

11'S RUGBY

HIGH PERFORMANCE COACHING CAMPS

CHIANG MAI, THAILAND

Elite rugby coaching in a world-class environment for players, teams and clubs who want to perform at their best.

11's



PRO & ELITE TRAINING ENVIRONMENT



**MEN'S &
WOMEN'S
SQUADS**



**CLUBS • SCHOOLS
• UNIVERSITIES**

WHAT TO EXPECT:



**ELITE-LEVEL
COACHING &
SKILL
DEVELOPMENT**



**TACTICAL
GAME
UNDERSTANDING**



**STRENGTH,
CONDITIONING &
RECOVERY
SESSIONS**



**RECOVERY &
PERFORMANCE
MANAGEMENT**



**TEAM CULTURE &
HIGH-PERFORMANCE
ENVIRONMENT**

TRAIN. COMPETE. EVOLVE.



**YEAR-ROUND
CAMPS**



**CHIANG MAI,
THAILAND**



WWW.11SRUGBY.COM



INFO@11SRUGBY.COM

MULTI SPORTS CAMPS TRAIN, COMPETE & EXPERIENCE THAILAND!



QUOTATION ON REQUEST



(DEPARTURE DAY NO EXTRA COST
IF CHECKOUT BEFORE NOON)



QUOTATION

This quotation is for multi sports training camps and is based on full board accommodation with Thai Menu. Thai/Western menu option is available on request and additional costs may apply.



BOOKING CONDITIONS

- 50% Deposit to reserve the dates
- Balance 30 days before arrival



FULL BOARD
THAI MENU



PRO TRAINING
FACILITIES



TROPICAL
EXPERIENCE



INCLUDED



Round Trip Airport Transfers.
CNX International Airport.
(Group Arrival & Departure)



Aircon Accommodation



Full Board – Breakfast, Lunch & Dinner Thai buffet
style including fruit.



Daytime use from 08.00 am – 18.00 pm. of pitch
no.1 or no.2 (depends on availability). Night training
under lights available. Costs apply



Meeting room with presentation equipment



Training Equipment



Water, Ice & Electrolyte Powders during training Period



Swimming Pool



Gym



Ice Bath



Branded training Vest



Half day trekking tour.



Half Day water sports Tour.



Use of Club House & Games Room



Closing Party (Food, Soft Drinks, Music/Karaoke
& Souvenir). Full Bar Optional

QUALITY MULTI-SPORTS VENUE ★ TROPICAL CLIMATE ★



WORLD-CLASS
TRAINING FACILITIES



EXPERIENCED
PRO INSTRUCTORS



SAFE, COMFORTABLE
& CONVENIENT



TRAIN HARD,
EXPLORE MORE.



11'S SPORTS

CONTACT US

✉ info@11srugby.com

☎ +66898731190

11'S SPORTS

STAY COMFORTABLE. TRAIN CHAMPIONS.

78-ROOM LOW-RISE RESORT SURROUNDED BY MOUNTAINS.



RESORT



POOL



GOLF COURSE

ACCOMMODATION ROOM TYPES



SUPERIOR / DELUXE ROOMS

Modern rooms with private balconies facing the mountain and forest views.



ALPINE ROYAL SUITES

Premium upgraded suites with upgraded amenities.



2 TEAM DORMITORY ROOMS

Accommodating up to 10 people each.



JUNIOR SUITES

Larger spaces featuring clear separation between bedroom and living areas.



GRAND SUITES

Large multi-room layouts (up to 2 bedrooms) with spacious living rooms suited for families or groups.



CAPACITY

Our accommodation types cater for up to 176 participants for short or long term stays.



ROOM COMFORTS & LAYOUT

- ✓ **Private Balcony:** Every room features outdoor seating with views of the golf course or mountains.
- ✓ **Air Conditioning:** Individually controlled climate systems.
- ✓ **Wooden Flooring:** Classic, clean polished wood floors throughout.
- ✓ **Work Desk:** Dedicated desk area with lighting and accessible power outlets.
- ✓ **Seating Area:** Comfortable armchairs or a small sofa setup.



MEDIA & CONNECTIVITY

- ✓ **Free Wi-Fi:** High-speed wireless internet access.
- ✓ **Flat-Screen TV:** Loaded with international cable and satellite channels.
- ✓ **IDD Telephone:** Direct-dial telephone for local and international calls.



BATHROOM FEATURES

- ✓ **Bathtub & Shower:** Separate deep-soaking bathtub and a standalone walk-in shower.
- ✓ **Complimentary Toiletries:** Fresh soap, shampoo, conditioner, and body wash.
- ✓ **Hair Dryer:** Provided in all rooms.
- ✓ **Bathrobes & Slippers:** Soft robes and indoor slippers for guest use.



REFRESHMENTS & CONVENIENCES

- ✓ **Mini-Bar:** Refrigerator stocked with selectable drinks and snacks.
- ✓ **Coffee & Tea Maker:** Electric kettle with complimentary daily coffee packets and tea bags.
- ✓ **Bottled Water:** Free drinking water replenished daily.
- ✓ **In-Room Safe:** Secure electronic safe for laptops and valuables.
- ✓ **Wardrobe:** Ample closet space with hangers and laundry bags.



SPORTS AND FITNESS

- ✓ **Football Fields:** Professional international-grade football pitches utilized for sports and team training camps.
- ✓ **Fitness Center:** Multi-floor exercise rooms with standard weight and cardio equipment.
- ✓ **Swimming Pool:** A large 660-square-meter pool deck area with lounge seating near the fitness zone.



GOLF FACILITIES

- ✓ **Championship Course:** 27 holes split into three distinct sections (Courses A, B, and C) set across local valleys.
- ✓ **Practice Areas:** A 250-yard driving range plus dedicated putting and chipping greens.
- ✓ **Pro Shop:** Fully stocked equipment and apparel shop in the clubhouse.
- ✓ **Locker Rooms:** Modern locker rooms equipped with changing and shower areas.

**BUILT FOR TEAMS.
DESIGNED FOR CHAMPIONS.**

4 FULL SIZE SPORTS PITCHES

BUILT FOR PERFORMANCE. DESIGNED FOR CHAMPIONS.



4 FULL SIZE
RUGBY PITCHES



STUNNING
MOUNTAIN VIEWS



WORLD CLASS
FACILITIES



IDEAL FOR CAMPS,
TOURNAMENTS & TRAINING



info@11srugby.com



www.11srugby.com

TRAIN. EVALUATE. IMPROVE.

OUR GYM IS BUILT FOR CHAMPIONS OF ALL LEVELS.

Equipped with top-tier strength and conditioning equipment and specialized MMA & Muay Thai facilities, we provide the perfect environment to train, compete, and achieve your goals.



STRENGTH & CONDITIONING

Premium equipment
for total performance.



MMA & MUAY THAI

Specialized training
areas for fighters
and enthusiasts.



COMBAT SPORTS

Training mats, boxing
rings & heavy bags for
intense workouts.



ALL LEVELS

From beginners to
professionals, everyone
is welcome.

MEET. CONNECT. SUCCEED.

Our versatile meeting rooms are designed to accommodate a wide range of events and gatherings.

- ✓ Capacities from 50 to 200 people
- ✓ Flexible layouts for any event
- ✓ Comfortable & engaging environment
- ✓ Ideal for meetings, seminars, workshops & more



COMFORTABLE ACCOMMODATION

Relax and recharge
in well-appointed
rooms.



EXCEPTIONAL FACILITIES

Modern amenities
designed for your
convenience.



QUALITY COACHES

Experienced professionals
dedicated to your
success.



CONVENIENT LOCATION

Easily accessible and
perfectly located for
your training or event.

TRAIN. • EVALUATE. • IMPROVE. • ACHIEVE MORE.

DESIGN THE CAMP TO YOUR OWN SPECIFICATIONS



COACHING
SESSION CONTENT
TO BE ARRANGED
IN CONJUNCTION
WITH TEAM
COACHES



INCORPORATE
ADVENTURE,
COMMUNITY
OUTREACH &
CULTURE INTO
YOUR TRAINING
EXPERIENCE



ADVENTURE,
COMMUNITY
OUTREACH &
CULTURE INTO
YOUR TRAINING
EXPERIENCE

COACHING & EXPERIENCES



ADVENTURE • CULTURE • TEAM BONDING



ELEPHANT SANCTUARY



THAI COOKERY CLASS



WHITE WATER RAFTING



CAMPING



TEMPLE VISIT



TEAM BONDING



ADVENTURE ACTIVITIES



EXPLORE. CHALLENGE. CONNECT.



JUNGLE TREKKING



JUNGLE TREKKING

Jungle trekking offers immersive, hilly, and forested trails often combined with visits to Lahu or Karen hill tribe villages, waterfalls, and rivers, passing through farms, tea/coffee plantations, and dense forests.

The treks range from moderate to challenging, featuring steep terrain and, occasionally, elephant encounters.



Suitable for those with reasonable fitness; some routes can be physically demanding.



WHITE WATER RAFTING

With its warm, tropical weather, steep mountains, and beautiful scenery, **White Water Rafting** on the Mae Taeng River offers thrilling Class III-IV rapids through lush jungle, mountainous terrain, paddy fields, and river landscapes.

- ✓ Best experienced from July to February
- ✓ Popular 10km tours include professional guides, safety equipment, and lunch, with beginner-friendly 8km stretch options.
- ✓ Supervised by **EXPERIENCED** guides and dedicated safety personnel, ensuring international safety standards.



ETHICAL ELEPHANT CAMPS

Ethical Elephant Camps in the Mae Taeng area of Chiang Mai, focusing on rehabilitation, feeding, and observation. These sanctuaries promote sustainable interaction, allowing visitors to walk with, bathe, and feed rescued elephants in their natural environment.



CONSERVATION EDUCATION

Visitors learn about the history of the rescued elephants and the importance of conservation.



TEAM BUILDING CAMP

Unique end-to-end service where we tie together unparalleled custom team building camps with pre and post trip support, highly trained and certified trip leaders, full risk assessments and operating procedures as well as world class fun for you and your group! Our aim is to provide inspirational experiences whilst empowering you to excel in your challenges and goals, in ecologically sustainable environments.



CUSTOMISED
PROGRAMS



EXPERIENCED
LEADERS



SAFE &
SUSTAINABLE



FUN &
IMPACTFUL



AUTHENTIC EXPERIENCES

Connect with nature
and local culture.



RESPONSIBLE TOURISM

Travel mindfully.
Make a positive impact.



MEMORIES THAT LAST A LIFETIME

Unforgettable moments.
Stories to cherish.

ZIP LINING



ZIP LINING

Zipline adventures offer thrilling, high-speed rides through lush jungle canopy and over rivers.



Trained guides take you on the ride of your life on a course designed for maximum thrills and exposure to the best views in some of the densest jungle in Chiang Mai Province.



As with all our adventure activities safety is paramount. With professional guides, well-maintained equipment, and double-clip systems that exceed international standards



Key safety measures include mandatory briefings & familiarity training, weight limits (typically up to 100-150kg), and secure harness systems, ensuring a safe secure experience.

ATV OFF ROAD

Our ATV Off Road tours offer thrilling off-road adventures through jungles, mountain trails, mud and rivers, often combined with white-water rafting on the Mae Taeng River. These are guided, safe, and scenic experiences suitable for beginners and intermediates.



EXPERIENCE & SAFETY

Suitable for beginners; includes professional guides, safety briefings, and equipment (helmets, vests).



REQUIREMENTS

Riders must generally be at least 15 years old.



SKY DIVING



SKY DIVING

Skydiving in Mae Taeng is operated by Skydive at Phusanfah Airfield, offering tandem jumps from up to 13,000 ft with scenic views of mountain ranges and the Mae Ngad Dam. The drop zone provides professional solo or tandem jumps, with flights using a PAC 750 aircraft.



With professional USPA-certified instructors, state-of-the-art equipment, and one of the most scenic drop zones in Thailand, you're set for a skydiving journey like no other.



Enjoy the thrill of Thailand's best skydiving experience. Tandem, student and sport skydivers are all welcome.



Let's fly!

BAMBOO RAFTING

Bamboo rafting is a popular activity in the Mae Taeng district of Chiang Mai, Thailand. It is a tranquil, relaxing and scenic experience often combined with visits to nearby ethical elephant camps and trekking through local Karen or Lahu hill tribe villages. The rafts, steered by local guides, drift down the Mae Taeng River, providing views of lush forests and nature.



PERFECT FOR ALL

A perfect adventure for all ages, families and nature lovers.



TRIP DURATION

Our rafting trips last from a few hours to a full day, depending on your requirement.



ADVENTURE. NATURE. MEMORIES THAT LAST.



TRADITIONAL ACTIVITIES



COOKING CLASSES

Cooking classes offer an authentic, immersive experience, featuring market visits to choose and learn about Thai ingredients, organic garden visits to pick fresh herbs, and hands-on preparation of Northern Thai dishes.

- ✓ Choose your favourite dish like Khao Suay, Tom Yam, Pat Krapow and more to surprise your family & friends with your new found culinary experience
- ✓ These classes are ideal for experiencing local Thai culture away from the hustle & bustle, within a peaceful, country-side setting.



THAI MASSAGE

Traditional Thai massage offers significant, evidence-based benefits, including increased flexibility, reduced muscle tension, and enhanced joint mobility through assisted yoga-like stretches. It relieves chronic pain—especially in the back and neck—lowers stress and anxiety, improves circulation, and boosts energy levels, acting as a holistic, invigorating, full-body treatment.



Ideal for recovery after a hard day on the training pitch or adventure training



THAI MASSAGE



ARTS & CRAFTS

Thai arts and crafts are exceptional and highly regarded for their intricate detail, cultural, and skillful, handmade designs. Key highlights include luxurious silk, delicate wood carvings, and vibrant lacquerware that often blend traditional motifs with modern functionality. These items reflect a deep connection to local, sustainable materials like wood, silk, and clay.



Renowned for the Intricate Craftsmanship, Quality Materials and Cultural Significance, Items are known for being meticulous and detailed, often reflecting generations of passed-down, knowledge.



THAI BOXING

Muay Thai was known initially as part of *Muay Boran*. It was used by soldiers in hand-to-hand combat when weapons were lost or broken. It became part of the royal curriculum for kings and warriors to build physical strength and discipline.

The sport gained immense popularity, becoming a staple of local festivals and temple celebrations.

King Rama VII introduced formal Muay Thai rules in 1921, including ringed matches, time-based rounds, and the adoption of modern boxing gloves to replace rope wraps.



THAI BOXING



AUTHENTIC
Real experiences,
rooted in Thai culture



LOCAL
Connect with
people and
community



HOLISTIC
Mind, body
and soul
enrichment



MEMORABLE
Create lasting
memories



11s RUGBY COACHING CAMPS

— DIRECTOR OF RUGBY —

MIKE PENISTONE

(B Ed' Ho.)



EXPERIENCED LEADER

Over 30 years of coaching experience at elite levels across club, university, and representative rugby.



PROVEN SUCCESS

Developing players, building teams, and delivering results on and off the field.



PASSION FOR THE GAME

Committed to growth, values, and the real game of rugby.



COACHING C/V

- 1985/6 | Trent Polytechnic Head Coach. (Rugby League)
- 1987/89 | Cambridge University Head Coach. (Rugby League)
- 1987/1990 | England students Head Coach. (Rugby League)
- 1987/1991 | Great Britain students Head Coach. (Rugby League)
- 1992/1993 | Sheffield Eagles Assistant coach. (Rugby League)
- 1995/1997 | Nottingham RUFC Assistant coach (Rugby Union)
- 1998/1999 | Nottingham RUFC Head Coach. (Rugby Union)
- 2000–2006 | Leicester Tigers Academy coach. Head of Elite player development. (Rugby Union)
- 2006–2007 | U21s coach NSW Waratahs Sydney. (Rugby Union)
- 2007–2011 | Director of Coaching Eastern Suburbs Sydney. (Rugby Union)
- 2011 | Guest coach (4 Months) OMBAC San Diego. (Rugby Union)
- 2009–14 | Director Bob Dwyer Rugby. (Rugby Union)
- 2011–19 | RDO St Pius X College Sydney (Rugby Union)
- 2019–Present | Elite Coaching Consultant

★ MIKE IS ALSO THE AUTHOR OF THE
“KEEPING IT REAL” TRILOGY. ★

KEEPING IT REAL, PULLING STRINGS & TAKING THE LEAD



ELITE COACHING

— FOR ELITE PLAYERS —

Developing players. Building people.
Elevating performance.



Preparing players to perform well is a collaborative process between the coach and the player.
One thing is for sure: a happy player is more likely to play well than an unhappy one.

THE KEY ELEMENTS WHEN COACHING PLAYERS ARE:



TECHNICAL



TACTICAL



PHYSICAL



MENTAL



These qualities embrace all aspects of the preparation process.
We can also add lifestyle and movement literacy.



When your mind is in tune with your body, it is incredible how quickly you can improve as a player.
As a result, all our coaching club weeks include a movement literacy program.
We are pleased to have our movement literacy programs headed by Alan Pearson,
CEO of SAO International. (Speed, Agility, and Quickness.)



When a player understands his playing qualities, the playing world is his oyster.
He or she has a better understanding of his or her role in the team and
the contribution he or she can make.
Creativity has no boundary, and there is no limit to your talent.



*Using the ball is a blend of understanding with attitude;
of team awareness with individual virtuosity;
of practised patterns with spontaneous reaction.
The blending is elusive and short-lived.
I'm sure you will enjoy and have a fantastic rugby experience"*



MIKE PENISTONE – RUGBY DIRECTOR



OPTIONAL EXTRAS

PRICES ON REQUEST



TAILORED PROGRAMS

Bespoke Camps For Clubs.
Design **YOUR** camp around
YOUR club's requirements



HIGHLY QUALIFIED SPECIALIST COACHES

Extensive experience holding
high-level qualifications



STRENGTH & CONDITIONING (S&C) COACHES

Focus on physical development.



SAQ COACHES

Improve functional movement
and performance.



EXPERTISE IN SPECIFIC AREAS

Coaches specializing in certain
positions or skill sets.



TECHNICAL SKILL DEVELOPMENT

Focus on core skills.



TACTICAL & MENTAL TRAINING

Develop player's rugby
mental resilience



WORLD RUGBY COACHING COURSES

Get World Rugby Accredited
Certifications



PHYSIOTHERAPIST



MENTAL HEALTH & WELLNESS COUNSELLOR

Manage mental health challenges like
anxiety, depression, and injury recovery



SPORTS PSYCHOLOGY SERVICES

Improve performance and
mental well-being



NUTRITIONISTS

Providing dietary plans & advice



RECOVERY – THAI MASSAGE



ADVENTURE TOURS

Trekking, Mountain Biking, Kayaking etc.



END OF CAMP

Matches or Mini Tournaments

OTHER SERVICES



PROFESSIONAL
COACHING
CONSULTANCY



ELITE
PERFORMANCE
CAMPS



PLAYER
PERFORMANCE
TRAINING



TEAM
BUILDING
CAMPS



SCHOOL AND
UNIVERSITY
CAMPS



ELITE
PATHWAY
PROGRAMS



TOURNAMENTS



11 RUGBY CO. LTD



SPORTS TOURS • SPORTS TOURNAMENTS • SPORTS COACHING CAMPS
TEAM BUILDING CAMPS • WELLNESS RETREATS



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