

## World Ethos of Rugby

At the heart of Rugby is a unique ethos that 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.



- Co-ed, non-contact, flag rugby
- Season runs from late April to the end of June (weather permitting)

**Tuesday and Thursday training times are 6:00 - 7:00 pm**

- Focus on basic skills (run/pass/catch) and introduction to the rules of the game
- All drills and games are inclusive with an emphasis on the 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 the end of June (weather permitting)

**Tuesday and Thursday  
6:00 - 7:30 pm**

- 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 into contact
- Opportunity to play against other clubs at the Calgary Rugby Union on Saturdays



**YOUTH, JUNIOR, AND ADULT  
RUGBY FOR OKOTOKS AND  
SURROUNDING AREAS**

**First-Time  
Players  
Welcome At All  
Ages**