



**WESTSHORE
R.F.C**



YOUTH RUGBY PROGRAMS

Westshore RFC

**Accountability Community Discipline Enjoyment
Respect Sportsmanship Teamwork**

LETTER FROM THE YOUTH COORDINATORS

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.

Our mini program starts at the U6 level, where our co-ed programs focus on fun and burning energy while developing a love for the sport. As the kids get older we separate into teams by gender at the U12 level and introduce contact.

In the U14-U18 levels the competition increases with opportunities to play at rep-level and to explore options for post-secondary rugby programs. During the spring high school season, we encourage older kids to help as coaching assistants or referees with minis, which looks great on a university application.

Our teams all train at the Westshore Parks & Recreation facilities, and travel up Vancouver Island as far as Comox; we have two other clubs in Victoria that we have local rivalries with. Some of our older teams also take part in regional tournaments on the mainland, which are a great experience for our families.

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 for volunteering throughout the year, which can be a great way to get to know the other families while supporting the club.

Rugby is one of the fastest growing sports in North America, especially among young girls. Our club has a strong history for both genders across all age levels, and we've had many players go on to represent Canada. With Langford being the hub of Rugby Canada, there are many opportunities for our kids to take part in events with the national team.

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.

Executive Youth Director – Charmaine Ross
Junior Boys Director– Paul Barrett
Junior Boys Director– Richard Whiteley



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

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PROGRAM INFORMATION

MINI RUGBY

Co-ed Non Contact (Flag) Rookie Rugby teaches fundamental skills, teamwork and builds towards tackling at U12 level. We have U6, U8, U10 and U12 Programs and play in Jamborees throughout the season.



JUNIOR BOYS & GIRLS

U14, U16, U18 Boys & Girls Programs are offered. We play 7s, 10s and 15s locally and travel to Kamloops for a Western Canada tournament. Volunteer to help coach or referee for the minis.



JUNIOR PATHWAY

Rugby opens doors to universities and travel opportunities all over the world. Many of our players have gone on to play rep rugby for South Island Tide, BC, or Canada.



RUGBY: NOT JUST FOR BOYS

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



SEASON FORMAT

LEVEL	SCHEDULE	NOTES
CO-ED MINIS – U6, U8, U10 NON-CONTACT (FLAG)	SEP-DEC FEB – APR	1 PRACTICE PER WEEK SUNDAY MORNINGS LOCAL JAMBOREES
U12 BOYS/GIRLS INTRO TO CONTACT	SEP-DEC FEB – APR	2 PRACTICES PER WEEK LOCAL JAMBOREES ON SUNDAYS
U14 BOYS/GIRLS CONTACT	AUG-DEC FEB – APR	2 PRACTICES PER WEEK GAMES ON SUNDAYS KAMLOOPS TRIP
U16 & U18 BOYS/GIRLS CONTACT	AUG – DEC	2 PRACTICES PER WEEK GAMES ON SUNDAYS KAMLOOPS TRIP

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!

Email Address westshorerugbyclub@gmail.com

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