to your individual needs, please fill out the attached application - <http://goo.gl/forms/mPzDiL0hsU>.

Scion Rugby Academy (www.scionrugby.com) is an official USA Rugby National Development Academy based in Washington, DC Metro. Scion [sy-on] is defined as a descendant; progeny; offshoot; a branch of a living tree and represents the importance of collaboration and unity in the greater rugby community. Scion Rugby Academy aims to develop high performance rugby athletes and serve as a designated pathway to the USA Eagles National Teams while contributing to the continued growth of the game by providing opportunities to train and compete at youth, HS, collegiate, select and elite levels. Full and part time training options are available along with support services essential to the development and sustainability of elite level athletes such as job support, sponsorship opportunities and housing assistance while they pursue their rugby dreams.