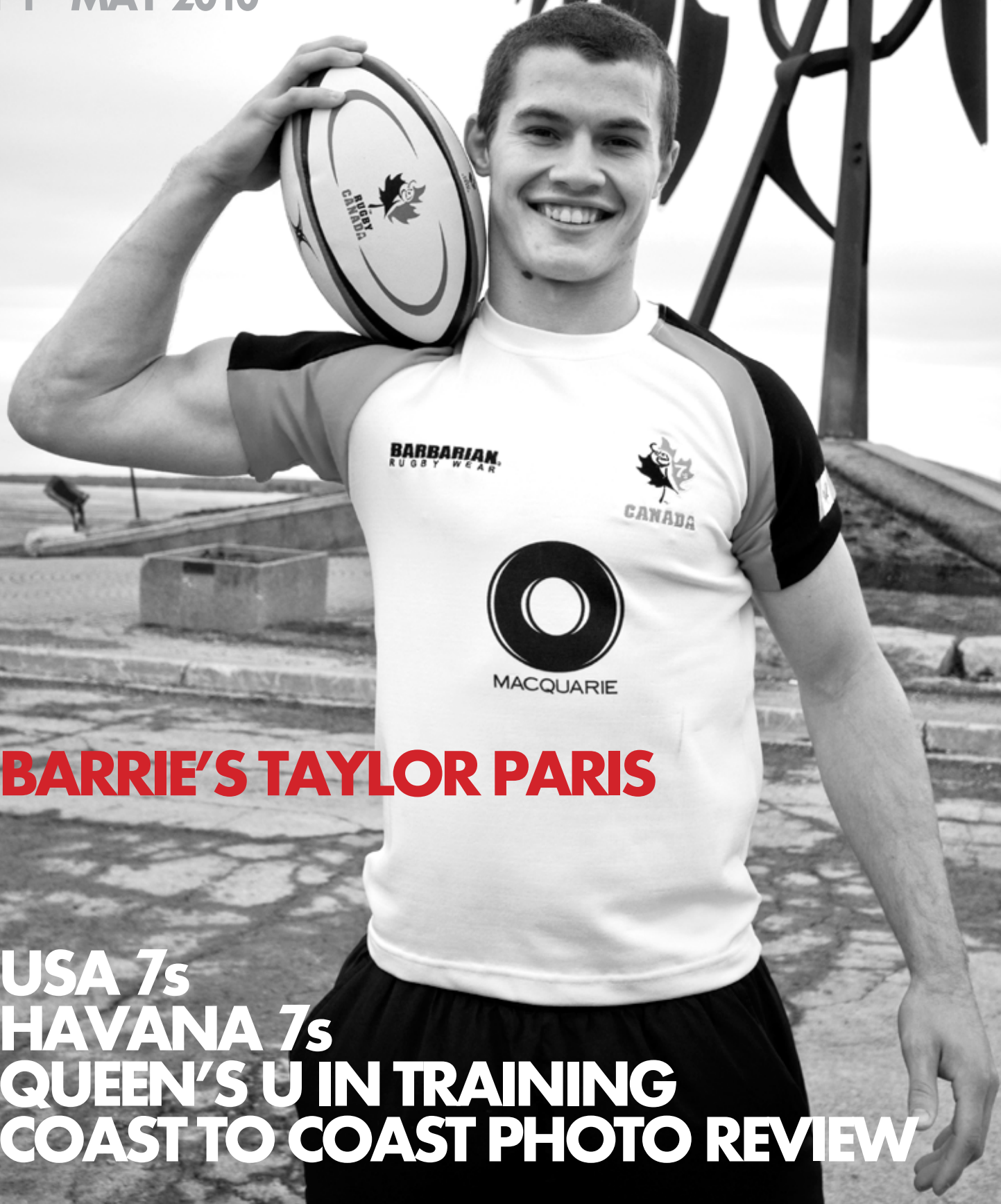


RUGBY DAY IN CANADA

N°1 MAY 2010



BARRIE'S TAYLOR PARIS

USA 7s
HAVANA 7s
QUEEN'S U IN TRAINING
COAST TO COAST PHOTO REVIEW



DTHVAN DER MERWE + BRYN KEYS | PHOTO: JOSÉ LAGMAN

GO CANADA!

- London Sevens - May 22-23 (England)
- Edinburgh Sevens - May 29-30 (Scotland)
- U-20 Junior World Rugby Trophy - May 18-30 (Russia)
- Churchill Cup - Jun 5-19 (USA)



RUGBY DAY IN CANADA

N°1 MAY 2010

Canada's (unofficial)
national rugby magazine



6 Taylor Paris Sees the World



10 USA Sevens



22 The Art of Rugby



14 Havana Sevens



38 Queen's U in Training



EDITORIAL

Dreaming of a national rugby magazine

Canada currently does not have a national rugby magazine. I don't know if the *National Rugby Post*, based and published in Edmonton, is still in business as I haven't seen a new issue make its way to Toronto since 2006. I've seen a handful of regional magazines but they are not distributed outside their respective provinces.

There are two main reasons why publishing a national rugby magazine is a formidable challenge in a geographically immense country like Canada. The first is cost -- it is expensive to pay content producers, printers, and distributors. The second is lack of long-term sponsors who will buy ad space on the magazine. No sponsors = no funds, no funds = no magazine.

Fortunately for Canadian rugby, there are many people within the rugby communities themselves that are talented writers and photographers who produce content as their way of supporting their own teams and towns and regions. Some may receive a small payment from websites or newsletters that publish their work, but that's more the exception than the rule. This is the gem: the rugby photographers and rugby writers are already in the ground, actively producing content, whether they get paid or not.

Mix this volunteer spirit to the idea of self-publishing, something that's already an established business in the internet. It democratizes publishing, enabling cash-strapped but creative people to produce books or magazines, and buyers can simply order copies over the 'net. Each copy is printed on demand, thus avoiding the cost of large print runs. It is truly an innovative concept.

This magazine is our labour of love for Canadian rugby...

Our goal is to celebrate Canadian rugby in images and words, from coast to coast.

So this spring, I talked to the photographers and writers I've met through rugby and told them about this dream of a national rugby magazine. They immediately said they were interested to be contributors. I then told them it's a non-profit project. They immediately said they were still interested, regardless. I've also asked a few people to be researchers for their regions, to complete the team.

This is the story behind the *Rugby Day in Canada* magazine you are reading right now. The content is produced by volunteer photographers and writers from Victoria to St. John's, carefully laid out in a small basement apartment near the Sunnybrook Park rugby pitches in Toronto, and uploaded to MagCloud.com for publishing. The price of a professionally printed copy (about \$8.80 for this 44-page issue) represents the printing costs only, and orders of 20 copies or more receive 25% discount off the printing costs. A free PDF version is available for those who are content with a digital copy, just email me to request the PDF.

This magazine is our labour of love for Canadian rugby, not so different from the committed work of volunteer coaches, team managers, referees, physio-therapists, grounds keepers, water boys, and other support crew. Our goal is to celebrate Canadian rugby in images and words, from coast to coast. This is the first issue of this dream magazine, we'll build it as much as we can, we'll run with it as far as we can. See you at the pitch, cheers!

José Romelo Lagman

Editor / Publisher / Photographer-at-Large
RugbyDayInCanada@gmail.com



GLORIOUS ST. JOHN'S WEATHER | PHOTO: COLIN SQUIRES

THE TEAM

Contributing photographers, writers and researchers:

- Mark Bergshoeff | Vancouver, BC
- Hugh Jervis | Victoria, BC
- Caity McCulloch | Duncan, BC
- Meghan Mutrie | Vancouver, BC
- Judy Teasdale | Victoria, BC
- Kevin Blanchett | Calgary, AB
- Dick Cornish | Regina, SK
- Sandy Donald Jr. | Winnipeg, MB
- Garry Coldwells | Oakville, ON
- Steve Darley | Toronto, ON
- Scott Dunham | Toronto, ON
- Andrew Hall | Toronto, ON
- José Romelo Lagman | Toronto, ON
- François Ratier | Montréal, QC
- Dustin Cerreti | Bathurst, NB
- Brian Krawetz | Halifax, NS
- Nigel David Thompson | Charlottetown, PE
- Colin Squires | St. John's, NL

If you'd like to contribute articles and/or photographs for future issues, please email RugbyDayInCanada@gmail.com

Special thanks!

Many of the contributors to this magazine shoot photographs or write articles for RUGBY CANADA and we'd like to thank RC for letting us use content originally produced for them.

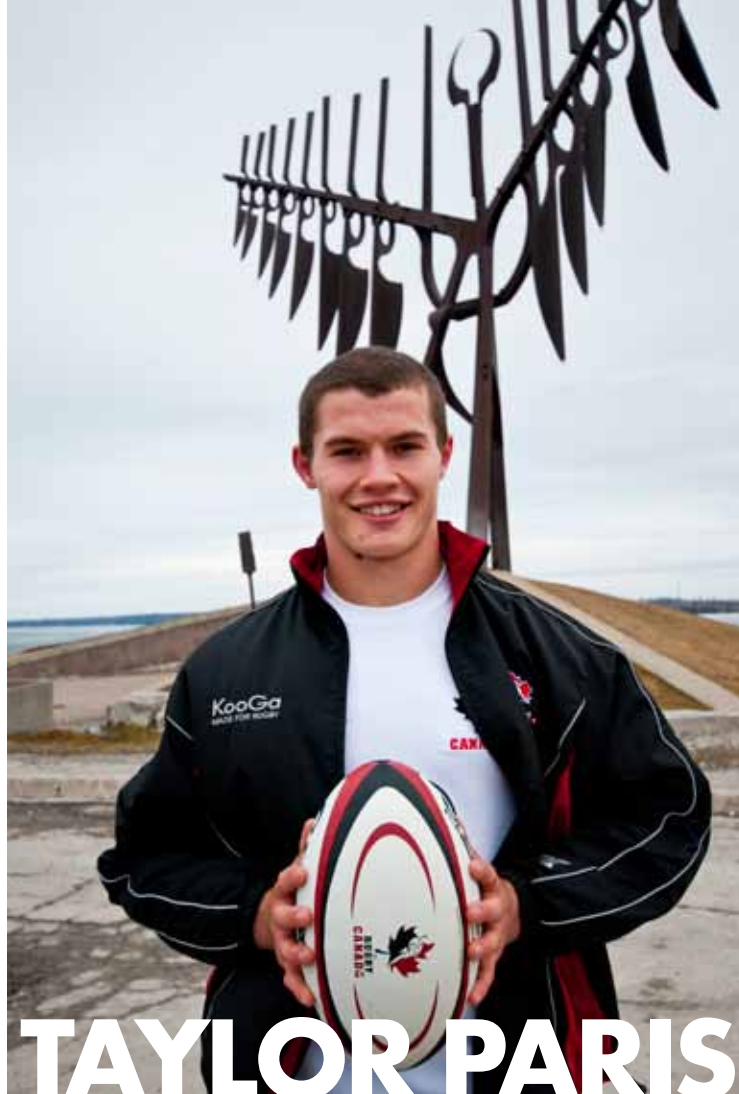
Special thanks to Elaine Wiltshire, Editor/Publisher of Ontario's *SCRUM* magazine, for raising the bar on rugby publications.

"Rugby Day in Canada"

The name of the magazine is inspired by the famous rugby expression "today is a rugby day!" and the phrase about that *other* sport in this country "Hockey Night in Canada".

Usual Disclaimers

This magazine is not a publication of Rugby Canada. All photographs featured in this magazine are owned by their respective photographers and they retain copyright. All views expressed in the articles in this magazine belong to the respective writers alone and do not represent the magazine team as a whole nor Rugby Canada.



TAYLOR PARIS

Sees the World

by Doug Crosse (Rugby Canada)

He is 17 - and while he has been missing quite a bit of school since January - Taylor Paris has been getting his geography lesson first hand. Consider he has been to Suva, Fiji, Wellington, New Zealand, Las Vegas, Nevada and Hong Kong, all while trying to keep his grades up and deal with the toil of being a full time rugby player.

In Vegas we got to catch up with one of the newest members of the Canadian Sevens team, 17 year old Taylor Paris of Barrie, Ontario.

Enjoying an 18°C morning training session at the University of Nevada, Las Vegas sports fields, Paris and the rest of the crew went through a spirited but focused session on Friday - ahead of three big games facing them on Saturday at Sam Boyd Stadium.

Paris says it has all been a bit of a whirlwind since getting the word in January that he had impressed enough on the tour to Fiji that he would be with the main squad for the Wellington and Las Vegas legs of the Sevens.

TAY AT THE CANADA GAMES 2009 IN PEI | PHOTO: JOSÉ LAGMAN



TAY SCORES!

TAY AT THE USA SEVENS | PHOTO: CAITY McCULLOCH







PHOTO: JOSÉ LAGMAN

TAY'S BROTHERS

LEFT: Taylor and his older brothers Robert, Chris and Michael all play for Barrie Central Collegiate. TOP: Taylor and his brothers from different mothers, comprising the Ontario team that won rugby gold at the 2009 Canada Games in Summerside, PEI.

"It has been fantastic," he readily admits. "All the sites and the fans and the rugby, it has really been a great couple of weeks."

But even though rugby is his new part time job day in and day out - this high school student is still hitting the books. "I have gotten a lot of support from my coach at Barrie Central (Ron Andrews)," he admitted. "He is going to make sure that I do everything I need to do to get my diploma this spring."

Coach Morgan Williams has been impressed with Paris through the two weeks, but he admits it was not without some hesitation. "I had my doubts at times," says Williams. "I could just see the nerves creeping in on him a bit, but he worked through it and has done well. "In terms of what he is doing on the field, he is giving us the pace we need on the outside - and that is important and paid dividends on the first weekend."

Indeed - just ten seconds after subbing on against Argentina for his IRB debut, a strong Phil Mack break to

the Pumas 22 saw Paris in strong support get a pass off the right hip and break through for a score. In his understated way, Paris refused to make a big deal of the moment, saying it was all Mack. "Phil set that up the whole way - I was just in the right place," he said with a big smile.

In Hong Kong Canada ended up missing the Cup round - but dominated the Bowl championship, winning 5 games and losing one over the course of the weekend and hoisting the Bowl in front of 40,000 screaming, if somewhat over refreshed fans. All in all - it has been a big education - with more to come for Taylor Paris.

Doug Crosse is the Rugby Canada Communications Manager and the preeminent rugby journalist in Canada. It is a privilege to have him as a guest writer for the premiere issue of this magazine. Thanks DC!



USA SEVENS 2010

by Caity McCulloch in Las Vegas, NV

Rugby colours and crests adorned the dozens of hung over characters outside Sam Boyd Stadium. It was day one of the Las Vegas Sevens tournament, and it appeared to be getting rowdy already. The fans conglomerated outside, chants, dirty songs, and boisterous battle stories filled the air. You could feel the anticipation building. Complete strangers from all over the world brought together for one cause, rugby.

Rookies to the rugby scene picked a great tournament to jump on the band wagon. With Olympic rugby officially in the near future there seemed to be a new excitement in the air. Not to mention, no one throws a party like Vegas!

For a small town British Columbian gal this tournament brought on a lot of firsts. This was my first taste at sevens rugby, my first time as a photographer at a major tournament, as well as my first time to Las Vegas. Needless to say, I was incredibly nervous. I just kept telling myself, 'Fake it, 'til you make it!' But once I found myself on the pitch the nerves seemed to dissipate. The other photographers were so friendly and helpful. One photographer for the Kenyan team even went so far as to lend my pasty-self some sunscreen.

Sevens is one intense game! After years of involvement in 15's it took me a bit to adjust to the pace and flow. Although Canada did not do as well as they had hoped, they certainly gave it their all. With such a young team, their discipline and determination was impressive.

The highlight of the tournament was the fans. For the majority of the tournament I stood in the end zone with the vocal Fijian and Samoan supporters. The heart displayed by the animated characters was apparent in songs and chants, giving me goose bumps and bringing tears to my eyes. I couldn't help but get involved. The photographer in me took a brief sideline while I tried to take in the contagious energy of the crowd, something you had to see to believe. Camaraderie continued throughout the entire weekend regardless of who was playing. Nothing compares to rugby fans.

The Vegas Sevens experience was a unique one. The Americans threw a fantastic party, and rugby will no doubt gain new followers because of it. In true Vegas fashion, it was over the top at times but emotional moments like the ones with the Samoan fans singing, or bonding with complete strangers over a pint and a story are ones that ring true to the spirit of the sport.



PHOTO: CAITY MCCULLOCH

Canadian National Senior Men's Team (7s) for 2010:

John Moonlight	Bryn Keys
Sean White	Phil Mack
Nanyak Dala	Neil Meechan
Thyssen de Goede	Justin Mensah-Coker
Dustin Dobravksy	Chauncey O'Toole
Sean Duke	Chris Pack
Sean Ferguson	Taylor Paris
Mitchell Gudgeon	Keegan Selby
Ciaran Hearn	Keaton Styles
Brodie Henderson	Conor Trainor
Nathan Hirayama	Ryan Wilkes
Ben Johnson	Krzysztof Witkowski

[SOURCE: www.RugbyCanada.ca]





THE GREAT PHIL MACK | PHOTO: CAITY MCCULLOCH

USA SEVENS 2010



KRZYSZTOF WITKOWSKI | PHOTO: CAITY MCCULLOCH



NATHAN HIRAYAMA | PHOTO: CAITY MCCULLOCH



JOHN MOONLIGHT | PHOTO: CAITY MCCULLOCH



CIARAN HEARN | PHOTO: CAITY MCCULLOCH



THE HOWLERS AT THE HAVANA SEVENS

HAVANA SEVENS 2010

Howlers Coach Offers Perspective on Cuban 7s

by Ryan Smith (aka Reggie Dunlop), Photography by José Romelo Lagman

Having never been to Cuba, I was extremely excited to depart last week for what was my first experience with the Dog River Howlers, on their annual pilgrimage to Havana for their IRB-sanctioned Sevens event.

Over the past few years with various teams, I have had the luxury of travelling to a number of far flung corners of this earth, with a variety of players, teams and supporters. I can definitely say that this most recent outing to Havana will stick with me for some time to come. For those who know Karl Fix, the organizer and chief Howler in charge, you will rest assured that he does as good a job (if not better) with the Howlers on tour, as he does with any other team he has ever been involved with.

Now having returned and been asked to reflect on what happened in the tournament and on tour, I will try and give some insight into what makes a Howlers tour so special. Firstly, as the mantra of the Howlers goes, it can be said that everyone on tour knows that **"it's more than a game; it's a way of life"**. From our youngest tourist, Patrick Kay (all of 16 years old) to all of the not so young supporters (I'm

not really sure who is the oldest), each one has an extreme passion for rugby and all that it encompasses outside of the actual game.

We arrived on tour in Cancun, Mexico on a Wednesday night for a brief evening out to explore and soak up some of the local culture. The boys were in fine form and were perfecting some of their side-step and handoff techniques at local training grounds – Señor Frog's and Coco Bongos. I have to say; that as a new coach, I was impressed with their abilities in these areas that evening.

Thursday found us arriving in Havana and being whisked away to the hotel by our aptly named guide Julius Caesar (yes I am serious). To see Cuba from a side which does not involve green wristbands and poolside 'activity' coordinators was probably a good way to do it, as there is so much more than the all inclusive package which most of us accustom to.

A trip to the world famous Tropicana that evening was accompanied by a free cigar and a generous helping of the world famous Havana Club 'Ron', and was followed by



Señor KARL FIX



THE HAVANA PITCH



AT THE ORPHANAGE

a trip to the less world famous 'Casa Del Musica' for some follow up training on sidestepping, handoffs and some team building culture. The team building portion involved getting a ride home in the world's oldest taxi cab, by the world's oldest cab driver while hoping to God he understood my broken Spanish bartering of 10 Cuban dollars. I felt that it was a successful endeavour for the team and gave myself the appropriate pat on the back.

On Friday we made one of the most important stops on tour to a Cuban orphanage. All of the tourists were asked before we left to bring some small gifts for the children on the day, and I promise you that everyone who was there was happy they did. We arrived at the centre to be greeted by 25 or so Cuban children ranging in age from 3-6.

They were very interested in our Canadian flags, the balloons and especially the abundance of candy and sweets we brought along. A generous donation was also made to the administration who were already so pleased to show Karl and the crew what they had done with the donations made the last time around. This really was important to them and it was clear that they felt the generosity of the Howlers organization and its supporters. I hope that other touring teams take the same kind of generosity with them

while travelling, so as to leave a positive footprint where ever they end up. Karl Fix has started a great legacy which will hopefully last for a long time to come.

The tournament started on Saturday to sunny skies, but shortly after the first game, we were blanketed in cloud and the rain started pouring in. The opening day left little to be desired on the quality of rugby from a 7's perspective, but it did give us a chance to size up some of the competition. The Howlers were in a pool with the Venezuelan development side, the Argentine Medical Students and the full Venezuelan national side. We finished the day 3-0 but did not do much in the way of impressing anyone. The two bright sides came from our rookie phenom 16 year old Patrick Kay and our Ottawa-based ninja, Faron Ling. Both put in solid efforts on day one and along with Sam Val Zehan's 4 try's we were able to come out of our pool in top spot.

Our evening was spent watching the amazing talent that is classic pianist Frank Fernandez. While we were convinced by Karl that it was something not to miss, you had to actually be there and see it to believe. I am the furthest thing from a fan of classical music, but I can say now that I have seen one of the living greats. Words cannot give justice to the talent that this man has, but suffice to say if he



CAPTAIN RYAN SMITH

HAYANA SEVENS 2010



ROBIN MacDOWELL

comes to a city near you, go watch.

With our minds considerably full of culture and 'upper crust', we embarked on Sunday's matches with some renewed vigour. The sun was shining and the pitch had been repaired (as well as could be expected) for our first match against the Peruvian Alumni side. Perhaps they had been out the previous night too late, or perhaps we were just starting to click, but they wanted little to do with the Howlers as we rolled them 40-0. The Mexican national team was next, and we decided to spot them two early tries and see how we reacted to the pressure of a comeback. The boys did not disappoint and a solid second half saw them off. That set up a Cup final match against the American-based team Atlantis, who at this point were considered the favourites because of their considerable size and athletic ability.

We selected a side for the final which had a serious amount of sevens experience, and this proved to be the difference as we controlled the first half and were 21-0 clear after the opening 10 minutes. They had little else to say for the match and the final score was 35-5. Immediately after this 20 minute game the Howlers in true touring side fashion stayed on the field for an 8 minute exhibition against the Cuban side coached partially by Dick Cornish from Regina.

The result is not important, but the Cubans were very pleased with their efforts, and I can also say that with some maturing, they will be able to progress very quickly in the abbreviated version of our game.

Shortly after the final photos were taken, we sprinted to the bus to attempt to catch the end of the Canada vs USA Olympic gold medal match at the Canadian Embassy which had been pre arranged. Luckily (or not) we arrived just in time to see USA tie the game and the ensuing overtime heroics. Clearly a great day for Canada on the Hockey (and rugby!) fronts.

Needless to say the tour ended in typical fashion, with a generous roasting of everyone involved both on the players and supporters sides and a number of good laughs at each other's expense. The tournament wrap up party was also equally as fun. Calgary's James Buchanan was named Tournament MVP for his tireless work from the prop position on the Howlers side.

Winning the tournament was a definite bonus, as we managed to squeeze in as much as possible in 6 days. I would like to say a big thank you to both the supporters of the Howlers who traveled on tour and especially to Karl Fix. I hope that I have another opportunity to travel with the side as it far exceeded my expectations.

While I would like to write a considerable amount more but I am still recovering from my touring experience

MAY 2010



SAM VAN-ZEHAN



JAMES BUCHANAN



DAVID POETTICKER



PATRICK KAY

HAVANA SEVENS 2010

and need to catch some sleep. I will say that the Howlers have done a tremendous job in Cuba and are starting to develop into a classy touring outfit. If only they can find a good coach.

Reggie Dunlop

(Who despite what Barkley Donaldson says, can still play a bit of ole time hockey)

Howlers Team for Havana Sevens 2010

Nicolas Arancibia

James Buchanan (Calgary Hornets RFC)

Dustin Dobravsky (Shawnigan Lake School)

Thomas Dutchak (Calgary Hornets RFC)

Faron Ling (Ottawa Irish RFC)

Patrick Kay (Cowichan RFC)

Robin MacDowell (Cowichan RFC)

David Poettcker (Kelowna Crows RFC)

Chase Sereda (Bayside RFC)

Ryan Smith (Calgary Irish RFC)

Sam Van-Zehan (Calgary Irish RFC)



FARON LING



THOMAS DUTCHAK



BLUE SKY + WARM SUN



DUSTIN DOBRAVSKY



HANGING OUT IN OLD HAVANA



CHASE SEREDA





Dr. RUGBY

Dr. Scott Dunham

www.drrugby.com

Hungry?

One question I get from my patients and teammates is what I eat before a game. Nutrition before games is a very personal thing as athletes tend to be quite superstitious. What I will present here are some suggestions to help fuel you during your games, and how you can prepare so that you can optimally perform.

During an 80 minute rugby game a player (depending on position or level of play) may run up to 8 or 10 kilometres. Over the course of a game there are also intense bursts of activity requiring maximal or near-maximal effort. Easily accessible energy is required in order to perform these intense activities as well as sustainable energy to perform these activities over and over again.

The human body utilizes glucose for energy for all activities. It can obtain this glucose from many sources including diet, stored glycogen and fat within the body. The easiest form of fuel to utilize is sugar, which provides a short burst of energy. It cannot be stored effectively so it is used up quickly. Hearty carbohydrates such as pasta, potatoes, and grains are more sustainable forms of energy because they can be stored effectively and thus better suited to long distance activities.

So in preparing for a "hybrid" type of sport such as rugby, we need to match what we eat with the activity we are performing. Most diet planning is done in relation to the time at which an athlete will be competing. The night before it is important to have a large, nutrient rich meal composed of lots of hearty carbohydrates (pasta, potatoes, grains, vegetables) combined with lean sources of protein (chicken, fish, beef). 3 hours before game-time is usually when the "pre-game" meal is scheduled. This meal also consists of a good mix of carbohydrates, protein and fruit.

This is the meal most athletes are superstitious about, both in the timing and the composition.

In the hour prior to a game, continuing to fuel the body is incredibly important. The focus shifts towards quick sources of energy, and foods which are easy on the stomach. (Milk is always a bad choice...) Foods such as bananas, apples, candy, granola as well as various types of sports drinks are common choices to continue to fuel the body closer to game time. Fuelling the body at half-time can be tricky, but I've seen bananas, orange slices, gel packs and even gummy bears used for an added boost of energy.

Like most things science will often give way to personal preference. Eat things that make you feel good and keep the stomach settled while battling the "butterflies" in preparing for a game. If you keep in mind the demands of your sport and eat accordingly, you will see the results on the field.

Dr. Scott Dunham

Chiropractor and Clinic Director

Kew Gardens Health Group

2181 Queen St E #305, Toronto, Ontario

416 907-0103

www.drrugby.com

RUGBY DAY IN CANADA

magazine is proud to feature the work of several of Canada's best and most hardworking rugby photographers:

Caity McCulloch (BC) provided the photos from the USA 7s, BC spring season games, U-20 selection match.

Mark Bergshoeff (BC), pictured below, provided photos from the Canada-Russia game in November, including the centerfold.

Hugh Jervis (BC), our most seasoned lensman, provided photos from the BC spring season as well.

Garry Coldwells (ON) captured one of the most memorable images from 2009; it is our first *Awesomely Canadian* photo on page 43.

Colin Squires (NL) braved the snow to shoot the playoff games in St. John's.

We're hoping to include the work of Pamela Smortchevsky and Leighton Chong in future issues, as well as a number of new but promising photographers.

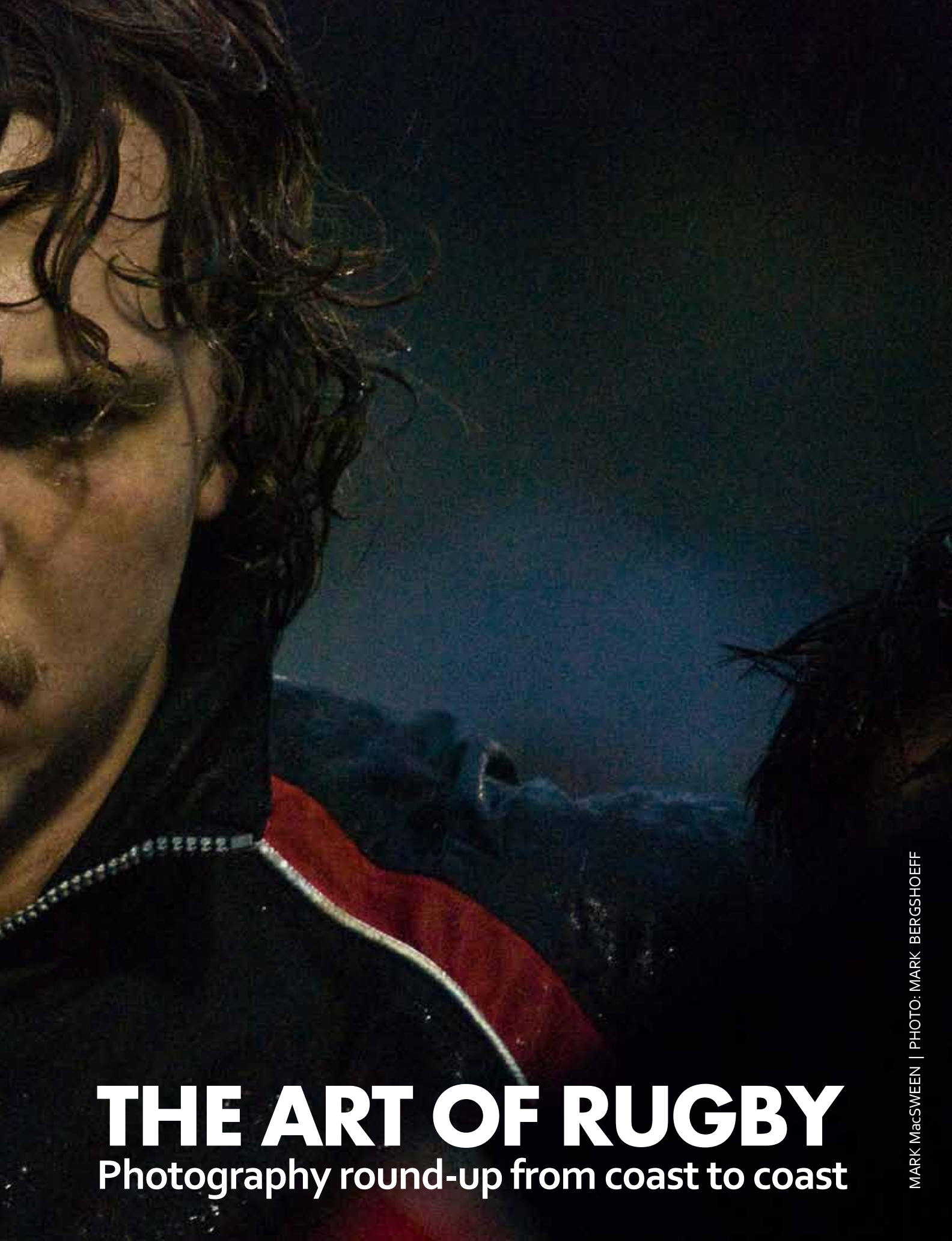
On the following pages are the work of several of Canada's best and most hardworking rugby photographers, who are out there with the players in the sun, rain or snow.

THE RUGBY PHOTOGRAPHER



MARK BERGSHOEFF | PHOTO: JOSÉ LAGMAN





THE ART OF RUGBY

Photography round-up from coast to coast

MARK MacSWEEN | PHOTO: MARK BERGSHOEFF



CANADA vs. RUSSIA

JEBB SINCLAIR | PHOTO: MARK BERGSHOEFF



WOOLDRIDGE + RIORDAN + TKACHUK | PHOTO: MARK BERGSHOEFF



MIKE PLETCH | PHOTO: MARK BERGSHOEFF



MARK MacSWEEN | PHOTO: MARK BERGSHOEFF



CANADA vs. RUSSIA





SEAN WHITE | PHOTO: JOSÉ LAGMAN



JAMES PRITCHARD | PHOTO: JOSÉ LAGMAN



NL PLAYOFFS

RUGBY WINTER | PHOTO: COLIN SQUIRES



RUGBY WINTER | PHOTO: COLIN SQUIRES





BC SPRING SEASON

IAN MANLY | PHOTO: CAITY McCULLOCH



JAKE de GOEDE | PHOTO: CAITY McCULLOCH



ADAM SCHOUTEN | PHOTO: CAITY McCULLOCH



TONI WODZICKI | PHOTO: CAITY McCULLOCH



SEAN DUKE | PHOTO: CAITY McCULLOCH



BC SPRING SEASON

PHOTO: HUGH JERVIS



COLIN BROWN | PHOTO: HUGH JERVIS



PHOTO: HUGH JERVIS



U-20 SELECTION MATCH



CAPTAIN ANDREW CROW | PHOTO: CAITY MCCULLOCH



TEAM CANADA | PHOTO: CAITY McCULLOCH



CONNOR BRAID | PHOTO: CAITY McCULLOCH



KYLE ARMSTRONG | PHOTO: CAITY McCULLOCH



CAM MITCHELL | PHOTO: JOSÉ LAGMAN

BLUES SELECTION MATCH



STEVE SHORTLY | PHOTO: JOSÉ LAGMAN

ZACH PANCER + DAVID LEE NIELSEN | PHOTO: JOSÉ LAGMAN



MIKE BERRY + WILL SORENSEN | PHOTO: JOSÉ LAGMAN





QUEEN'S U ON HOME PITCH | PHOTO: JOSÉ LAGMAN

QUEEN'S AT TRAINING



PAT + TIM RICHARDSON | PHOTO: JOSÉ LAGMAN



PERFECT FORM! | PHOTO: JOSE LAGMAN



PUSH-UPS! | PHOTO: JOSE LAGMAN



QUEEN'S AT TRAINING

ZACH PANCER + SPOTTERS | PHOTO: JOSÉ LAGMAN



MATT KELLY | PHOTO: JOSÉ LAGMAN



ALISTAIR CLARK | PHOTO: JOSÉ LAGMAN



THETEAMPIC | PHOTO: JOSÉ LAGMAN

RUGBY DAYS IN MAY

Saskatchewan Festival of Rugby - May 7-8 (Lloydminster)
ON Marshall League starts - May 8 (Toronto and area)
BC Spring Men's Finals - May 15 or 16 (Location TBD)
ON Blues vs. UK Police - May 15 (Burlington)
Canada U20 at IRB JWRT - May 18-30 (Moscow)
Canada at London 7s - May 22-23 (England)
Canada at Edinburgh 7s - May 29-30 (Scotland)
QC Blue-White Jr. All-Star Games, May 29-30 (Montréal)

RUGBY DAYS IN JUN

The Rock vs. UK Counties - Jun 4 (St. John's)
Canada vs. Uruguay - Jun 5 (Denver, CO)
ON Blues vs. UK Counties - Jun 8 (Oakville)
BC Bears vs. UK Counties - Jun 12 (Location TBD)
Canada vs. France A - Jun 13 (Denver, CO)
Canada at Churchill Cup Finals - Jun 19 (Harrison, NJ)
The Rock Sr.&Jr. Try-outs - Jun 25-27 (Fredericton)

RUGBY DAYS IN JUL

ON Blues vs. Midwest - Jul 10 (Location TBD)
Stampede 7s - Jul 10 (Calgary)
Alberta Summer Games - Jul 19-22 (Peace River)
BC Summer Games - Jul 22-25 (Langley)
Abbotsford 7s - Jul 24-25 (Abbotsford)

APPEL à SOUMISSION

Notre objectif à long terme est de faire du présent magazine une publication bilingue.

Nous invitons donc les amateurs francophones de rugby, particulièrement nos amis québécois, à soumettre des articles en français sur leurs équipes, villes et régions. Merci!

Veuillez transmettre vos soumissions par courriel à :
RugbyDayInCanada@gmail.com



NEXT ISSUE:

Issue N°2 Jun 2010:

Feature: Vancouver's Conor Trainor
U-of-Western Ontario Men and Women's Teams
Inner City Rugby in Toronto
Preview of 2010 Churchill Cup
Preview of 2010 Women's Rugby World Cup
Photography round-up from coast to coast

PLUS our regular columnists:

Dr. Scott Dunham
Andrew Hall
François Ratier
Brian Krawetz
Steve Darley

CALL for SUBMISSIONS

We welcome submissions of photos and articles about rugby in Canada, especially those coming from smaller towns and cities.

Articles should include legit references and footnotes for data checking prior to publication. They can be in English ou en français.

Digital photographs should be submitted uncropped and in low-resolution (72ppi). If they are selected, the high-resolution (300ppi) versions will be requested.

Please email submissions to:
RugbyDayInCanada@gmail.com



AWESOMELY CANADIAN

Canada geese flying over Toronto's York Stadium during the singing of 'Oh Canada' at the Canada-Wales Game 30 May 2009

PHOTO: GARRY COLDWELLS



PHOTO: JOSÉ LAGMAN

RUGBY DAY IN CANADA

UBC Thunderbird Stadium, Vancouver, BC

23 May 2009