



May House League (Rookie Rugby) Parent Newsletter

Training sessions will be on Tuesdays and Thursday (5:30 – 6:30) starting May 12 and ending June 4.

Parents and Players,

Welcome to our second year of May House League Flag Rugby. In the future we hope to name it Rookie Rugby in accordance with the Canadian Rugby Union's (CRU) mission to introduce more children to the game of rugby. If you would like to learn more about Rookie Rugby visit rookierugby.ca.

The goals of Lindsay Rugby (and Rookie Rugby) are to provide a program that will develop skills, fun and confidence to participate in many new healthy, active past times. To help players to achieve these goals there are expectations of them.

1. Be at the Club between 5:15 and 5:25 so we can start at 5:30
2. Be dressed to play – T-shirt, shorts (track pants if cold), running shoes are fine or soccer cleats, water bottle (bring to field).
3. Weather – parents make your own judgement. We usually go unless there is lightning or a heavy rain. Bring “extra” or alternate clothing for the ride home. We don't have any make up days.
4. Let the coaches know if your child is not feeling well or is upset, but wants to try to participate.
5. Players are expected to be respectful to all, play safely, and be attentive during instructions – “Play Fair, Play Safe, Have Fun”. Coaches will remind players who are not meeting this expectation, but cannot do so repeatedly as it takes time away from others. If the reminders from coaches don't work the player will be sent to their parent(s) to work out a plan to come back and participate.

We will try to create groups that will be best for the players. Last year the age groupings were U8, 9 & 10's, 11 – 13. Groupings of players will depend on registration.

The sessions will consist of games / activities that develop FUNdamental movement and ball handling skills for rugby and other activities, game like situations, and a game of Flag Rugby. Progression to playing Flag Rugby will be quicker for older players and not as fast for the youngest group.

Teams for Flag Rugby games will be made up at each session to try to make them fair. Players may be switched during the game portion of the training. We will try to ensure equal playing time.

If you have any concerns see the convenor (Paul Steffler) after the training session.

See you on May 12.

Paul Steffler

Convenor May Flag Rugby