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. They also gain an academic advantage by way of the unique timetable at Vimy Ridge Academy and the credits they receive between 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 Grades 10, 11, and 12. In order to ensure that they get sufficient exposure to competition, all Athlete Academy rugby athletes are also expected to play on a club team.

WHEN? The Rugby Training Group operates from Monday to Friday between 1:00 and 4:00 pm. This totals 12 to 15 hours of weekly training delivered by our expert coaches. The weekly schedule also includes dedicated blocks of time for self-directed academic study. 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, and utilizes both the Dome at Foote Field and our outdoor rugby pitches for sport-specific training. This group also makes regular use of the Sport Performance Centre (SPC) for strength and conditioning sessions.

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