



IN COLLABORATION WITH RUGBY EUROPE,
RUGBY DEUTSCHLAND IS OFFERING A

WORLD RUGBY LEVEL 2 STRENGTH & CONDITIONING COURSE

BERLIN

BERLIN, GERMANY



START
01 MAY 2026
19:00



END
03 MAY 2026
16:00



LOCATION
OSP ZENTRAL, BERLIN
29 Fritz-Lesch-Straße,
Berlin, Germany



COST
€125
Includes drinks and
snacks for the weekend.
Lunch TBC.



REQUIREMENTS

All participants are required to have the following modules complete in their World Rugby Passport:

- Rugby Ready
- Concussion Management for the General Public
- Introduction to Conditioning – Adult (Pre-Level 1)
- Advanced Conditioning for Rugby (Pre-Level 2)
- Keep Rugby Clean
- Safeguarding Essentials



PREFERRED PARTICIPANTS

Preference will be given to those that also have:

- S&C L1
- B-Lizenz (or in the process of completing)
- Coach a national or representative team (Rugby Europe requirement)
- Currently working with a 1. Bundesliga team



COURSE FOCUS

This course focuses on advanced conditioning for adults in the game of rugby. Participants should have prior knowledge in the area of strength and conditioning and be able to clearly demonstrate competency in this area.



ACCOMMODATION

We have organised rooms at 2 different hotels under a group rate.

Please indicate in the form if you would like to book this room.

Cost: ca. €135 per night including breakfast.



REGISTRATION

Please register here:

<https://forms.gle/jKiH8UmjcVTkHyBXA>

Once registered, you will receive a confirmation email with payment details. Your spot is not guaranteed until you have paid your course fee.



CONTACT



rene.siegel@rugbyrlp.de



jferreira@rugbydeutschland.org

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BETTER GAME**