



MINI RUGBY PROGRAM

Westshore RFC

GIVE RUGBY A TRY!

LETTER FROM THE MINI DIRECTOR

Dear parents and prospective players,

Thank you for considering Westshore Rugby Club. Our mission is to provide a safe, inclusive, and fun environment for our children to learn teamwork, sportsmanship, and physical literacy through the great game of rugby.

At our youngest levels, safety and player well-being are always a main priority, and our coaches make sure to be patient and encouraging. Below the U12 level, we play "flag" rugby with no contact so everyone can learn the game safely.

Our co-ed programs start at U6, focusing on fun and burning energy, while developing a love for the sport and a sense of pride in being part of a team. At this age, everyone is learning, so we focus on developing skills in a low-pressure, fun environment, and have lots of laughs along the way.

In the U8 and U10 levels, our teams start to compete against other local clubs in "Jamborees" - mini tournaments where our players get a chance to showcase their skills. The games are managed on-field by the coaches, and the rules are a bit flexible in the interest of letting the kids play. For me, the important part is the handshake line at the end of each match and celebrating with your team.

We separate into teams by gender at the U12 level and introduce contact. Our coaches are trained to make sure that not only do you learn how to tackle safely, but also to be tackled safely. This is when the real fun starts for most kids!

Our teams all train at the Westshore Parks & Recreation facilities, and travel as far north as Comox to compete against the other club teams. With Langford being the hub of Rugby Canada, there are many opportunities for our kids to take part in events with the national team and watch them in action.

The families of our youth teams become part of a community, where we encourage and support each other in the interests of seeing our children thrive on and off the field. There are many opportunities to volunteer during the year, which is a great way to get to know the other families while supporting the club.

Please reach out if you have any questions regarding our youth programs, and we sincerely hope that your family will join our community for next season.

Alan McBride – Mini Rugby Director



VISION, MISSION & VALUES

Program Vision

To grow youth rugby in our community, keeping it fun and inspiring a lifelong love of the game.

Program Mission

To offer a safe, inclusive and supportive place for children to learn and develop rugby specific skills, while also building their character and confidence in a team setting. We promote equal playing time, good sportsmanship and enjoyment for everyone. We focus on FUN!

Program Values

Person over Player – We care about developing great kids whether they become great players or not. We want our kids to thrive on and off the field.

Multisport Athletes over No Athletes – We promote multisport participation and aim to make it work for athletes who play many sports.

Creativity over Conformity – We challenge athletes to try things that are new. To think for themselves and build their confidence.

Positive Coaching over Pressure – Our coaches make it fun and engaging. Reinforcing positives rather than criticism.

Club Values

**Accountability Community Discipline Enjoyment
Respect Sportsmanship Teamwork**





PROGRAM INFORMATION

U6, U8, U10 CO-ED MINIS

Non Contact (Flag) Rookie Rugby teaches fundamental skills, teamwork and sportsmanship, while having lots of fun. We play in jamborees with local clubs and have great coaches to teach the basics.

U12 INTRO TO CONTACT

Safe and gradual introduction to contact to ensure that all athletes are comfortable. The game now starts to look a bit more polished, with 3-person scrums and lineouts. Lots of competition and fun at the jamborees!

JUNIOR PATHWAY

The mini program is just the first step in youth rugby. Our club has teams in the U14, U16, & U18 levels, and there are opportunities to play rep level and apply for university programs.

RUGBY: NOT JUST FOR BOYS

Rugby is the fastest growing sport among girls. Canada has one of the best women's teams in the world, and Westshore has a strong history of success in our women's programs.





MINI SEASON RUNS SEP-DEC & FEB-APR

LEVEL	GAMES	NOTES
U6 CO-ED SKILLS	SKILLS AND DRILLS, ABLE TO JOIN U8 GAMES IF COMFORTABLE	1 PRACTICE PER WEEK SUNDAY MORNINGS LOCAL JAMBOREES
U8 CO-ED FLAG	SIZE 3 BALL 6 V 6 25 m X 20 m FIELD	1 PRACTICE PER WEEK SUNDAY MORNINGS LOCAL JAMBOREES
U10 CO-ED FLAG	SIZE 3 BALL 8 V 8 35 m X 25 m FIELD	1 PRACTICE PER WEEK SUNDAY MORNINGS LOCAL JAMBOREES
U12 BOYS/GIRLS INTRO TO CONTACT	SIZE 4 BALL 9 V 9 1/4 OF FULL FIELD	1 OR 2 PRACTICES PER WEEK LOCAL JAMBOREES

SOME OF OUR COMMUNITY SUPPORTERS



RUGBY IS FOR EVERYONE

At Westshore RFC we are committed to fostering an inclusive and welcoming environment for all participants, regardless of their background, ability, gender, race, ethnicity, sexual orientation, or socio-economic status. We believe that rugby is a sport that brings people together, and everyone should have the opportunity to experience its benefits.

We actively promote inclusivity through the following principles:

Diversity: We embrace the diversity of our community and celebrate the unique qualities and experiences that each individual brings to the program. We welcome players from all backgrounds, cultures, and identities, ensuring that everyone has the opportunity to participate, learn, and excel.

Equal Opportunities: We are dedicated to providing equal opportunities for all participants, regardless of their physical abilities or skill levels. We prioritize fair and equitable access to training, coaching, and competitive opportunities, striving to create an environment where everyone can reach their full potential.

Respect and Dignity: We foster an environment of mutual respect, empathy, and dignity among all members of our program. We promote positive and inclusive behavior, encouraging players, coaches, parents, and volunteers to treat each other with kindness, understanding, and support at all times.

Safe and Inclusive Spaces: We are committed to ensuring the physical and emotional safety of all participants. We actively work to create inclusive spaces, free from discrimination, harassment, bullying, or any form of misconduct. Our program has clear policies and procedures in place to address any concerns and maintain a supportive environment.

Education and Awareness: We continuously strive to educate ourselves and our community about the importance of inclusion, diversity, and respect. We provide training, resources, and opportunities for dialogue to increase awareness and understanding of different identities, experiences, and perspectives.

Collaboration and Partnerships: We actively seek collaborations with local organizations, schools, and community groups to extend the reach of our program and engage with a diverse range of participants. By building partnerships, we can create a more inclusive and accessible rugby community for young players.

We believe that an inclusive program not only benefits individual participants but also strengthens the fabric of our broader community. Through rugby, we aim to foster lifelong friendships, build character, and instill values of fairness, teamwork, and resilience that transcend the boundaries of the game.

By embracing diversity and promoting inclusivity, we strive to create a program that is truly representative of our community, where all people can thrive and find a sense of belonging.

Westshore RFC is dedicated to continuously improving and evolving our practices to ensure we provide an environment that upholds these principles. Together, let's build a vibrant, inclusive, and supportive rugby community for our youth.

Westshore Rugby Youth Committee



THANK YOU FOR CONSIDERING US!

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