Greenwood Rugby has developed a 10 week program, designed to improve skill development and properly prepare players for a competitive season.

Returning players, as well as those new to the game and preparing for their first ever high school rugby experience will benefit greatly from this program.

**JOIN US**

**JANUARY 10 – MARCH 13, 2016**

**CO-ED | AGES 13-18**

**$425.00**

**AREAS OF CONCENTRATION:**
- Tackling
- Ball in contact
- Decision making
- Game sense
- Footwork
- Ball handling
- Body position

**ALL POSITIONS AND SKILL LEVELS ARE WELCOME**
**HIGH SCHOOL RUGBY PREPARATION PROGRAM**

Skill development and proper fitness training are key components to success for any athlete wishing to succeed in a sport. Rugby is no different.

High school rugby in Ontario faces a number of constraints: a short playing season, difficulty in finding suitable facilities to train, ability and availability of knowledgeable coaches make it difficult to prepare for a successful season. This can also lead to injuries and frustration for student athletes.

Greenwood Rugby has developed a 10 week program, designed to improve skill development and properly prepare players for a competitive season. The program delivers two hours per week of on-field instruction, with individual skill development and player safety as the ultimate area of concentration. Included in the 10 week program is also one hour per week of individual fitness at a high performance training centre.

The program concentrates on the introduction, and reinforcement, of proper position-specific techniques to produce players that are better prepared for the rigors of the high school rugby season. Our goal is to develop better players, which in turn will strengthen rugby in the Kingston area.

**THE RUGBY COMPONENT**

The rugby portion of the program will be directed by Brad Greenwood. Brad has enjoyed a successful playing career as a former varsity player at Queen’s University followed by engagements with first division clubs in Australia, Scotland and New Zealand. He is an NCCP certified coach with over 20 years of coaching experience at all levels from minor rugby, high school, college, university, club and representative rugby. Brad is the former head coach of Queen’s University and St. Lawrence College men’s varsity rugby and is the current backs and team defense coach for the men’s program at Royal Military College. In addition he has just been appointed head coach of the Eastern Ontario U20 women’s representative program.

**THE FITNESS COMPONENT**

The fitness component of the program will be overseen by Randy Zabukovec. Randy is uniquely qualified to design a fitness program for interested athletes. Randy has provided strength and conditioning for numerous teams, clubs, and individuals. Randy now manages a number of clients at his gym, Focus Personal Fitness Studio, in downtown Kingston. To view a list of Randy’s qualifications visit focuspersonalfitness.com.