THE MUIR FOUNDATION

Sports Academy & Hostel Project



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SPORTS ACADEMY AND HOSTEL PROJECT VISION 2030

Building Opportunity. Developing Excellence. Creating Futures

The Muir Foundation aims to support the growth of sport and education at Muir College through an Old Muirite-driven initiative focused on building sustainable opportunities for learners. The Project seeks to raise ZAR 2 175 000 per year to invest in key areas including coaching development, learner bursaries, sports equipment, nutrition and wellness, and team tours. The purpose of the initiative is to improve access, performance, safety, and opportunity for all learners across the school.

PLATINUM CLUB	CLUB 100	CLUB 250
ZAR 75 000 USD 4 500 EURO 4 000	ZAR 15 000 USD 950 EURO 850 (MONTHLY CONTRIBUTION VIA DEBIT ORDER) ZAR 15 000 / 12 = ZAR 1 250	ZAR 1 200 ANNUAL CONTRIBUTION (ZAR 100 PER MONTH VIA DEBIT ORDER)



18A TAX CERTIFICATE AVAILABLE FOR SOUTH AFRICAN-REGISTERED BUSINESSES.

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PROJECT SUPPORT CATEGORIES

Coaching Development

The Muir Foundation aims to strengthen and support current coaches at Muir College while procuring four additional specialist coaches to further enhance learner development and sporting performance.

Current coaching staff will attend accredited training courses through Eastern Province Rugby Union, with investment also being made into supporting and retaining existing coaches.



Director of Sport – Ruan Jonker

As a proud Old Muirite, Ruan brings extensive sporting experience and leadership to Muir College. His background includes provincial rugby representation from U11 level through to Craven Week, helping shape his passion for sport development and learner growth.

Mr Jonker completed his PGCE in 2022 with majors in English and History, before obtaining his Postgraduate Diploma in Business Administration (PDBA) in 2024. A former Head Boy of Muir Primary, he continues to demonstrate strong leadership both on and off the field.

Coaching development at Muir College will be strengthened through accredited training programmes offered in partnership with Eastern Province Rugby Union.

Current coaching staff will be sent on structured development courses aimed at improving technical coaching ability, player safety, and overall performance standards across all age groups.

Projected cost of coaching support ZAR 240 000

BURSARY PROGRAM

Learner Bursaries

The Muir Foundation will award a minimum of 10 rugby bursaries for 2027 and potentially up to 20 bursaries for 2027 at Muir College.

Each bursary provides full support for selected learners, including:

- **R25 000 academic cost per learner**
- **R50 000 hostel accommodation per learner**

This initiative ensures that talented learners are given access to quality education and sporting opportunities regardless of financial background.

Projected costs of bursaries ZAR 1 500 000

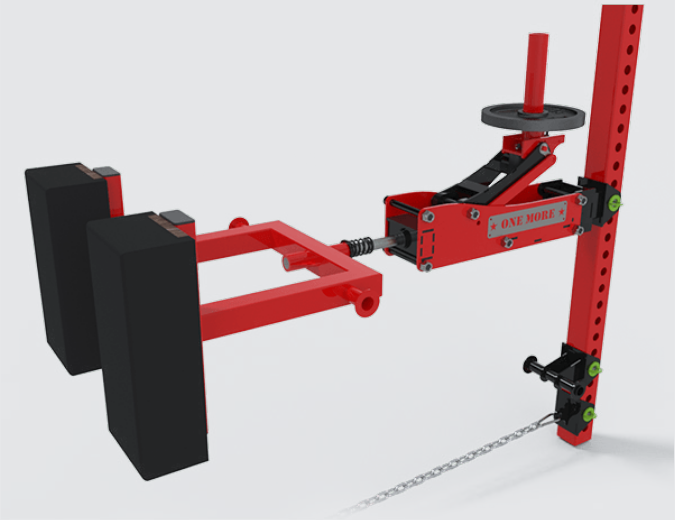


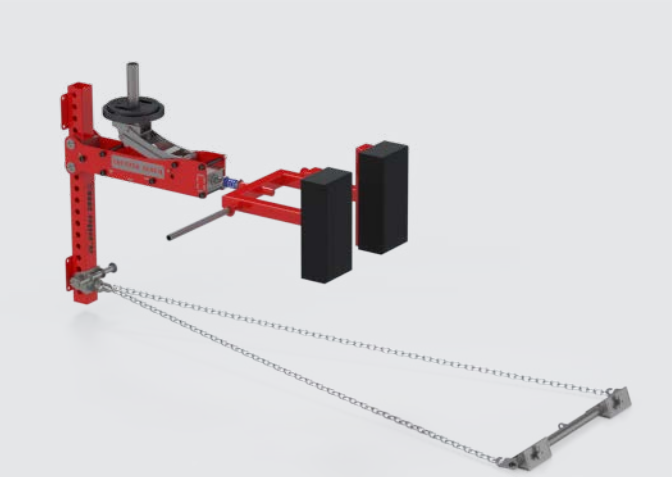
SPORTS EQUIPMENT & GYM DEVELOPMENT

Aim

To invest in additional gym and training equipment to further enhance the effectiveness of strength and conditioning programmes at Muir College.

Immediate Key Investment: Scrum Machines





Why this is needed

Currently, learners from U11 through to senior level train scrums without proper specialist equipment. This creates both a safety risk and a limitation in technical development.

Impact

- **One scrum machine will serve all age groups across the school**
- **Improved safety in contact training**
- **Stronger technical development in scrummaging**
- **Long-term benefit lasting 10+ years**
- **Direct alignment with national safety standards (BokSmart principles)**

"This request is critical for improving scrum safety and development. Proper equipment will significantly enhance training quality across all age groups."

- Ruan Jonker, Director of Sport

Projected cost of scrumming machine & other required gym equipment ZAR 160 000

RUGBY TOURS PROGRAM

Aim

To ensure each age group undertakes one rugby tour per season, providing valuable exposure, development, and team-building opportunities for learners at Muir College.

Age Groups Included

- U13
- U14
- U16
- 1st XV



Cost

Each rugby tour, estimated at R60,000 per age group, represents a critical investment in player development at Muir College. These costs cover essential components such as transport, accommodation, meals, and team equipment, ensuring that learners are fully supported throughout the tour experience.

Beyond logistics, the value of these tours lies in their developmental impact: they provide players with exposure to different levels of competition, strengthen team cohesion, and build resilience, discipline, and adaptability. This combination of competitive experience and personal growth plays a vital role in shaping well-rounded athletes and preparing learners for higher levels of rugby.

What the tour funding covers

- **Transport (team travel / bus hire)**
- **Accommodation**
- **Meals and nutrition during tour**
- **Rugby kit and team gear (jerseys, tracksuits, kit bags)**
- **Logistical support for teams**

Projected Cost ZAR 240 000

NUTRITION & SUPPLEMENTS PROGRAM

Aim

To support player performance, recovery, and overall physical development through a structured nutrition programme at Muir College.

Program Overview

The school can procure USN products through Dis-Chem, with additional products supplied by USN at no extra cost. This allows for a cost-effective and structured approach to player nutrition support.

The estimated budget for this programme is ZAR 35 000 per rugby season.

SUPPLEMENT STRUCTURE

Pre-Match Performance

- **WINNER'S ENERGY**
  Supports energy levels and match preparation



Strength Development

- **CREATINE**
  Supports power, strength, and athletic performance



Recovery

- **WHEY PROTEIN**
  Supports muscle recovery and post-training repair



Purpose & Impact

This programme ensures that learners are physically supported during training and competition, improving recovery times, reducing fatigue, and enhancing overall performance levels throughout the season.

Projected cost ZAR 35 000

MAKING A MEASURABLE DIFFERENCE

All contributions to the Muir Foundation directly support the development of learners at Muir College by improving coaching, facilities, nutrition, and opportunities across sport and education.

The focus of the programme is not only investment, but measurable impact on learner growth, performance, and opportunity.

Transparency & Feedback to Donors

To ensure full accountability and transparency, donors will receive regular updates showing how contributions are being used.

Feedback will include:

- **Photos of equipment in use (e.g. scrum machine training sessions)**
- **Learners using supplements and training resources**
- **Match highlights and tour experiences**
- **Coaching development updates and certifications**
- **Bursary learner progress updates**
- **Bursary learner progress updates**

Communication Channels

- **WhatsApp updates and short media clips**
- **Periodic impact summaries**
- **Motivational videos from current learners**
- **Photo updates from matches, training, and tours**

WHY YOUR SUPPORT MATTERS

Your support directly contributes to developing Muir College into a stronger and more competitive rugby school by improving coaching, facilities, player development, and exposure opportunities.

By investing in structured programmes such as coaching development, bursaries, equipment, nutrition, and tours, learners are better prepared, better trained, and better supported. This naturally leads to improved performance, stronger teams, and a higher standard of rugby across all age groups at Muir College.

Ultimately, this initiative helps build a sustainable pathway for success both in developing quality rugby players and in creating a culture of excellence, discipline, and achievement.

Call to Action

The Muir Foundation invites Old Muirites and supporters to invest in the future of sport and education at Muir College.

Together, we can ensure that every learner has the opportunity to develop, compete, and succeed.