

# What is Lil' Ruggers?

Lil' Ruggers is a noncontact program that introduces youth to the sport of rugby in gradual and age-appropriate ways. Our Lil' Ruggers program is developed to nurture a child's **physical** capabilities, enhance their **social** interactions and develop **intrapersonal** skills... with a rugby twist!

## Does my child need experience?

All **physical**, **social** and **personal** skills can be taught on sight, but we do caution that the summer program is played outdoors on the field and we do not have access to plumbing, though we provide a port-a-potty. 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 Lil' Rugger programs!

## Which specific skills are taught at each age?

For ages **2-5 years old**, we focus on developing **gross-motor skills** (running, catching, throwing), **learning how to respond to their feeling** (waiting their turn), and **cheering on other members of the group** (teambuilding).

Children at this level will learn to have fun being active by playing simple schoolyard games such as hot-potato, catch the coach, and freeze tag.

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.



Kids **5-8 years old** will further develop their **physical literacy**, learn to be **proud of their accomplishments** and learn to become a **caring teammate** through mildly competitive play.



Kids at this level will enjoy honing their athletic skills and sportsmanship through simple games and modified sports relays, rugby-baseball, British Bulldog, ultimate rugby and capture the flag.

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

# What does my child need in order to play?

While we will provide all of the game equipment, Lil' Ruggers members should provide their own:

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



 Some players may want to bring a snack to eat before or after their class. This is encouraged, but please make use of the garbage cans provided and be mindful of allergies (avoid packing peanut products).

 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 Lil' Ruggers 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.

<b>Ages</b>	<b>Guardian Involvement</b>
2-4	guardians are on the field, actively involved
4-6	guardians are present and attentive on the side lines
6-8	guardians are present on the sidelines for the entire class