



# THE BREAKDOWN

## Welcome to The Breakdown

The Breakdown is a newsletter for you, our coaches. There would not be any rugby in Ohio without you and we want to give you an easy, user friendly reference for resources and reminders.

## InjureFree *iF*<sup>TM</sup>

Rugby Ohio has invested in a new tool for coaches, players, parents and trainers to effectively communicate regarding player injuries. More information will be coming soon to coaches about how to implement and use this program. InjureFree is designed to be user friendly and will work directly from your mobile device for your team to report all player injuries easier and faster.

[Watch Demo](#)

### U15 PROGRAMME

# ACTIVATE

World Rugby™ Injury Prevention Exercise Programme

#### Activate training programmes

Four different exercise programmes for specific age groups:

Adult programmes



Youth programmes



"The World Rugby ACTIVATE program is designed to assist with player welfare and safety by providing coaches with a physical preparation tool that can be implemented as part of training and as a pre-game warm up."

Downloadable manuals for U15 (recommended starting point for high school teams), U16 and U18 can be found on the Coach Resources page of the Rugby Ohio website.

[Coaching Resources](#)



"The Rugby Site contains over 350 skills, drills and session plans to help you become a better coach."

Many of you watched Coach O pull up videos from The Rugby Site at our Pre-Season Coaches Meeting last weekend. He demonstrated how simple it is to find short video clips on nearly any topic and how to incorporate those videos into your practice planning. Rugby Ohio has subscribed to The Rugby Site for you and will be sending out logins for every team. Please take a little time to familiarize yourself with this site. Your use will determine if we continue with this subscription in the future.

[Visit The Rugby Site](#)

Reminders:

- Level 200 Coaching Class and L1 Officiating Class scheduled for 2/22 in Pataskala. Register here: <https://www.usa.rugby/events-calendar/>
  - Schedules have been submitted and posted to the website
  - Any schedule changes must be communicated to Lee (lee@rugbyohio.com) so that she can make the necessary adjustments for referees and trainers
  - Ensure that your coaches have renewed their USA Rugby registration and affiliated with your team as a coach
  - Send Lee any corrections to the Coach Contact List for your team
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