

Congratulations on making the decision to play rugby this year. Rugby is one of the most exciting and thrilling games to watch and play, and is one of the fastest growing sports in Ottawa High Schools.

High School rugby is played over a relatively short season each year and, if you enjoy the sport, please consider joining one of the many local clubs through the summer months. Check them out at www.rugbyottawa.com.

Practices & Games

Practice locations, days and times for each club are available at the individual club web sites. Games are usually played mid-week (Wednesday) with occasional games on Saturday. Most are at Twin Elm Rugby Park in Richmond, or in Barrhaven, with one or two away games in Quebec. The season runs from May to August.

International Rugby in Ottawa

This summer will see a feast of international women's rugby at Twin Elm Rugby Park with the Canada Cup being held at Twin Elm Rugby Park, June 29th to July 8th. Full details are on the web site and you can pre-order tickets through Ticketmaster. Tickets are just \$10 for a one-day package and \$40 for all the games.

Canada v Wales

The Canadian Men's squad takes on the 6 Nations champions, Wales, on Saturday June 11th at York Stadium in Toronto. Check out www.rugbycanada.ca for more information.

High School Rugby Athlete of the Week

Every week during the school rugby season three rugby players (junior boys, senior boys and girls) will win a Rugby Athlete of the Week t-shirt and two tickets to the final of the Canada Cup. You'll find more details on the nomination process on the Rugby Ottawa web site (www.rugbyottawa.com). Work hard, play hard and get recognised.

Web sites

High School rugby results are carried on the fatdog site – www.fatdog.ca - so visit often to find out how your team is shaping up.

For more information on Rugby Ottawa go to the web site – www.rugbyottawa.com.

Have a great season.

