
Junior Programs

U13/U15 junior programs run from April to the end of June (weather permitting in April) and the end of August to the end of September (this is usually a rugby 7's series).

Under 13 Girls 2011 & 2012 birth years

- Training Tuesdays & Thursdays (6:00 - 7:30 pm)
- Saturday games

U13 Boys 2011 & 2012 birth years

- Training Tuesdays & Thursdays (6:00 - 7:30 pm)
- Saturday games

U15 Girls 2009 & 2010 birth years

- Training Tuesdays & Thursdays (6:00 - 7:30 pm)
- Saturday games

U15 Boys 2009 & 2010 birth years

- Training Tuesdays & Thursdays (6:00 - 7:30 pm)
- Saturday games

U16/18 junior programs run from mid-June (following the end of the high school season) to mid-August.

U16/U18 Girls and Boys U16 2008/2009 U18 2006/2007

- Training Tuesdays & Thursdays (6:00 - 7:30 pm)
- League play with other Calgary clubs

Adult Programs

Practices Mon/Wed evenings

Senior Men's Division 3

- League play with other Calgary clubs
- Season runs from mid-April to September

Senior Women's Division 1

- League play with other Calgary clubs
- Season runs from mid-April thru August



Foothills Lions Rugby Football Club



www.flrfc.org



World Ethos of Rugby

At the heart of Rugby is a unique ethos which it has retained over the years. Not only is the game played to the laws, but within the spirit of the laws.

Through discipline, control, and mutual self-respect, a fellowship and sense of fair play are forged.



Mini Rugby (U7/U9)

- 2015 — 2018 birth years
- Co-ed, non-contact, flag rugby
- Season runs from late April to end of June (weather permitting)
- Tues. and Thurs. training times 6:00 - 7:00 pm
- Focus on basic skills (run/pass/catch) and introduction to rules of the game
- All drills and games are inclusive with emphasis on involvement of all players



Mini Rugby (U11)

- 2013 and 2014 birth years
- Co-ed
- Focus on continuing development of basic skills (run/pass/catch)
- Season runs from late April to end of June (weather permitting)
- Tuesday and Thursday 6:00 — 7:30pm
- Contact skills introduced to training, initial development of tackling skills later in the season
- Emphasis on safe tackling techniques as well as the ability to safely carry the ball in to contact
- Opportunity to play against other clubs at the Calgary Rugby Union on Saturdays

LIONS RUGBY

FITNESS
SPORTSMANSHIP
RESPECT



**YOUTH, JUNIOR, AND ADULT
RUGBY FOR OKOTOKS AND
SURROUNDING AREAS IN
THE FOOTHILLS**



 FOOTHILLS LIONS
RUGBY FOOTBALL CLUB



 FOOTHILLSLIONS RUGBY