



Rugby Canada in partnership with Rugby Ontario and local rugby clubs throughout the Province is proud to introduce Rookie Rugby, a program designed for children ages 6 to 12 to learn, play and enjoy rugby, the newest Olympic Sport.

The eight session Rookie Rugby Curriculum (attached with a sample game card) is perfect for any elementary school. Based on Stages 2 and 3 of the Canadian Sport For Life (CS4L) Long Term Athlete Development (LTAD) Continuum, Rookie Rugby focuses on assisting students to develop fundamental movement skills and physical literacy through rugby related activities. It is non-contact and follows the OPHEA Ontario Physical Education Safety Guidelines for rugby.

In addition to providing the full Curriculum, Rugby Ontario also offers Rookie Rugby training for teachers, so they feel confident and comfortable in introducing Rookie Rugby to their students. Rookie Rugby equipment (rugby balls, flag belts, cones) is available to deliver the program.

Should you be interested in learning more about Rookie Rugby or to introduce Rookie Rugby into your school, please feel free to contact your local Rookie Rugby Coordinator.

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Further information on the Rookie Rugby Program is also available through the Rookie Rugby website at rookierugby.ca.

Yours sincerely

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