

CASE STUDY

SCOTTISH RUGBY BORDERS ACADEMY



EQUIPMENT

- 6 Bay Performance Rig
- ISO Pull Attachment
- X5 Adjustable Benches
- PB Olympic Discs & Bars
- Dumbbell Set
- Seated Row
- Seated Calf
- SkiErg
- RowErg
- Airbike
- Duratrain Performance Flooring
- Lifting Platform.

Scottish Rugby is always looking to discover and develop the next generation of Scotland players. This is achieved through a number of performance programmes including the FOSROC Scottish Rugby Academies which contain the nation's most promising male rugby players with four regional centres in Aberdeen, Cumbernauld, Edinburgh and Galashiels. The focus of the Academies is on three pillars- high performance behaviours, rugby skills and athletic capacity.

In 2021 Perform Better were selected to equip the Strength & Conditioning created at Aberdeen Sports Village to cater for the Caledonian Academy squads. In 2023 the SRU made the decision to develop a new Strength & Conditioning facility in Galashiels to cater for the Borders Academy squads. A building was identified and PB worked closely with the Borders S & C team and SRU Performance team to design the facility.

In May 2024 the building work was completed and the PB install team laid Duratrain Performance flooring across the whole facility, installed a 6 bay Performance Rig, adjustable benches, Seated Calf, Seated Row, PB Olympic Discs, bars and dumbbells. The Strength equipment was complemented by a Ski Erg, RowErg and Assault bike, Smart hurdles and foam plyo boxes.

