Top 10 reasons to make Rugby your off season sport

SIMPLE AND FUN

1. Burn out avoidance. One of the reasons often cited for declining enrolment as kids get older is the one sport burn out. We want the players to learn lifelong transferrable skills. Parents and coaches too.

2. Coaches. Dedicated experienced coaches for whatever program you choose.

3. Bonding. Keep a team together through the off season. Bonus (our U16 and U18 went to Las Vegas to watch a stop on the world Rugby 7s circuit and play other U16 and U18teams). Constant communication, constant contact with your own team for 12 and up and constant playing support makes rugby an ideal bonding sport.

4. History. The club is over 55 years old but rugby in Sarnia is over 120 years old. There ae teams over 160 years old. The Saints played for a trophy last year that was played for in 1916. The club house holds hundreds of stories in trophies and mementos accumulated over the years. Members rage in age from 9 to 80.

5. Outside, not in arena. With weather like rain, sun, wind etc rugby players adapt and deal with it with no grumbling or complaining. No whining about anything.

6. Culture. The Chinese Gov’t just declared a project to grow rugby by 1,000,000 players in 5 years. The number one reason they give is culture. Discipline, respect for each other and the referees and teamwork. Rugby really is a family.

7. Fully customized and designed program with your input. Contact vs touch. We can focus on body awareness, reading space, playmaking, confidence, agility, acceleration and fun. The program can be designed as pickup with low cost or fully insured full membership through existing successful development programs. Rookie rugby has been very successful and already has hockey players involved.

8. Global Growth- Rugby is the World’s most popular team contact sport. Olympics and Paralympic presence. Age, race, gender, height or size are not limiting factors.

9. Cost not an issue. Period. If a player wants to play cost will not be a factor!

10. Head Injury assessment and player welfare. Rugby Canada is committed to being #1.

 Contact:

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