

What is Rookie Rugby?



Rookie Rugby is a noncontact program that introduces youth to the sport of rugby in gradual and age-appropriate ways. Our Rookie Rugby program is developed to nurture a child's physical capabilities, enhance their social interactions and develop intrapersonal skills... with a rugby twist! Our experienced staff aims to mentor healthy living in multiple realms, from **physical** to **personal** to **social** and more.

What skills does my child need?

Physical, **personal** and **social** skills can be taught on sight, but we do caution that the summer program is played outdoors on the field and half of our games will run during our Sr. member's warm-up. Children with severe allergies, anxieties or physical difficulties may find it challenging to participate in this setting. Regardless, all children are welcome to join any of Havoc's Rookie Rugby programs.

What specific skills are taught at each age?

Ages 2-6 are part of the "Active start" group where we focus on developing **gross-motor skills** (running, catching, throwing), **naming their feelings and learning how to respond to them** (for example, knowing how to say "I'm sad that it is not my turn" and learning that everyone will get a chance), and **cheering on other members of the group**.

Children in the Active Start stage will learn to have fun being active by playing simple schoolyard games such as British Bulldog, catch the coach, and freeze tag. They will learn different way to move their bodies by going on "adventures" where they may have to tiptoe slowly past sleeping elephants, run fast to get away from a cheetah, step high through the sticky mud and climb trees to join the monkeys!



Rugby skills that will be taught to our youngest members include how to properly pick up the ball from the ground, to run while holding a ball, and to throw, catch and kick.

Ages 6-9 learn the "FUNdamentals" of rugby where they further develop their **physical literacy** (deciding when to pass the ball, better coordination and aim), learning to be **proud of their accomplishments** and to **keep trying** when they struggle, as well as being a **caring teammate** (positive cheering, passing the ball to all members and welcoming others to join their team).

Kids at the FUNdamental level will enjoy honing their athletic skills and sportsmanship through simple games and modified sports. Examples of the games played at this level includes relays, soccer-baseball, European handball, ultimate rugby (ultimate Frisbee but with a rugby ball), and capture the flag. They will learn timing, looking for space, running at pace and communication.



Rugby-specific skills taught to this group will include passing and catching while running, passing backward, grubber, punt and place kicks, and defensive positioning.

Ages 9-12 are "Learning the Game" of flag rugby. The focus will be to **fine-tune their general athletic abilities into flag-rugby skills**, and although at this level positive competition is encouraged, players will learn that rugby is the ultimate team sport **where each member of the team is important and respected** and there is no room for **showboating or gloating**.

This group will use fun games and a few drills to learn back line defence and offence positioning and skills, on-field communication, scrum half, forward and back duties, unassisted lineouts (no lifting), uncontested scrums (no opposition), how to drop-kick and more! Members of this group require cleats and a mouth guard in order to participate.



What will my child gain?

Through the encouragement and enthusiasm of our coaches, all Rookie Rugby players will learn the importance of proper hydration and protection from the sun, healthy eating habits, to see the value of each member of their



group and to discover and take pride in their own talents.

Our ultimate goal is that your child will develop a love for being active, gain confidence, make new friends, become a positive member of their community and

carry on playing rugby.

What does my child need in order to play?

While we will provide all of the equipment and the T-Shirt, Rookie Rugby members should provide their own:

- ✓ long socks
- ✓ running shoes or cleats
- ✓ athletic shorts/ pants (no denim or zippers)
- ✓ long hair tied back
- ✓ sunscreen and hat
- ✓ marked water bottle
- ✓ be dressed for the weather



★ Cleats and a mouth guard must be worn by all members of the 9-12 year old group. Soccer or football cleats are acceptable.

⚠ Some players may want to bring a lunch or snack to eat after their class while they watch the Senior Men's game. This is encouraged, but please be mindful of allergies (avoid packing peanuts) make use of the garbage cans provided.

⛑ Medication, such as puffers, insulin and epinephrine pens must be kept with the guardian and be present at all times. In the event that medication needs to be given to your child, YOU must be the one to administer it.

Do I need to do anything during their classes?

All guardians are encouraged to be their child's biggest fan! Positive cheering, encouragement and helping monitor their needs is what we hope to see from our Rookie Rugby fan club! Please



take a look at the chart below to determine how much on-field involvement is expected of you. Exceptions can be made for parents of infants and multiple enrolled children.

Ages	Guardian Involvement
2-4	guardians are on the field, actively involved
4-6	guardians are present and attentive on the side lines
6-9	guardians are present on the sidelines for the entire class
9-12	guardians may drop off and pick up their child on time for class

* Guardians whose child may require emergency medication such as puffers, insulin or an epinephrine pen must always be present with medication at the ready. Coaches will NOT administer medication.