



BC

GRASSROOTS
RUGBY FOUNDATION

WEEKLY UPDATE

JULY 2022/WEEK 02



Our Values

Teamwork

Respect

Enjoyment

Discipline

Sportsmanship

MARLINS GRASSROOTS ACADEMY



This past Monday, our Grassroots coaches teamed up with the San Capri Marlins to deliver the first session of the Marlins Grassroots Academy. The academy is intended to give players the opportunity to train in a high performance environment to prepare for their upcoming high school or post-secondary seasons. Athletes are introduced and coached by some of the best coaches in the area, including national team athletes in three main areas:

Speed

10 kids showed up for our first session on Monday, where athletes were introduced to speed training - focusing on the their running form and the bio-mechanics of sprinting.

Skills

The skills session was divided into three main focal points:

1. Transferring the ball with speed and accuracy
2. Contact area - focusing on footwork and offloads
3. Decision making - 2v1 and 3v2 situations

The athletes then ended their session with 3 rounds of offload touch where they were able to implement some of their work-ons from the session, as well as their conditioning.

Strength & Conditioning

As with most high-intensity sports, improving mobility is important for both strength, as well as skill execution. On Monday, the athletes worked through an informative mobility session focusing on the hip joint with Coach Zephyr. This was followed by a strength session and three rounds of conditioning to end things off

Wednesday's session had more of an individualized focus as many of our island athletes traveled to UBC for the age grade BC Bears camp after being selected for their stellar performances at PRCs.





What is Service Friday?!

Our team at BCGRF strongly believes in giving back to our community as they are the backbone to our sport. Every Friday, our team and athletes take on initiatives to give back to the people and land that have, and continue to support rugby in their respective communities.

If you have an idea for how BCGRF can support an initiative in your community, contact us today at clay@grassrootsrugby.ca



PORT ALBERNI

Daily camps have kicked off in Port Alberni this week! The city brought some of their summer campers to join our BCGRF crew on Tuesday to run around and learn more about rugby.

Our 9-13 year old crew showed great progress in their skill development and have even recruited some of their friends to join and grow the sport!

The high school session has been a tremendous amount of fun on Wednesday nights, as our athletes have been working hard on their skills and tearing it up in

games. Our coaches at Grassroots are delivering many different variations of rugby to work on different technical and tactical skills with this group as they look forward to their fall high school seasons.

Up next week: We are looking forward to our Service Friday where we will be doing some painting and tidying up at the rugby club. We will also be hosting 25 athletes from the City of Port Alberni's multi-sport camp!

COWICHAN

It was a great turnout in Cowichan this week, averaging between 20 to 30 kids at our week long Kerry park camp. The kids learned skills such as passing, stepping and teamwork in the first week of camp. During our PopUps at Shawnigan Lake Warf and Centennial Park on Monday and Wednesday, we were able to introduce kids to the game of rugby who had never heard of the sport. Passing the ball around with them and playing some basic rugby games was enough to put a smile on their faces and get them interested in attending one of our camps in the near future. Getting out into the community and spreading the game is very important to the Cowichan team as getting local parents and kids interested in the sport is how the game will grow in the Valley. Running PopUps at locations such as McAdams Park, Shawnigan Lake Warf and Centennial Park in the future is something we look forward to as we hope to have as big an impact as possible in Cowichan community.



N A N A I M O



The small team in Nanaimo is making a huge impact on the rugby community and the growth of the sport. The Nanaimo team had a successful week working with Camp VIU to run a rugby day for over 50 kids on Tuesday. On Wednesday, the small but mighty team hosted a PopUp and Play at Kinsmen Park. On Thursday our team joined up with volunteers from the local Nanaimo Hornets for the Pioneer Park PopUps ahead of the Hornet's weekly touch rugby night.

VICTORIA

Victoria had a great PopUp session at Cook St. with many kids touching a rugby ball for the first time. We also had fun on Tuesday afternoon with the campers at Cloverdale Elementary. They were an enthusiastic bunch who participated fully despite some very hot conditions. Wednesday night's session with the Vikes Academy focused on passing and attacking the defense. Good strides were made by all participants throughout the session.

Up Next Week: Next week we look forward to working with the Vic West Community Centre as well as hosting PopUps at Landsdowne Middle School, Cook St., Willows Beach Park and View Royal Park. We hope to see you there!

Vikes Academy

Vikes Women's Rugby and BC Grassroots Rugby Foundation are excited to partner together and bring you the Vancouver Island Girls' Rugby Academy - Summer Session.

The academy will combine on-field rugby skills, functional movement skills, speed, and conditioning to help local female athletes prepare for the upcoming season, representative rugby and university rugby.

The registration fee includes a t-shirt. For information contact Brittany Waters at vikeswrug@uvic.ca



*Congratulations
Laura & Ray!*

*Thank you for all you do for
the rugby community*

**CHECK BACK NEXT WEEK FOR
MORE UPDATES!**



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