



**WEEKLY UPDATE**

**JULY 2022/WEEK 03**





Our Values

Teamwork

Respect

Enjoyment

Discipline

Sportsmanship

# MARLINS GRASSROOTS ACADEMY



The Marlins X Grassroots Academy had a very exciting week with over 20 different participants joining the academy. The Academy is now running with a total of 45 athletes who are joining from across the Island, all the way from Port Alberni to Victoria.

During the second week, there was a heavy focus on technical and tactical development. Tactically, the academy focused was able to have a full team session on defense, helping athletes to understand different defensive structures and shapes.

For S&C, athletes are finishing all sessions with 3X3 minute bouts of continuous touch variations to improve/maintain high levels of conditioning and implement technical and tactical skills learned under pressure and fatigue. We would also like to acknowledge 10 of our academy players who made big impacts for the Cowichan Piggies against a U18 English touring side.





To sign up for our  
camps, visit:  
**GRASSROOTSRUGBY.CA**



# PORT ALBERNI



This week, the Port Alberni team continued with their daily programming. Our youngest grouping of 6-8 year olds are enjoying learning the basics of rugby through a variety of skills, drills and games; while our 9-13 year olds are starting to hone in on their skills with the help of their coaches. Service Friday was a blast for the Port Alberni team as they were joined by ADSS athletes and club rugby members to continue painting the exterior of the Black Sheep's club house!

The South Surrey camp is beginning to boom as their player participation is on a steady rise. During week 3, South Surrey will be launching their 3-day Tuesday-Thursday camp with Bayside RFC for ages 12-15. The camp will run from 10-2pm at South Surrey Park Fields 1 and 2. See our website to sign up!



# SOUTH SURREY



# COWICHAN



The Cowichan team also had a full week of PopUps. Many kids attended the PopUps at Centennial Park and had fun passing the ball around with our team. The Shawnigan Lake Warf PopUp is also beginning to take off as more and more kids are trickling in to check out the amazing sport of rugby. The Kerry park camp brought out 12 stellar athletes who were engaged and ready to learn and play.





# 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 busy week with many wonderful popups. The Cook St. PopUp was once again a success with many kids getting their hands on a rugby ball for the first time.

The Willows Beach Park PopUp was another huge success as they made new friends with Oak Bay Rec Camp participants. The campers impressed the coaches with how quickly they picked up passing, which led to a fun game of touch at the end.

The Vikes Rugby Academy was also a huge success as the girls continue to train hard and are improving with each session. The Victoria team is excited for another full week of rugby ahead!

## **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](mailto:vikeswrug@uvic.ca)





**Congratulations to our  
National Women's 15's Team  
in their 34-24 win over Italy**



**Best of luck in New Zealand at  
the RWC in August!**



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



**GRASSROOTSRUGBY.CA**