

RUGBY TRAINING GROUP



WHAT? A Rugby Training Group that operates within the Green & Gold Athlete Academy. The members of this group benefit from a comprehensive technical, tactical, physical, and mental training program that is delivered by the U of A's varsity coaching staff and integrated into the school day. This training program is designed to enhance our student-athletes' current and future performance, in both 7's and 15's.



WHY? We believe there is a better way to develop the elite rugby athletes of the future while creating a better sport-life balance in the process. Our student-athletes' rugby skills are greatly enhanced through the extensive training that is built into their school week. Our students benefit from the unique timetable at Vimy Ridge Academy and the credits they receive in Physical Education and Career and Technology Studies (CTS)



WHO? Everyone included in the Rugby Training Group is considered to have the potential to compete at the post-secondary level and beyond. Specifically, this group is made up of student-athletes in Grades 10, 11, and 12. The Rugby Academy had 12 alumni compete with USports Varsity Programs in the 2019-2020 season, including 5 at the University of Alberta with Pandas Rugby & Golden Bears Wrestling.



WHEN? The Rugby Training Group operates from Monday to Thursday between 1:00 and 4:00 pm. This totals 12 hours of weekly training delivered by our expert coaches. Friday afternoon is reserved for a teacher-supervised study hall at Vimy Ridge Academy. All Athlete Academy rugby players can also expect to play at least three weekend 7's tournaments, with one taking place in Edmonton and the others involving trips to other cities.



WHERE? The Rugby Training Group is based at the University of Alberta's South Campus. Sport-specific training utilizing the Foote Field Dome & Turf. Weekly strength and conditioning sessions will take place in the Sport Performance Centre (SPC).

For more information about the Green & Gold Academy's Rugby Training Group, please visit: uab.ca/sportssystem

