



Dear Coach,

The sport of rugby is growing quickly in Ottawa. Despite the growth many young high school athletes don't know how to participate in rugby beyond the high school level. Rugby Ottawa has compiled a package of information for you to help your athletes.

The package contains a sheet of information for every player on your team, as well as a number of information sheets and posters for your physical education bulletin board.

New this year is a **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) soon, and we hope you'll nominate some of your players every week!

We are also introducing a **Rugby Action Photo of the Week** for any budding photographers. The photo will be posted to the Rugby Ottawa web site and the winners will get an accredited media pass to the final of the Canada Cup. You'll find more details on the competition on the Rugby Ottawa web site (www.rugbyottawa.com) soon, and we hope you'll spread the word!

I hope that you have a fun and successful season!

Lee Ann Napiorkowski

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