



Kanata Rugby Academy

THE KANATA RUGBY ACADEMY PROVIDES THE OPPORTUNITY FOR YOUNG ATHLETES WITHIN THE OTTAWA AREA TO EXPAND THEIR KNOWLEDGE OF RUGBY, DEVELOP AND HARNESS SKILLSETS AND ESTABLISH THE FOUNDATION TOWARDS PREPARATION FOR THE 2017 RUGBY SEASON.

WITH THE HIGH DEMAND FOR QUALITY RUGBY WITHIN THE OTTAWA AREA, INTERESTED YOUTH (BOYS AND GIRLS - GRADES 7-8 (U14), 9-10 (U16) AND 11-12 (U18), WILL HAVE ACCESS TO EXPERIENCED RUGBY COACHES THAT FOCUS ON THE GROWTH OF RUGBY STRATEGIES AND TACTICS, MENTAL AND PHYSICAL RESILIENCE WITHIN A STRUCTURED AND PRACTICAL ENVIRONMENT. THE ACADEMY WILL RUN 6 (2 HR) SESSIONS, TO HELP THE PARTICIPANTS EXCEL IN THEIR HIGH SCHOOL SEASONS AS WELL AS PROVIDE AN OPPORTUNITY TO PARTICIPATE IN CLUB RUGBY AND APPLY FOR REGIONAL REPRESENTATION.

Schedule * Location * Fees

BELL SENSPLEX

1565 MAPLE GROVE ROAD - KANATA, ONTARIO

FEBRUARY 2017: 4, 11, 18 (7AM TO 9AM)

MARCH 2017: 4, 25 (7AM TO 9AM)

APRIL 2017: 1 (7AM TO 9AM)

\$200 PER PARTICIPANT

(ADMINISTRATIVE/FACILITY FEES, 6 ACADEMY SESSIONS & T-SHIRT)

FOR MORE INFORMATION ON THE KANATA RUGBY ACADEMY AND
FOR REGISTRATION INFORMATION

PLEASE EMAIL: KANATARUGBYACADEMY@GMAIL.COM