



*Barrie
RFC*

Mini Rugby Program

WHY SHOULD I PUT MY KID IN RUGBY?



1. EMPOWERMENT

The major team sports in North America are coach dominated with constant breaks in play or shift changes where coaches can provide guidance and immediate feedback to players. Rugby is very much a players sport. Coaching is done during the week but once a game starts the players take ownership. The game has no time outs or 'shifts' so once the whistle blows the players are for the most part on their own. Players are therefore coached to make their own decisions and back themselves. This is very empowering for young minds and helps them build confidence and gain valuable experience making their own choices. They learn what a good choice is and just as importantly what is a bad choice. This is a critical life skill that transfers into their personal lives.



2. SELFLESSNESS

There is minimal tracking of who actually scores or provides an 'assist' in rugby. The concept of assists does not actually exist in rugby and meaningful stats are difficult to collate as very little importance is placed on who scores. It is the ultimate team sport. Kids who have played other stat heavy sports eventually work this out and soon realise every person on the field is responsible for making the right decision for the advancement of the team first. This encourages selfless behaviour among the team which is a positive characteristic all too lacking in modern society.

3. FITNESS

Rugby is extremely demanding physically and builds high levels of cardiovascular fitness in the players. Players have to sprint constantly. Depending on the age group games last up to 30-minutes each way and there are no 'shifts' or breaks in play. Players transition from attack to defense depending on who has possession of the ball and the offside line moves with the ball. There is little time to adjust, players need to think and move quickly often while under extreme fatigue. This builds high levels of resilience, determination and fitness in the players.



4. WORLD WIDE CLUB

Rugby is famous for being a very social sport. The post-match get together is as important as the game itself. Given the high physical demand of the sports at senior levels, players respect each other and recognise the effort and courage required to take the field. The social aspect of the game is how players show their respect for each other. This mutual recognition creates a connection among all rugby players around the globe. Our children will grow up and head out into the big wide world. Wherever they end up there will be a rugby club to join and an instant set of new friends to help them settle and build a new network. Other sports offer camaraderie, but not at the same level of rugby. The strongest friendships are forged when difficult challenges are faced together. This is the environment in which rugby exists and thrives.

