

# Impressive Launch for New Local Rugby Society

More than 50 local rugby supporters attended the Central Okanagan Rugby Enthusiasts Kick-off Meeting on April 19<sup>th</sup>, raising more than \$20,000 for a new local rugby endowment fund and introducing a new sport to the region.

Guest speaker, Shane Thompson, Canada's most capped rugby sevens player, outlined where sevens rugby has been and where it is going. Thanks to recent international developments, the sevens game will no longer be simply a 'sidekick' sport to the 15-a-side game.

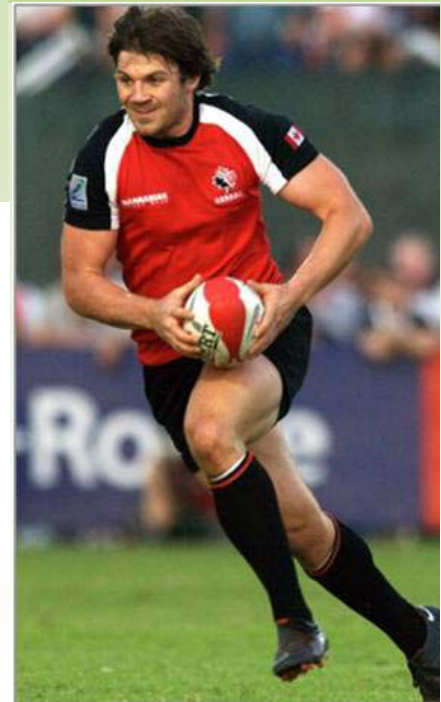
Rugby Sevens will be introduced as a new Olympic sport in the 2016 Summer Olympic Games, to be held in Rio de Janeiro, Brazil. 12 men's and 12 women's teams will compete for the first rugby gold medals since the United States won at the Paris Olympics in 1924.

A new local rugby society, dedicated to the support of rugby in the Central Okanagan, will take the lead in the introduction of sevens to the region. The Central Okanagan Rugby Enthusiasts (CORE) society has set a lofty goal – to place at least one local athlete on the 2016 Canadian Olympic Rugby Sevens team. To accomplish this goal, CORE organizers recognize there is a lot of work to be done.

"Our region does not have the infrastructure today to support significant growth in rugby sevens", said Doug Manning, one of the coordinators of the CORE initiative. "We need to develop a network of qualified coaches, referees, and team trainer/managers to effectively develop this new sport. CORE membership funds will be used to support development of this sport infrastructure."

The CORE Society will focus on four areas in support of existing school and adult teams: Development – Excellence – Sustainability – Fraternity. CORE memberships will be applied to these services.

The CORE Endowment Fund was also launched at the meeting. Read the story on page 3 for more information on this new source for rugby funds.



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### Central Okanagan Rugby Enthusiasts

- Development – Excellence –
- Sustainability – Fraternity -



## Girl's Rugby is Alive and Well!

The KSS Senior Girl's Rugby Team is just one example of how local girl's rugby is flourishing. Coached by two local rugby enthusiasts – Leana Marton and Chris Bayne, they compete with teams from Mt. Boucherie, Pen High, Fulton and Merritt. Teams play each other once in league play and then compete with Kamloops area teams for a place at the Provincial Girl's Championships, held this year in Surrey, May 27 – 29.

Top players from each team will attend the BC Summer Games trials, being held in May. Girls born in '93 and '94 are eligible to try out. The Summer Games girl's competition is 7-a-side. With 7's being added to the Olympics in 2016, maybe one of these young ladies will represent Canada in Rio!

Thanks go out to Ian Butters, who showcased girl's rugby on a grand scale on the Easter weekend. He ran a 15-team girls side competition at the Pa'Kit

tourney that included teams from Surrey to Smithers. Good to see Ian has finally gained some sense and is coaching the more "refined gender" in the game.

Local women's rugby has experienced a few 'bumps' in recent years. We are looking to re-develop the program, beginning by entering a team into the Crows Summer Sevens tournament on the August long weekend. Interested? Please contact me or Theresa Jackson if you or anyone you know would love to take up this exciting new Olympic sport!

## Never Too Old!

The Priest Valley Vicars over 40 rugby club honored two long time members at a game April 2nd with the presentation of their red shorts, signifying they have turned 60.

Congratulations to Wayne Olafson and Jim Wright – still going strong at 60!

There are no losers in old boy's rugby but the Vicars did outscore the Valley Vintage from Langley 6 tries to 4. If you would like to come out and join the fun or are looking for more information on old boy's rugby in the Okanagan visit <http://priestvalleyvicars.blogspot.com/>

Two home games left this season:  
May 16<sup>th</sup> – Vicars vs The Originals  
May 29<sup>th</sup> – Vicars vs Evergreens/Legends

## Growing One Coach at a Time

*"A good coach will make his players see what they can be rather than what they are."* (Ara Parasheghian)

CORE seeks to double the number of active rugby players in the Central Okanagan by 2015. In order to achieve this, we must significantly increase the number of certificated coaches in our region. Here are some upcoming training opportunities in late August. Contact Ken Boe if you are interested. ([kosboe@hotmail.com](mailto:kosboe@hotmail.com))

### Workshop #1: Introduction to 7-a-Side Touch Rugby

This workshop is intended to give the classroom teacher an introduction to 7-a-side rugby that can be played as part of the regular PE curriculum for boys and girls. The workshop is geared towards Grades 4-7. Participants will be given ideas for skills, drills and simple games that can be played safely within the regular gym block in school. Participants should be ready to take part in hands-on activities.

**Length of workshop:** ½ Day

**Audience:** Classroom Teachers and PE Specialists for Grades 4-7

### Workshop #2: Level 1 Coaching Certification for 7-a-Side Rugby

This workshop is intended for those teachers or community members interested in learning about how to coach boy's or girl's 7-a-side rugby and obtain their Level 1 Coaching Certification. The workshop is geared for Grades 4-10. The course will involve classroom instruction and theory as well as practical sessions outside on the field. Participants should be ready to take part in hands-on activities. Costs of certification are paid by the CORE society.

**Length of Workshop:** 3 Full Days

**Audience:** Teachers or Community Members Interested in Coaching 7-a-Side Rugby

## Why We Love Rugby Sevens

Now that sevens isn't just the "little buddy" of rugby 15's, nations around the world are building the infrastructure required to win Olympic gold in the sport. It was not long ago that nations didn't really practice for sevens, they just played it. Now, millions of dollars are being invested in the development of players who can 'own the rugby podium' in 2016.

For us in the Central Okanagan, the emergence of sevens as an equal to 15's provides a tremendous vehicle for promoting our game. Here are five reasons we ought to love the arrival of Olympic rugby sevens.

- **Marketable Rugby** - Sevens is a great spectator sport. More people will come to see the passion, pace, and intelligence of the game. This will make local rugby more attractive to athletes and nervous Moms.
- **Consumable Rugby** – Sevens games last 15 minutes. Local youth tournaments will last a couple of hours and major tournaments are over in two or three days. There is very little specialization. The beauty of the game is simple for all to see.
- **Wee Rugby Friendly** - Sevens opens the rugby door for elementary schools, where rugby play should begin. Played as touch or tackle, it is a great sport for developing fitness, basic running and passing skills, and a creative sense of team play.
- **Accessible Rugby** – Sevens teams are easier to put together. Many small or developing schools/clubs can get involved in the sport with less players. It expands the capacity to develop rugby in any school or club.
- **Manageable Rugby** - Sevens seasons are short. A full set of practices, tournaments and playoffs can be completed in six weeks. This provides a smaller commitment to rugby that enables some coaches' with busy lifestyles to stay connected (or get connected) to the game.

The game of 15's is still more inclusive (we take all body sizes), more specialized, and some would argue more strategic in nature. 15's is the game you can play for a lifetime, it has more room for the inevitable changes that come with age. Full-field sevens is for the fitter ones, those who don't lose a lung after a 50-metre sprint.

We are wise to pursue the addition of sevens to our region. It provides more athletes with a way to join our rugby community. In the end, more teams and athletes will get to experience the true joy of playing this game we love.



## The CORE Endowment Fund

Local rugby is always in need of funds to develop our game. Too many coaches spend too much time searching for the funds required to run a quality program. Rugby has not traditionally thought about long-term sustainable funds when establishing financing for our sport – until now.

At the CORE Kick-off Meeting, a 'first fifteen' of investors contributed a combined total of \$20,000 to initiate the CORE Endowment Fund. As a result of their contributions, plus a 20% 'bump-up' from the Canadian Rugby Foundation (our endowment host), we now have \$25,000 that will fund local rugby forever (at a guaranteed minimum annual return of 3.5%).

Thanks to the following 'Founding Members' of the CORE Endowment Fund, we are half-way to our goal of \$50,000 in the fund by year's end.

Pat Aldous	Chris Bayne
Don Bingham	Clare Cassan
Jim Douglas	Robin Durrant
Barry Ebl	Rob Geisthardt
Jeremy Harris	Mark Hetherington
Doug Manning	Al Perry
Peter Rochfort	Kasper Walraven
Chris Ward	

If you are interested in becoming a Founding Member of the CORE Society and Endowment Fund, please contact Doug Manning (250-869-0575) or Chris Ward (250-870-7123). Your fund contributions will support the development of Central Okanagan rugby forever.

**The CORE Endowment Fund**  
*Supporting Local Rugby Forever*



## BECOME A CORE MEMBER!

Get re-connected to your sport!

Here's what happens when you decide to become a member of the Central Okanagan Rugby Enthusiasts:

- You pay \$75.
- \$50 goes to 'development' and 'excellence' programs that support Central Okanagan rugby.
- \$25 goes to 'membership' stuff – focused on re-connecting you with the local rugby community.
- In 2010, your \$50 for development goes to:
  - the introduction of a grade 4/5 touch rugby league in 4 – 8 local elementary schools
  - the certification of new local coaches for the grade 4/5 league
  - the training of teachers to offer touch rugby sevens in boys and girls PE classes
  - support for the Liftspan Summer Sevens tournament
- In 2010, your \$25 for membership goes to:
  - the creation of the CORE website
  - 3 CORE newsletters (May, August, November)
  - society administrative
  - a quality rugby-related speaker for the 'big party' CORE AGM in November
  - one raffle ticket to win the cash to support a trip to the Hong Kong Sevens
- You get asked to pay \$75 again for next year. Bonus!

Contact Doug Manning (250-869-0575) or Chris Ward (250-870-7123) to join the CORE rugby community.



## Recent Rugby Scores

April 17	<b>United 7 @ Kelowna Crows 61</b>
April 17/18	<b>KSS Sr. Sevens 35 – West Vancouver 5</b> Bowl Championship Game
	<b>RSS Sr. Sevens 35 – Yale 12</b> Shield Championship Game
April 20	BC High School Provincial Sevens <b>MB Sr. Boys 20 @ S. Kamloops 35</b> <b>Salmon Arm 14 @ KSS Sr. Boys 22</b>
April 24	<b>Brit Lions 22 @ Kelowna Crows 22</b>
April 27	<b>MB Sr. Boys 7 @ Salmon Arm 22</b>
May 3	<b>S. Kamloops 24 @ MB Sr. Boys 7</b> <b>KSS Sr. Boys 5 @ Salmon Arm 20</b>
May 5	<b>SV Jr. Boys 12 @ KSS Jr. Boys 29</b> <b>MB Jr. Boys 12 @ OKM Jr. Boys 11</b> Zone Middle School Semi-Finals
May 6	<b>KSS Sr. Boys 16 @ S. Kamloops 16</b>
May 8	<b>Capilano 9 @ Meralomas 29</b> BC Club Semi-Final
May 9	<b>UVIC 36 @ JBAA 32</b> BC Club Semi-Final

## Upcoming Rugby Events (May – July)

May 11	<b>KSS Sr. Boys @ MB Sr. Boys</b> (League)
May 13	<b>MB Jr. Boys @ KSS Jr. Boys</b> Zone/City Finals – Middle School
May 15	<b>UVIC - Meralomas</b> BC Provincial Club Finals (Victoria)
May 16	<b>Abbotsford Originals @ Vicars</b> Parkinson Rec Center
May 27 – 29	<b>BC Girls Rugby Championships</b> Surrey, BC
May 29	<b>Vancouver Evergreens @ Vicars</b> Parkinson Rec Center
June 2 – 5	<b>BC Boys Rugby Championships</b> UBC, Vancouver, BC
June 8	<b>High School All-Star Game</b> Parkinson Rec Center
June 24	<b>UVIC Vikes Rugby Reunion</b> An Evening to Honor Howard Gerwing \$175 (\$100 tax receipt provided) Union Club, Victoria, BC Contact: Doug Tate (250-721-8727)
June 26	<b>28<sup>th</sup> Annual Ensign Cup</b> Parkinson Rec Center
July 22 – 25	<b>BC Summer Games, Langley</b> U14 Boys 15-a-Side U17 Girls 7-a-Side
July 24	<b>Abbotsford Rugby 7's Tournament</b> Rotary Stadium, Abbotsford, BC
July 31/Aug 1	<b>Liftspan Summer Sevens Tournament</b> Men's and Women's Divisions Contact: Chris Ptak (250-718-6420)

## Got Rugby Event Info for Rugby Enthusiasts?

Email it to [4dougmanning@gmail.com](mailto:4dougmanning@gmail.com).