

#GrowTheGame

Why Rugby?

- All participants enjoy equal opportunity to run with the ball, pass the ball, play defense and score
- Increases generic athletic skills such as balance, coordination, agility, visual awareness, handling, decision making and core fitness
- Improves social skills and interaction
- Builds self-esteem and confidence
- Encourages creativity and problem solving
- Helps build resilience
- Rugby has been played since the 1800s, is an Olympic sport and enjoys worldwide participation. The Rugby World Cup has higher viewership than the Super Bowl.