



Cobourg Saxons Rugby Football Club

Welcome to Cobourg Saxons Rookie Rugby!

2022 Season

For those of you returning to the Saxons: Welcome back! And for those parents and players who are new to us: Welcome to the Cobourg Saxons Rugby Club. We believe that Rookie Rugby is a great sport for kids and we are happy that you and your child have chosen to Give Saxons Rugby a Try! This letter will help to answer many of the questions you likely have about Minor and Junior Rugby.

Age Grades and Festivals

Under our Rookie Rugby Program we offer **Co-ed Flag Rugby for U6, U8 and U10**. We also offer **Introduction To Contact** at **U12**. From their athletes can move onto full contact rugby starting at U14.

U6 House League Rugby

The U6 group will be an 8 week house league program which will involve some fundamentals of flag rugby building into house league games. The season is scheduled to begin on May 27th (weather permitting) and will finish July 22nd.

U8, U10 and U12 Festival Rugby

Our U8, U10 and U12s participate in festivals throughout June, July and August. We generally enter in 4-5 festivals per year including our own unique Beach Rugby Festival and the year end Rugby Ontario Festival. These Festivals are hosted by various rugby clubs and we target festivals that are hosted by neighbouring rugby clubs: Ajax, Peterborough, Oshawa, Lindsay etc.. Festivals are typically held on Sundays, although some may be scheduled on Saturdays.

Some festivals breakup the day into 2 sections with U8s and U10s playing in the morning and the U12s play in the afternoon. But this depends on how each club runs their festival. Players receive a complimentary meal (usually a hot dog and a drink) and food is also available to purchase for parents and siblings. **Festivals are never held on a long weekends and our coaches generally don't run practice on the Friday of a long weekend either.**

Depending on our registration numbers we may enter more than one team per age group into a festival. This allows us to give all our players sufficient amount of playing time, but this will depend on our registration numbers. To help the coaches with planning for the festivals it is important that you let the coach know if your child will be attending or not. We understand that summers are busy for families and you may not be able to attend all festivals, and that is okay but please let your coaches know in advance so we can plan appropriately for the festivals. Also, our coaches may need a parent or two to help out, so if you have any



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interest in taking on a team manager roll or just to help organize the kids please let your coach know. The more help the better, especially at festivals.

U8 and U10

These age groups will play 6 vs 6 up to 8 vs 8, amatching the opposition. For Flag Rugby each player wears a flag belt. When a player running with the ball has a flag removed from his belt, he/she is considered to be “tackled”. They cannot participate in the play until they reattach their flag.

U12

The players are introduced to contact in a controlled manner. This is also a co-ed team. Prior to any game the players will be taught the proper method to tackle a player as well as how to safely receive a tackle. Also, there are several rules in place to ensure body contact is safe during games. The games are played with 8 players aside (3 forwards and 5 backs). Lineouts and scrums are introduced but, for safety they are uncontested by the opposition.

Practices

All age groups will practice **Friday** nights starting at **6pm at Westwood Park in Cobourg**. Which is great news if you have more than one kid in our Rookie Rugby program— one stop for practices. At the coach’s judgement the U12 age group may add some additional practice nights in to ensure the players are ready for contact rugby. If this is the case it will be communicated in advance. We hope to begin outdoor practices for U8, U10 and U12 programs on Friday May 6th, weather permitting.

Uniform

All players will be receiving a t-shirt. This shirt will be used for festivals for U8 and U10 and will be a warm-up/practice shirt for U12s. Players can supply their own plain black shorts. Under 12 players will receive a pair of club socks as part of their registration.

Below is an example of our festival schedule from a previous year. It is included to give parents an idea of what the summer schedule may look like. **NOTE: this is not the schedule for 2022**, this is for information purposes only.



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2019 festival schedule:

U8/ U10/ U12

JUNE	
June 2nd	Peterborough Festival (Peterborough Pagans Rugby Club)
June 16th	Toronto City Festival (location TBA)
June 23rd	Lindsay Festival (Lindsay Rugby Football Club)
JULY	
July 7th	Kingston Festival (Tentative, still waiting confirmation)
July 14th	Oshawa Festival (Oshawa Viking Rugby Club)
July 21st	Cobourg Saxons Beach Festival (Victoria Park)
AUGUST	
August 18th	Rugby Ontario Wrap-up festival