

BROCK FLAG RUGBY 2025

Schedule: Every week starts at 9:00 am for all age groups

This is what weeks will look like for the U6 – U12 age groups. Little Ruggerers will do similar type activities but will not get to games.

April 26 – Week 1 T-Shirts / Introduction / Skills Stations / large group activity
May 3 – Week 2 Warm up drills / Skills Stations // large group activity
May 10 – Week 3 Warm-up drills / Skills Stations / Large group activity
May 17 – Week 4 Warm-up drills / Skills Stations / Small Area Games
May 24 – Week 5 Warm-up drills / Skills Stations / Small Area Games
May 31 – Week 6 Warm-up drills / Skills Stations / Small Area Games
June 7 – Week 7 Warm-up drills / Games
June 14 – Week 8 Warm-up drills / Games
June 21 – Week 9 Mini Tournament / Year-End Celebration with treats for all players

Clothing / Equipment:

One of the great things about Rugby is you do not need any equipment. The sessions will go rain or shine, please dress for the weather and temperature. The best footwear is cleats, either rugby or soccer, but running shoes are fine. Cleats would have better traction but not necessary. If there is ever a week where we need to postpone, an email will be sent by 7:00 am.

Additional Notes:

- On Day 1, there will be tables set-up for each age group. Players will receive their T-Shirts and head straight out to the field. The field will be divided into sections. We will have coaches and volunteers directing everyone.
- All sessions take place at the Brock Rugby Club located at 1205 Regional Road #13, Blackwater. There are directions on our website.
- When entering the driveway please drive very slowly. Do not park anywhere at the top of the hill, follow the driveway down to the field.

Finally, if you have any questions at all please send me an email at, bagsrugby@hotmail.com. I am happy to answer all questions about the Brock Flag Rugby Program.

Kevin Bagshaw
Brock Flag Rugby