

Why Rugby?

**All participants enjoy equal opportunity
to run with the ball, pass the ball, play
defense and score**

Rugby has a spot for everyone, big or small, slow or fast

**Increases generic athletic skills such as
balance, coordination, agility, visual
awareness, handling, decision making
and core fitness**

Improves social skills and interaction

**Builds self-esteem and confidence
Encourages creativity and problem
solving**

Helps build resilience

**Rugby has been played since the 1800s,
is an Olympic sport and enjoys
worldwide participation.**