

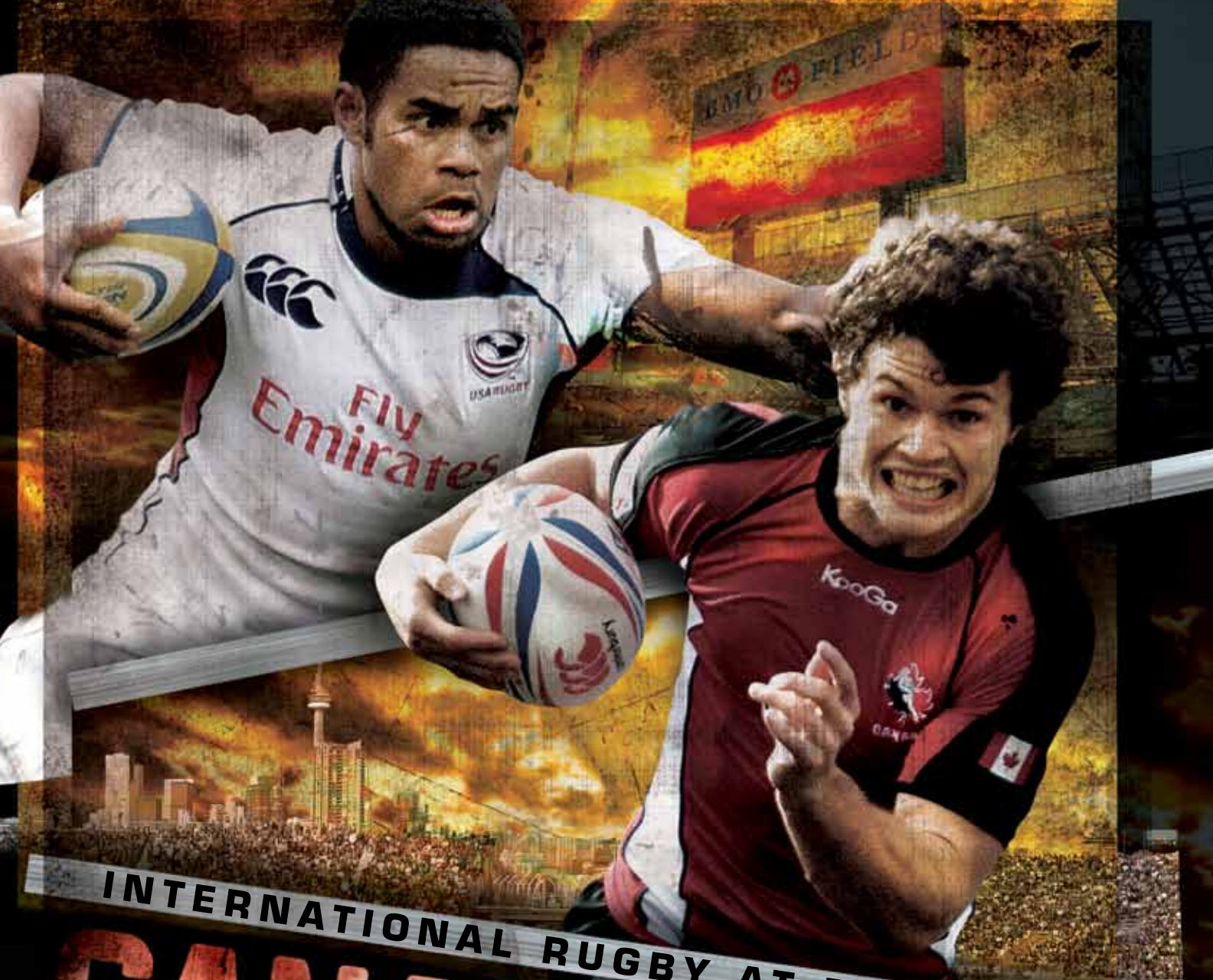
RUGBY DAY IN CANADA

N°6 MAR 2011



VANCOUVER'S HARRY JONES

**UBC RUGBY
RUGBY CANADA PRO REPORT
COAST TO COAST PHOTO REVIEW
& MORE**



INTERNATIONAL RUGBY AT BMO FIELD

CANADA VS USA

SATURDAY AUGUST 6, 2011
KICK OFF AT 2:00 PM
BMO FIELD, TORONTO
TICKETS FROM \$19.75*



CALL TICKETMASTER
1-855-985-5000
WWW.TICKETMASTER.CA
GROUP TICKETS: 905-780-8998 x245

[HTTP://EVENTS.RUGBYCANADA.CA](http://events.rugbycanada.ca)

*PLUS TAXES AND APPLICABLE FEES

RUGBY DAY IN CANADA

N°6 MAR 2011

ILLUSTRATION BY PAIGE STEWART

CONTENTS

- 5 In Support of the
Canadian Rugby Foundation
- 6 Editorial & The Team
- 9 Invictus
by William Ernest Henley
- 10 Harry Jones - Back in Form
by Drake Fenton
- 16 UBC Rugby
by Drake Fenton
- 18 The Rugby Canada Pro Report
by Jeff Hull
- 22 The State of Sevens
by Jeff Hull
- 26 Upright Canada
by Jeff Hull
- 30 The Art of Rugby
Photography Round-up
from Coast to Coast
- 54 Twick & Ham
by Kirk & Garth Serjeantson
- 56 Rugby Days in Canada
6-month Fixtures and Events
- 57 Save the Dates
Rugby Canada 2011 Events

Canada's national rugby magazine

Est.2010



oooh CANADA

THE 2011/2012
CANADIAN SENIOR
MEN'S RUGBY
CALENDAR IS NOW
AVAILABLE.

TO ORDER,
PLEASE VISIT
RUGBYCANADA.CA

Eden  Park
RUGBY LEGEND



KooGa[®]



November

CANADIAN RUGBY NEEDS YOU!
SHOW YOUR SUPPORT. JOIN TODAY.

Join the Maple Leaf Rugby Football Club and support the men, women, boys and girls that put in endless time and effort to represent Canadian Rugby on the national and international stage. Members receive exclusive benefits to home rugby matches, great Rugby Canada merchandise plus more!

FOR MORE INFORMATION, PLEASE VISIT SUPPORTRUGBY.CA
or CALL (905) 780-8998 ext 240

RUGBY DAY IN CANADA

Canada's national rugby magazine

proudly supports



CANADIAN RUGBY FOUNDATION

To place ads on both digital and paper editions of this magazine, we request you to make direct donations to the Canadian Rugby Foundation in exchange for the ad space. For details, please send an email to Kevin Blanchette at RugbyDayInCanada@gmail.com

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

RUGBY DAY IN CANADA
N°2 JUN-JUL 2010

VANCOUVER'S HONOR TRAINER & THE UWO MUSTANGS

CHURCHILL CUP
NWL FINALS

COAST TO COAST PHOTO REVIEW
& MORE

RUGBY DAY IN CANADA
N°3 AUG-SEP 2010

MONTREAL'S ADRIANO D'ANGELO

QUEBEC'S NEW RUGBY GENERATION
MCGILL RUGBY
MOVEMBER
COAST TO COAST PHOTO REVIEW
& MORE

RUGBY DAY IN CANADA
N°4 SPECIAL HOWLERS ISSUE

DOG RIVER HOWLERS

RUGBY DAY IN CANADA
N°5 FEB 2011

WHITBY'S KYLE ARMSTRONG

ANDER MONRO
RUGBY CANADA PRO REPORT
COAST TO COAST PHOTO REVIEW
& MORE

RUGBY DAY IN CANADA
N°6 MAR 2011

VANCOUVER'S HARRY JONES

UBC RUGBY
RUGBY CANADA PRO REPORT
COAST TO COAST PHOTO REVIEW
& MORE

GET YOUR PAPER COPIES TODAY

AWESOME paper copies of all issues of RUGBY DAY IN CANADA magazine are available for online purchase at this website:
www.rugbypress.magcloud.com

They're professionally printed in the USA and can be delivered internationally via FedEx or USPS. Bulk orders are available for Canada, UK and the USA.

To subscribe to the free PDF version, please email:
RugbyDayInCanada@gmail.com

Thanks for supporting Canada's national rugby magazine!



EDITORIAL

More than a championship ring

Why do we play rugby?

Foremost is our love for this magnificent and glorious game, with its fluid passes and dizzying line-outs, its powerful scrums and brawny mauls, its fast runs and energetic tackles, the exhilarating crossing of the try line, and the fact that we get to share all these with our team mates. Each game is a test of the team's collective *cojones*, and win or lose, the camaraderie grows stronger.

And as if this were not enough, rugby also provides the opportunity to represent our school, our province, and even our country in the world stage. In the months leading to the Rugby World Cup in New Zealand this fall, our best rugby players -- those in the national team and those who are hoping to be called up -- are training long and hard to be at their best when they don the Canada jersey and play for our country.

But I think the most personal reason why we play rugby is because it is a true team sport that builds character and friendships on and beyond the grass pitch. New team mates at the start of the season can easily become bosom buddies at season's end. And those who've played together for years will become 'brothers from different mothers.'

Building character includes cultivating inner strength to reinforce physical strength -- and each player needs both to grow and thrive in rugby, especially when injuries happen. Many rugby players who get injured come back to the game after they heal. They are the definition of commitment and perseverance.

Often those who play rugby stay involved with it long after they've hung their cleats. They serve as coaches, managers, trainers, drivers, and so many other roles that are integral in the running of any rugby club. Most of the time these are volunteers, and they're happy to provide the younger generations the rugby time that they themselves enjoyed in their youth.

Three such volunteers have done so much beyond their own clubs that their efforts have benefited the whole country: Bob Elder, Buzz Moore, and Dave Burnett. To list their contributions here would require several pages, as they have done so much for the growth of Canadian rugby.

In the past few weeks, Bob, Buzz and Dave all passed on. Of the three, I had the great privilege to know and work with Dave Burnett when I covered the games of the old RCSL. He often bought me beer after the events at the Centaurs RFC pitch in Burlington, ON. We had long chats on the team bus to and from Montréal. He asked me to sit in his table at meal time so I don't have to eat the healthy stuff that's mandatory for the players, but not for the staff. He was always upbeat and on the go. I will miss him and his immense positive energy.

We play rugby because we love the sport and we love our team mates and we love our time with them. (The trophies and championship rings are cool too, but they're the icing on the cake.) The sport and the people become a big part of us, and when 'team mates' like Bob, Buzz and Dave finally depart to play rugby in the clouds, the least we can do is tip off our hats and toast our next pints in their honor, in gratitude for everything they have done for Canadian rugby.

This issue is especially for them. Rest in peace, champs.

José Romelo Lagman

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





THE TEAM

vigour



We strongly believe in the vigorous pursuit of excellence — whether it's on the rugby field or in the investment field.

As Investment Advisors with Macquarie Private Wealth, we provide our clients with tailored investment solutions, boutique service, award-winning research, high quality deal flow and a global perspective.

Macquarie is proud to be a sponsor of Rugby in Canada.

Contact us for a confidential assessment of your investment portfolio.

Aaron Johnston Investment Advisor T: 403 260 8464 E: aaron.johnston@macquarie.com	Jason Stefanuk Investment Advisor T: 403 260 3839 E: jason.stefanuk@macquarie.com
--	--

Macquarie Private Wealth Inc., 440 - 2nd Avenue SW, Ste. 2200, Calgary, AB

Macquarie Private Wealth Inc.

No entity within the Macquarie Group of Companies is registered as a bank or an authorized foreign bank in Canada under the Bank Act, S.C. 1991, c.46 and no entity within the Macquarie Group of Companies is regulated in Canada as a financial institution, bank holding company or an insurance holding company. Macquarie Bank Limited ABN 46 008 583 542 (MBL) is a company incorporated in Australia and authorized under the Banking Act 1959 (Australia) to conduct banking business in Australia. MBL is not authorized to conduct business in Canada. No entity within the Macquarie Group of Companies other than MBL is an authorized deposit-taking institution for the purposes of the Banking Act 1959 (Australia), and their obligations do not represent deposits or other liabilities of MBL. MBL does not guarantee or otherwise provide assurance in respect of the obligations of any other Macquarie Group company. Macquarie Private Wealth Inc. is a member of the Canadian Investor Protection Fund and IIROC.

Contributing photographers + illustrators + writers + researchers:

- Mark Bergshoeff | Vancouver, BC
- Daryl Griffith | Vancouver, BC
- Hugh Jervis | Victoria, BC
- Drake Fenton | Vancouver, BC
- Kristy Martin Hale | Victoria, BC
- Caity McCulloch | Duncan, BC
- Andrew Smith | Vancouver, BC
- Judy Teasdale | Victoria, BC
- Kevin Blanchette | Calgary, AB
- Shane Jost | Calgary, AB
- Dick Cornish | Regina, SK
- Rob St. Germain | Winnipeg, MB
- Garry Coldwells | Oakville, ON
- Jeff Hull | Toronto, ON
- José Romelo Lagman | Toronto, ON
- Kirk Serjeantson | Toronto, ON
- Garth Serjeantson | Guelph, ON
- Paige Stewart | Toronto, ON
- Marie Jolicoeur | Montréal, QC
- François Ratier | Montréal, QC
- Martin Silverstone | Montréal, QC
- Dustin Cerreti | Bathurst, NB
- Brian Krawetz | Halifax, NS
- Natalie Bulger | Charlottetown, PE
- Colin Squires | St. John's, NL

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 some content originally produced for them.

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

Usual Disclaimers : This magazine is not a publication of Rugby Canada. All photographs and artwork featured in this magazine are owned by the respective photographers and artists 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 of Rugby Canada.



INVICTUS

by William Ernest Henley, 1875

Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds and shall find me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate:
I am the captain of my soul.



*Dedicated with much love and respect to: Bob Elder (1937-2011),
Buzz Moore (1921-2011) and Dave Burnett (1941-2011).*

Thank you for your immense contribution to the growth of rugby in Canada!

HARRY JONES



Mr. Harry Jones, photographed by JRL in October 2010
Brockton Oval, Stanley Park, Vancouver, BC

BACK IN FORM

By Drake Fenton [Vancouver, BC]

After 18 months of rest and rehab, Harry is back on the pitch, stronger and more inspired than ever

Overcoming adversity has been something that UBC rugby product Harry Jones has become quite used to in his athletic career. He has represented Canada three times at the junior national level as well as playing nationally with the Senior Men's Sevens roster, most recently at the Hong Kong Sevens tournament. Compared to the competition overseas—Australia, New Zealand, South Africa—Canada is not a rugby superpower. Thus Jones has played and battled against opponents with much more invested and developed programs.

In 2009 Jones, a 6-foot-one 200-pound fullback, travelled to Japan as the captain of the U20 national team. It was there that the skill level of his opposition became readily apparent.

"We played a team from Australia and a lot of their guys played in Australia's Super 14 league. That's arguably one of the best rugby leagues in world, obviously playing against guys at that level is tough" Jones said.

National accomplishments and accolades aside, Jones is first and foremost a UBC student. He is a fourth year student in the Sauder School of Business with a primary focus in marketing and a secondary focus in sustainability. The rugby he participates in during the school year is with the varsity men's rugby team, and it is here where he has perhaps faced the biggest adversity of his career.

For about a year and a half, up until the end of last year's fall season, Jones has been a cheerleader on the sideline rather than a game changer on the field. He was diagnosed with Osteitis pubis—an injury caused by inflammation of the joints in the pelvic region, causing acute and chronic groin pain. The ability to perform sustained physical activity with this type of injury eventually becomes impossible.

Initially Jones battled through the pain and played with the injury. He suffered through it while playing in Japan with the U20 national team, and continued to play with it while representing the BC Bears in the summer of 2009.

By the end of the competition Jones had nothing left in the tank. "My body was physically unable to handle it anymore" he said. "After the end of the Canadian Rugby Championship (CRC) competition I was unable to do anything for about five months. I couldn't workout, I couldn't run, all I could do was rest. During that time watching [UBC games] was really hard and frustrating; I wanted to be out there with the guys."

A year after that, which consisted of nothing but rest and rehab (and school) Harry was medically cleared to play again.

Bram Newman, the rugby team's head medical trainer, described why the injury left Jones out of rugby for such an extended period.

"It is something that has a fast onset with pain, and it is something that can linger around for a long, long time if not treated properly from the get-go. With Harry's case there were a few road bumps [in diagnosing the injury] but once we figured out exactly what was wrong we immediately began focusing on getting him healthy."

Since returning from injury Jones has displayed that his presence was one worth waiting for. In the last game of the fall season UBC squared off against the heavily favoured Burnaby RFC in the lower mainland consolation final. It was in this game that Jones made his return and fittingly he scored a clutch try to help propel the 'Birds to a narrow 26-24 victory.

By the end of February, with a couple of games under his belt, Jones appeared to have almost completely regained his form. In a matchup against St. Mary's University (No.2 ranked in the NCAA) Harry helped orchestrate a masterful 40-5 victory, scoring two tries in the win.

Jones's return to the field is something that has excited UBC's general manager Spence McTavish. "Harry's always been one of our top players" he said. "We're glad to have him back in the line up, he's a big help. There's a noticeable difference with him out. He's a guy out there that has some pace and decision making abilities, and that makes him a big addition."

Jones's return to form continued at the UBC-hosted CIS National Sevens Tournament this March. UBC won four of their six games, but finished in third place due to losses against Western (21-17) and UVIC (26-14). UBC won the consolation game 31-0 against McMaster, and their victory was spurred on in large part because of Harry.

"Harry had a quiet day one, but he was very very dominant and very visible in day two. He played exceptionally well, especially defensively" McTavish said about Jones's tournament performance.

Jones's showing at the CIS Sevens Tournament may have been exactly what was needed to once again spark the interest of Rugby Canada. Following a last minute injury to Matt Evans, the Senior Men's Sevens coach, Geraint John, got in contact with Harry and asked him to join the roster. In Hong Kong Jones did not receive much playing time but nevertheless he was ecstatic with the opportunity.

>> page 14

HARRY JONES @



SHAWNIGAN, BROCKTON



ON, FLETCHERS, SWILERS

"It was a cool atmosphere in a stadium with 40,000 and the crowd supported us so well. There was a decent contingent of Canadians in the crowd. Just being with the team, was a great experience. Obviously coming in late you didn't expect to get much playing time and the team was playing so well so it was hard to get a chance to get in there, that being said it was frustrating to being on the sideline because I am very competitive. All in all though I was there with the team and I wanted the team to do well so it ended up being an amazing experience."

For Harry a successful recovery from a debilitating injury, and a return to prominence should hardly be surprising; toughness and the ability to overcome adversity runs in his blood. Harry has twin brothers Ben and Charley that are two years his senior. For over five years, while completing undergraduate and graduate work, each has predominately played for the varsity squad at UBC. Similar to Harry, each has suffered devastating injuries which they've had to overcome. Ben has torn his ACL (knee ligament) three times, most recently at the beginning of this season. He expects to return and play again next year. Likewise Charley has torn ligaments in his knee and has also suffered intensive pelvic injuries. On two separate occasions his season has been cut short by injuries. He currently captains the UBC squad.

The beneficial influence of Harry's brothers is certainly something that McTavish sees. "They have always been very passionate about their sport and passionate about their rugby. They are fully committed, committed to doing their training, doing the hard yards off the field, and great guys on the field, great character, they are just superb guys" he said.

For his part, Charley, who plays number 10, is thrilled to once again have Harry suited up beside him. "We read the game the same way, a lot of the times we pick what the other person is going to do and feed off that. It really makes it a lot easier to play." When on the field together their style is reminiscent of the Sedin's, minus the red hair, goatees, and Swedish passports.


UBC only has one game left in their schedule, a matchup against rivals the University of Victoria. Harry expects to be fully healthy for the match. His recent discovery for keeping his body fresh? It's not your typical sports cliché. "I didn't want to admit this... but I recently started doing yoga. It rejuvenates you after rough Saturdays."

Postscript:

Everyone at RUGBY DAY IN CANADA magazine wishes Harry an injury-free season this year and beyond. Good luck with your games at UBC and the BC Bears and may you get more call-ups to play for Canada at Sevens and XV's!

RDIC





“They have always been very passionate about their sport and passionate about their rugby. They are fully committed; committed to doing their training, doing the hard yards off the field, and great guys on the field, great character, they are just superb guys.”

- UBC Rugby General Manager Spence McTavish on Ben, Charley and Harry Jones

UBC RUGBY

By Drake Fenton [Vancouver, BC]

The UBC Thunderbirds RFC is one rooted in tradition. Since its inception in 1906 UBC has long been a competitive force in not only BC Rugby, but also in the international scene.

In recent years UBC has struggled to live up to its storied tradition as they have been unable to assert themselves as a perennial winner in BC Rugby. Yet tides of change seem to be in the mix for UBC. The club has redefined itself this year in an effort to stay true to their rugby heritage while developing a program dedicated to competing, and winning, at a collegiate level.

Not long ago UBC was team to be reckoned with. From the 1940s to the late 1980s UBC established itself as a team that could go toe to toe with the best squads in the province. The club has produced over 70 national team players— notable name are guys such as Ted Hunt, Mike Schmid, Winston Stanley, and Gary Hirayama. The fact that the Thunderbirds last won a provincial championship in 1947 is not a testament to their skill on the pitch.

UBC's general manager, long time coach, and former Canada star Spence McTavish elaborated on UBC's lack of hardware in the trophy case.

"When I played, and for a long time, we would compete against club teams in the fall season and then play other universities or colleges, here and in the United States, in the spring season. Most of the time we were never in contention for a provincial title."

In the 1990s through till now UBC has slightly fallen behind in their ability to perform at a high level. Though competitive the 'Birds are no longer the perennial powerhouse they were in past generations. McTavish outlined two substantial factors that have been detrimental to their club's success: UBC's high academic standard and the now elevated skill level in BC rugby.

"One of the major obstacles we are having is getting athletes into the school because the marks [needed] are so high" he said. "We may get some athletes in a broad based appeal, but that is a limited number. Realistically we need to get a dozen guys a year.

It is difficult to get quality guys to come here."

"It's different now than it was in the past... players where are they going to go?" he questioned. "They're going to go anywhere. They are going to go out East, to UVIC, down South, or they are going to just continue to play club rugby."

The quality of rugby in BC has also vastly improved in recent years. A quick glimpse at Canada's recent Hong Kong Seven's squad testifies to that fact. The majority of the roster is based out of BC.

"When I played in the 1970s we were faster and fitter than our opponents, but nowadays other clubs are just as fit and as fast" McTavish commented. "The size of players has changed dramatically. Now when you're a university team playing in the Premier League [BC's top league], especially us, the guys you're playing against are guys in their late 20s and early 30s. They're in their prime and we have 19-year olds and 20-year olds... it usually doesn't work very well for us."

UBC entered BC's Premier League in 2005 and have competed in it until this year. "Playing in the premier league, we have been very competitive, but we have won very few games" McTavish said.

The Thunderbirds foray into the Premier League didn't result in winless seasons but the consistent toil of competing against men for an 8-month season, along with the pressure of school commitments, and the inability to establish a winning record led McTavish to ponder

a change to their programs structure.

For the 2010/11 season the 'Birds decided to continue playing local clubs in the fall season and in the spring season UBC entered an unofficial university league, consisting of teams from Western Canada and the Western United States.

"We sat down and said look, we play a whole year against men,



let's play a half year against people our own age. It's what university sport is supposed to be about" said McTavish. "We have a long tradition of playing rugby in BC, and we are still going to uphold that, but right now only in the fall season."

The results have been promising, inspiring hope for continued growth and success. UBC began the fall season with three consecutive victories, including a 46-6 thrashing of the Vancouver Rowing Club. They eventually finished the semester with a 4-4 record, going 1-4 in their last five games with an injury depleted roster.

The 'Birds were able to qualify for the fall season's consolation third place title. Following a three week respite, due to adverse weather, UBC entered the consolation final with a healthy roster. They were matched up against Burnaby RFC, a team that had only lost one game all season, and had also stomped UBC 26-3 earlier in the season. In a hard fought contest UBC prevailed, winning a 26-24 nail-biter.

After winter break UBC laced up the boots to play teams in their own age bracket. Once again the results have been a blend of positives and negatives. Their current record is 3-5, including two losses to Cal Berkeley (No. 1 in the NCAA) in their annual "World Cup" contest. This is the 88th year the two teams have met. Each year both UBC and Cal host each other and an eventual winner of the two game series is decided by an aggregate scoring system. UBC lost a close match in California, 21-13, but were blown out in Vancouver 58-14. To UBC's credit stars Harry Jones and Sean Ferguson were absent as they were representing Canada at the Hong Kong Sevens tournament.

The spring season also had its share of highlights for UBC. In a faceoff against St. Mary's University (No. 2 in the NCAA), the 'Birds played perhaps their best rugby of the season, throttling them 40-5. A stockpile of talent in UBC's backline has been a key component in their success all season. Along with Jones and Ferguson UBC's backline has seen standout play from number 10 Charley Jones (Harry's brother) inside center Taylor Dalziel, and winger Will Philippson. Both Charley and Taylor played for the BC Bears this summer and Will has represented Canada at the U20 level.

Following their accomplishment against St. Mary's UBC hosted



the CIS Rugby Sevens Championship where they finished a respectable third place. The 'Birds posted three shutout victories and only narrowly lost to the University of Western Ontario 21-17.

"Hosting the tournament was...uhh stressful" McTavish said with a chuckle. "But in the end it went off without a hitch, we had great support from the parents, and we played fairly well."

Though the 'Birds have had an up and down season the First Division Braves, and Third Division (freshman) Totems have excelled against other collegiate teams. Competing in the Pacific North West Collegiate League they have thus far gone a combined 10-1 during the spring season.

For a club that has had recent problem with retaining enough players to field three teams throughout the course of the year the continued success of the Braves and Totems is a pleasant surprise for McTavish. "Obviously the calibre of rugby of the opposition is not as high, but now our guys are playing against kids their own age, and it has helped our retention level of players throughout the year. It has limited the amount of injuries we have received and for once we have enough bodies to fill three teams easily."

For the foreseeable future UBC will continue to play club rugby in the fall and collegiate rugby in the spring. UBC, the actual university, has given considerable thought to entering the NCAA which would of course dictate the future of the rugby club. If past results against Cal and St. Mary's are of any indication such a jump would propel UBC RFC to the top tier of NCAA rugby.



Under the guidance of McTavish UBC appears to be heading in the right direction. With talented first and third division teams and a varsity team that has a necessary mixture of talented veterans and youth UBC seems primed to build on their successes of this season, and live up to the storied tradition of winning established at UBC. **RDIC**

(facing page: Sean Ferguson, above: Harry Jones)

Drake Fenton is a freelance journalist based out of Vancouver. He has made contributions to the Vancouver Sun and The Ubyyssey. He is an editor at thenow.ca, a source for Vancouver's contemporary content.



CARPENTER



HOTSON



THE RUGBY CANADA **PRO REPORT**

By Jeff Hull [Toronto, ON]

Plymouth Albion RFC

Saturday, November 27th, 2010, could have been any other match day for Sean Michael Stephen, Aaron Carpenter and Tyler Hotson. As always, Stephen ran out to his usual position at blind-side flanker, Carpenter to #8, while Hotson prepared himself to do battle at lock. The difference, on this occasion, was that all three veteran forwards were not suiting up for Plymouth Albion of the English Championship; instead, the Canadians ran onto the pitch wearing the red and white of their national team.

The opponent on the day was Portugal, and it was the first time that all three Plymouth Albion players had been named to the same Canadian starting XV for an international match; it will probably not be the last. Plymouth Albion has become home to these three pillars of the National Senior Men's Team, and today this edition of The Pro Report looks at the season they have enjoyed to date, as well as its implications for the national team.

Having three core members of the Canadian forward pack playing together for one club has a number of advantages. Canada, like other nations with a mix of international and domestically based players, often suffers from a lack of cohesion, as squads have to be quickly assembled for international tours. In the rough and tumble world of forward play, knowing the habits of the player next to you is a tremendous advantage, one which Canada's National Senior Men's Team should now be able to exploit. But aside from the general advantages that come from having these athletes playing together all season, what has the Plymouth Albion experience done for their development?

Answering that question necessitates diving into another of the core issues raised by some back in Canada. Every so often, there arises an outcry against sending our players overseas. These claims are usually propped up with the assertion that many Canadians don't get a lot of field time with professional teams, and would be better off training every day with the rest of the country's domestically based talent. Although that claim has, on occasion, carried some weight in the past, it is far less true today



CARPENTER HOTSON STEPHEN

and certainly untrue of the Canadian talent on Plymouth Albion. All three players regularly appear in the starting line-up for Plymouth; Sean Michael Stephen captains the team, while Aaron Carpenter is one of their leading try-scorers.

The second myth propagated by those who oppose overseas contracts, is that the English Championship is not a higher standard than the level of play available in the CDI Premier League in BC, or in the newly minted Canadian Rugby Championship (CRC). Advocates of this position point to the Atlantic Rock beating teams like Esher RFC on pre-season tours, and the increasing number of elite athletes playing their rugby here in Canada. Nothing could be further from the truth. The standard of play in the English Championship has been increasing steadily year on year, with fierce contests constantly underway at both the top and bottom of the division. Gone are the days when Championship clubs would be promoted to the Aviva Premiership, only to return via relegation the following year. Recent Championship graduates, like the Northampton Saints and Exeter Chiefs, are performing well in England's elite competition, and there are more where they came from.

Each week, players like Stephen, Carpenter and Hotson are exposed to a high standard of professional rugby, which requires a professional culture and standard of training that is scarcely available in this country. Some may argue that Canada's carded athletes train under such conditions, but if there are players capable of moving out of that system and into full-time professional contracts, surely that should be the goal. Canada has seldom lacked for access to these players when it comes to national team duty, with the only exception being Plymouth Albion's Captain. It is with Oakville's Sean Michael Stephen then, that we will begin our in-depth analysis.

The Captain:

There exists an elite tier of professionals, within the small ranks of Canada's overseas stars. These are players deemed so valuable to their clubs that the national team seldom calls on their services, preferring instead to use international matches to develop strength in depth at that position. Players like Mike James and Jamie Cudmore are perhaps the most recent examples of this phenomenon; so, it is perhaps a great credit to Sean Michael that he has also begun to feel its effects.

Stephen was named an alternate captain several times last season and now, in his third year with Plymouth Albion, he was handed the permanent captaincy of the club at the start of the current 2010/11 campaign. On a team whose entire offence is geared towards kicking and forward play, Stephen has been an admirable leader and physical presence. Although his club narrowly missed out on the chance to compete in this year's promotion playoffs, their subsequent dominance in the relegation round has made sure that Albion will be around to compete in the Championship next season. The Captain himself scored one of the deciding tries against Birmingham, on the last weekend in March, to place the team at the top of the relegation pool standings.

Plymouth's Director of Rugby, Graham Dawe, clearly views Stephen as one of the cornerstones of his franchise and Canada may soon come to feel the same way, as the 2011 World Cup approaches. Now 28 years old, Stephen has eliminated many of his drawbacks as a player. His positioning, his defence and his physicality have all improved since he took the field at the 2007 World Cup in France, and his play for Canada on the 2010 November tour won him praise from Head Coach Kieran Crowley. Although this country is blessed with a depth of talent across the back row positions, Stephen offers Canada something decidedly different than many of the other options they have available. It will be interesting to

see how he is used by the Canadian coaching staff, as World Cup preparations begin this summer.

The #1 Number Eight:

The 2007 World Cup was, in reality, the last time that there was any serious debate about whom Canada's starting #8 should be. While in France, Stephen and Carpenter split time between the position, while then Coach Ric Suggitt toyed with the idea of converting Carpenter to a front row player. It is fair to say that such ideas arose more from Canada's weakness at hooker than from any deficiency displayed by Carpenter at #8. Since Coach Kieran Crowley took command in the summer of 2008, Carpenter has never looked like surrendering his starting jersey, and all notions of him assuming full-time front row responsibilities have faded away. Still, there is no need to lay blame at the feet of those who put forward the idea of a position change. Carpenter has kept the ability to cover hooker in his bag of tricks, and was actually called on to do so in a series of matches for Plymouth Albion this season. At 28 years of age, and in his second year as a professional overseas, the hard-running back-row is entering his prime. Since joining Plymouth Albion, following the 2010 Churchill Cup, Carpenter has been arguably the team's most valuable player, earning "Player of the Month" honours for January. Since then, he has put together a long run of hugely successful play, including a five match scoring streak during Plymouth's end-of-season playoff drive.

"My try scoring streak has been a welcome addition to this year, and in terms of the club it started at a crucial time for the team. It is great to finally be getting these opportunities and be able to finish them. I feel like I have really settled at this club. When you move to a new club it takes some time to get used to what they expect from you. I have also gotten past a few early season injury problems and have started to perform consistently the last couple months."

Expectations have been something the 6' tall Brantford, Ontario native has had to deal with since his earliest days in the national program. Even upon winning his first professional contract at Coventry RFC, in August of 2009, it took months for Carpenter to win over the coaching staff. He worked his way through yet another attempt to shift his position to blind-side flanker, before finally being named Captain of Coventry late in that season. As 2010 gave way to 2011, Aaron was even named Captain of Plymouth Albion, while Sean Michael Stephen was out injured, for a short period of time.

If there was any doubt about Carpenter's ability to be an 80-minute performer at the professional level, it was put to rest in Canada's narrow loss to Georgia in November. In Tbilisi, at the end of a brutally physical match against tough opposition, he collected the try that brought Canada within striking distance in the final moments. There have been many such scenes at Plymouth's home ground of Brickfields this season, and fans would no doubt agree that if the game is on the line late for Plymouth Albion, their #1 Number Eight will never be far from the ball.

Trying To "Lock" It Down:

When Vancouver's Tyler Hotson joined Plymouth Albion in 2009, his character and passion were immediately recognized when the

new lock-forward was named Captain for a string of pre-season matches. Ever since, Hotson has been trying to meet his own high expectations and win an everyday starting place in a team that is stacked with powerful forward talent. September of 2010 seemed to offer a promising new beginning, as the Canadian second-row put together a notable string of starts in his second year for the club; impressing both in the line-out and in his work around the park.

The difficulties started with that late-November match against Portugal, which Canada won by the narrowest of margins. The contest also saw Hotson suffer a serious injury to his shoulder, which put him out of action for three month's time. Upon his return to health, it had become obvious that Plymouth's ability to win matches was going to depend on the strength and cohesion of their massive forward pack. Coach Graham Dawe was cautious about tinkering with the one aspect of his squad that seemed to be functioning well, and so began Hotson's battle to regain his starting position. Then, in March, lock Tom Skelding suffered a broken-hand, and Hotson finally got his chance.

In the short time that he has been back in the Plymouth Albion starting XV the club has performed well, moving to the top of the Championship's relegation playoff pool, and securing their spot in the competition for another year. Hotson was even rewarded with a try in the club's April 1st playoff clash against Birmingham. With the season now winding down, Hotson will look to win a starting place in the Canadian World Cup squad, with the same doggedness that aided him during his comeback for Plymouth. At the tender age of 25, a solid performance in New Zealand would certainly stand him in good stead with his efforts to advance his professional career overseas.

The Verdict:

There can be little doubt that Canada is benefitting tremendously from the opportunity these athletes are being afforded at Plymouth Albion RFC. No domestic competition could consistently expose these elite players to such a high standard of play, and their overseas contracts have made way in the country's carded program for new and aspiring young talent. What is even more impressive is the development these players have displayed, as each of them has now become an essential element of Canada's 2011 World Cup hopes.

Whether all three players will return to Plymouth Albion next season is still an open question. What seems clear is that Sean Michael Stephen, Aaron Carpenter and Tyler Hotson are set to enjoy professional careers that will likely carry them from this World Cup window through to the next, and we will be pleased to bring you all their exploits, here, with The Rugby Canada Pro Report. **RDIC**

Jeff Hull is a writer, reporter and analyst who has been covering the sport of rugby since 2007. His Rugby Canada Pro Report can be read weekly on the website of Rugby Canada, and in every issue of Rugby Day In Canada magazine.



TAYLOR PARIS AT THE USA SEVENS IN LAS VEGAS, NV - FEB 2011 | JRL

THE STATE OF SEVENS

Thank you Mr. Speaker.

Thank you, please be seated. I would like to welcome everyone to this, our inaugural "State Of Canadian Sevens" address.

I'm sure you're all as excited as I am about the inclusion of our beloved rugby Sevens in the 2016 Olympic Games, in Rio de Janeiro, Brazil; a sport in which Canada ranks among the world's elite in both men and women's competition.

(cricket... cricket... cricket...)

Umm.. yes... well, it may come as a surprise to some of you... OK many of you, but both our men and women's Sevens teams are ranked higher in the world rugby rankings than their fifteen's counterparts; our men having finished 2011 ranked 11th in the IRB standings, while our women emerged Champions of the 2011 USA and Hong Kong Sevens.

"YOU LIE" (shouted from somewhere in the audience)

No, my friends. Believe it or not, the future has the potential to be bright for Sevens in Canada, but just how bright is what we will be discussing today. This report will, obviously, look at the performance of our current men and women's national teams; more specifically, we will look at the two most exciting players on those teams, who coincidentally, are two of the country's youngest elite players. But since a rugby program is far more than the tip of its spear, especially where this new and exciting world of Sevens is concerned, the watch words around the globe are "athlete development". With that in mind, we will hear from many of the game's important stakeholders. We will breach the subjects of domestic rugby competition, including events such as the new University Sevens Championships, as well as domestic tournaments located in Abbotsford (BC), Calgary (AB) and Grand Bend (ON).

We'll look at the development of Sevens coaches in Canada, as well as the private and public funding that is on the way; all in an effort to determine what course our country is on, as the 2016 Olympics begin to loom larger on the horizon. It's going to be an interesting ride.

Buckle up.

The Tip Of The Spear:

The most recent competition, as of this report, that Canada's men and women have attended was the 2011 Hong Kong Sevens; a stunning success for both of our national teams. We open our analysis with a simple and indisputable fact; the first place performances by our women in Las Vegas and Hong Kong, combined with the 10th and 9th place performances by our men, represent rankings higher than the country's current fifteens standings, and are an improvement on previous Sevens results from last season. Surprised?

Now, for a bit of full disclosure. Your humble correspondent has, on occasion, served as the Press Officer for both of Canada's senior Sevens teams. So, for objective analysis in this area I contacted Mr. Tom Burwell, of UR7's. For those of you not yet acquainted, UR7s.com is one of the world's leading Sevens rugby sites and provides comprehensive Sevens coverage from across the globe.

I asked Tom to share his analysis on the state of Canada's current national teams. Here are his thoughts:

"Despite some misgivings from Canadian rugby fans regarding their results in the recent years, Canada are a very well respected nation on the IRB Sevens circuit. They are considered to be at the same standard as many of the 'core' nations; those being teams that play in all eight IRB events, which presently Canada does not. When you look at other nations in that same category, such as Tonga, Portugal and Russia, there is a distinct difference to how the Canadians are perceived.

For all the success Canada has had on the field over the years, there has been a lack of continuity in the coaching staff over the past two seasons. It has been proven that consistency, at the IRB level, with both the backroom staff and the players, leads to success; this can be seen with New Zealand, England, Samoa and the USA. When you consider the problems that Fiji have faced in the past couple of seasons, you can assign many of their problems to a similar set of issues.

With regards to the women's game, Canada is in great shape. The women are considered a better prospect for an Olympic medal than the men, and will be funded accordingly, which I believe is the correct course. I can very much see Canada winning an Olympic medal, and to see the numbers the women recently brought down to Las Vegas was impressive. The Canadian women travelled to Hong Kong, a tournament which they won. One must ask how many other nations are travelling these distances for non-official IRB tournaments? Canada's smaller resources are being used very well here, and I believe it will bear fruit.

Finally, with regards to the on-field performances, the Sevens game is becoming one of the most athletically challenging sports in the world. The men and women are going to need to be athletes of a world class standard, and not just rugby players with skill and technique. The Sevens game is so demanding, both in the contact areas and around the park, that replicating this at club level is impossible.

The top nations are beginning to move to full-time and fully contracted Sevens squads. This has been a long time in coming, but they are now dedicating all levels of training resources to these players. England's players spend time with every type of coach you can imagine for their conditioning (Olympic swimmers, amongst others) and employ only two rugby coaches. This shows how much athleticism is key to the modern era. All players who get to this level can play rugby to a high standard, the difference is the physical training.

Coming into a camp for a week or two cannot hold teams to the same standard as the full-time nations. The worry I have for Canada, is that a number of the smaller nations will soon go full-time; countries like the USA, Russia, Portugal and even possibly France. If these nations get their act together sooner than Canada, there is a risk the Canadians could drop out of the world's "Top 12", and it would be a real fight to back in."

Tom raises some interesting points. Clearly, Canada is a respected nation at present. The hardware hoisted by our men and women in Hong Kong is testament to the ability of our current crop of athletes. So maintaining or improving our world rankings will depend on identifying and training the very best athletes available. There is some evidence to indicate this important process is already under way.

The Next Big Things:

Among the standouts, who played in front of thousands of rugby fans at both Las Vegas and Hong Kong, was 18-year old Magali Harvey of Quebec. Magali is one of the new lightning-quick breed of athletes being developed by Canadian Women's Head Coach John Tait, and her performances have been exciting to behold. Attending one of Canada's elite women's university programs, at St. Francis Xavier University, during the school year, Magali will now have to combine Olympic level physical training with her studies and her rugby. During our talk with her, Magali seemed ready for the challenge:

"I have just started in the program and I find it is an unreal learning experience. I learn new things literally every day and seek to push myself and improve as much as I can. The fact that the Olympics are in four years from now just pushes me to strive for even more. I know I have a lot to learn and hopefully I get the opportunity to fully develop my skills and be ready for 2016."

"I think the fact that rugby will be part of the 2016 Olympics will help improve the Canadian program. Versatile athletes will start to consider playing rugby as their main sport, which will then increase the level of competition amongst Canadian players. In the long run, this should make Canadian teams stronger and even more athletic. Hopefully this will also lead to more sponsors being interested in supporting rugby players, either individually or as a team, so that money never becomes an issue for talented players."

Magali's determination to push herself speaks well of the maturity Canada's young guns are bringing with them, as they enter the national program. She also raises the important issue of funding, which we will soon discuss here as well. For now, as Coach John Tait makes his way across the country with regional identification camps, it appears that the future of Canadian women's Sevens is in good hands. But what of the men's program?

Head Coach Geraint John and High Performance Manager Les Gilson have been searching high and low for Canada's stars of tomorrow, with regional identification camps taking place in both Victoria and Toronto. Meanwhile, the current roster competing on the IRB Sevens circuit is full of youth combined with experience. Canada's Bowl winning line-up in Hong Kong featured only one player over the age of 25, while the vast majority of the squad were aged 24 and under. Missing from that group, however, was the crown jewel of Canada's talent development program, 18-year old Taylor Paris from Barrie, Ontario.

We caught up with Taylor at the Academy program of the Northampton Saints, in England, where he is catching the eyes of some of Europe's top clubs. We asked the country's top prospect about his impressions of the Canadian Sevens program, and his thoughts about rugby being named to the Olympics.

"Being part of the Canadian Sevens team is a huge honour. Any chance to represent your country, I believe, is an amazing opportuni-

ty. I think the team is taking some steps in the right direction, looking ahead to the 2016 Olympics. Holding more trials to get looks at more players is great. I also think the CIS Sevens Tournament is a good opportunity for players to showcase their skills, especially for players who otherwise might not have had a chance. There is huge potential in the existing squad, as there are some young guys such as Nate Hirayama and Conor Trainor, who already are playing a major role in the team and will hopefully still be playing when the Olympics come around. Very exciting times, for sure."

Canada has two of its young stars in place, but in a world where dozens of nations could potentially challenge for an Olympic medal, how can this nation make sure it is producing elite athletes long into the future? Given the gruelling Canadian winters and the limited amount Sevens rugby currently being played, the task does seem a daunting one. Next, we take a look at the status of Sevens rugby domestically, to see where Canada stands in its effort to build the game in this country.

The Domestic Game:

Earlier this year I had the opportunity of attending the USA Sevens in Las Vegas. It was an impressive sight. Thousands of rugby mad players and fans descended on Sin City for the annual tournament; including hundreds of Canadian athletes and supporters. One of the proudest faces in the crowd was that of USA Sevens President Michael First. Mr. First has built his event into the undisputed highlight of the North American rugby calendar, and he was clear on the formula he used to do so.

"Sevens is a growing sport around the world, and in North America this tournament is the flagship. In rugby you don't have stars, or at least household-name stars, to market to potential fans, so we have started with those who already participate in the sport. We have over 180 teams here from North America and around the world, and they make up a good portion of the huge crowds we expect at Sam Boyd Stadium this year. It is numbers like that which have assisted us in bringing this year's tournament to NBC, and I hope everyone in Canada will watch."

Indeed, many interested parties in Canada were watching, and nervously so. Elite tournaments like the Last Vegas Sevens do more than provide a great party over the course of a single weekend, the efforts of Mr. First and his partners have opened the door to elite level club and collegiate competitions across the United States. Tournaments with huge incentives are already beginning to appear, as Tom Burwell of UR7's explains.

"There is always going to be a comparison with the USA, and though perhaps current results at IRB events don't show a gap between the nations, as some might expect on the Sevens field, the potential of the two countries is presently vastly different. This is due to the fact that Sevens is being played at all levels of the game in America. There are more Sevens tournaments in the USA than anywhere else in the world, there is a well-developed National Championship, with qualifiers that structures the rugby summer for teams all over the country. There is good prize money to play for, international players and coaches coming to lend resources, and of course the newly formed club and collegiate Sevens tournaments, that will get a lot of publicity."

What then, can Canada do to respond to the massive growth of the game in the United States? First of all, it is important to understand the growth of tournaments, like the USA Sevens, will have positive implications for Canada; as the many Canadian teams who attended this year can attest. However, it is still essential for those concerned with this the sport in this country to build similar domestic events, even if they come on a smaller scale.

The newly minted slogan of "10,000 hours of mastery" is all the rave in coaching circles these days. So when one looks at the amount of Sevens rugby being played across the country, you have to wonder how many hours of Sevens players like Taylor Paris and Magali Harvey had, before they took the field for Canada.

At present, Canada's answer to tournaments, like the one in Las Vegas, come from smaller, but successful, events in places like Abbotsford, BC and Calgary, Alberta. We asked the organizers of these tournaments to comment on their events, and their hopes for the future of the game in Canada.



MAGAL HARVEY AT THE USA SEVENS IN LAS VEGAS, NV - FEB 2011 | JRL

THE STATE OF SEVENS

Summer Dhillon of the Abbotsford Sevens:

"Our goal at the Abbotsford Sevens is to see our tournament ranked as a premier Sevens event. As the tournament has grown, many other groups have approached and sent us proposals to partner up with them. We are still reviewing them and are open to hear any proposals and plans that other groups would like to discuss.

To move forward, we are already working with other international tournaments, national coaches and experts in Canada and overseas in organizing Abbotsford Sevens; including rugby legends from around the world. In 2011, we expect over 700 players and coaches to attend, as well as many more in the way of volunteers, spectators and party goers."

Thomas Calvert of the Stampede Sevens:

"At our event, we've had up to 35 teams participating across three divisions. We've had many former and current Rugby Canada players participate in the event, as well as other international players from countries such as Scotland, Wales, USA, Fiji and Kenya. Every year we try and raise the bar. We've gone from being a social event to a tournament that hosts competitive teams, such as the Howlers, Canadian Classics and USA Eagles.

We try and coordinate with Rugby Alberta, so we can have participation from all over the province, but unfortunately those efforts, to date, have gone unrewarded. We have begun to discuss a coordination and collaboration of efforts with the Abbotsford Sevens tournament, and there have been talks of trying to create a Sevens circuit in Western Canada. I think there needs to be support from all levels of rugby in Canada to ensure we keep improving the Sevens game. Rugby Canada, and all the unions, should try and make an effort to support Sevens tournaments in their local communities. Rugby Canada should really use tournaments like the Stampede Sevens and Abbotsford Sevens as a platform to create a circuit that operates regionally, or even nationwide."

The kind of blueprint that Mr. Calvert talks about may be in the making. In the summer of 2011, Grand Bend, Ontario will host a tournament that may, one day, reach the level of the Abbotsford and Calgary events, giving Canada the beginnings of its own Sevens circuit. When the new University Sevens Championships are thrown into the mix, it would appear that, overall, there is progress being made. Combining holiday destinations, like the Calgary Stampede and Grand Bend, with the festival that is rugby Sevens seems to be a winning formula. With luck, these tournaments will see more and more young people playing across the country.

The tournament scene may be on the move, but, to improve, we will need more than simple venues at which athletes can play the game of Sevens. From here, we look at the present situation in regards to Sevens coaching in Canada.

Coaching Development:

Dustin Hopkins is Rugby Canada's coaching development manager. I had the chance to talk Sevens with him, during the largest coaching development session ever run for the sport in Canada. Last February, Hopkins gathered 50 of Ontario's best coaches at Varsity Stadium in Toronto to share the newest training methods and techniques. He was pleased with the sessions, and shared his thoughts on where Sevens coaching is at the moment.

"When I attended a conference in Wales recently, I repeatedly asked what others were doing in regards to developing Sevens coaching. "Nothing yet", was the answer that most often came back. So we are fortunate that we are at the same starting place as everyone else, in this regard. This camp, along with our efforts to integrate Sevens into the N.C.C.P. coach certification system, represents an excellent beginning."

While proud of the efforts that have begun, Hopkins admits that young Canadian players have sometimes been at a disadvantage when it comes to field time and training.

"The fact is, we don't have a Sevens culture in Canada. So we need to start implanting a fundamental understanding of how to coach Sevens with coaches and teachers. Beginning the process here in Toronto, in one of the country's biggest rugby centres has been a great success. The big phrase in teaching and learning these days is 10,000 hours of mastery. What this means is that it often requires 10,000 hours of practice in order for a person to develop an elite competency with a certain skill set. The lesson for us, is that we must expose our athletes to the sport of Sevens at a younger age, beginning as young as fifteen, and have them play more of the game if we are to be successful."

More field time, while playing Sevens, is something most would agree is essential towards developing the next generation of Canadian talent. But even if the country produces hundreds of qualified coaches, along the lines of those Hopkins trained at U of T, where will their athletes have the opportunity to play the game?

Annual one-off tournaments can only be part of the answer. In order for Canada's youth to accumulate anything close to the 10,000 hour standard, more has to be done to introduce the game at the high school or club level. Thankfully, here too, there are hard working individuals putting plans in place.

One of the coaches who was busy soaking up vital information at the U of T clinic was the Head of Rugby at Don Mills Collegiate, Dan Kumanec. Coach Kumanec has been the driving force behind an explosion of Sevens rugby in Toronto high schools, and his efforts have caught the attention of his provincial union.

"In Toronto, we constructed a program which built our numbers of players from zero to one thousand, playing out of the Fall season. When Rugby Ontario came to examine the model we had built, the structure seemed a perfect fit for the provincial level."

Rugby Ontario will be working with Kumanec to try and replicate his success with a new Sevens program to be run across the province. When asked about the prospects for the project, Coach Kumanec was optimistic about the potential of Sevens in Ontario, and about the ambitious coaches who will help guide its development.

"I always knew things like this were possible. It has to do with the strength and passion located within Ontario's high school system. Everywhere coaches are becoming younger and more innovative. Teachers and coaches within schools have a natural ability in regards to teaching and learning, and they are producing quality players for this province."

Ontario's new efforts in the area of Sevens came on the heels of a similar program launched in British Columbia. The focus on rugby at the high school level is an interesting one, which lends itself to some enormous possibilities. How many high schools in Toronto, or even Ontario, are just short of being able to sustain a full fifteens program? How many new schools might jump at the chance to include an Olympic sport, open to both men and women, in their program list? If Dan Kumanec's success in Toronto is any indication, the answer would seem to hold promising signs.

The final benefit of the focus on high schools is the ability to attract elite level athletes. With a limited Sevens season, the chance exists for elite track, football and basketball players to get their feet wet in the sport, without having to commit large amounts of time or take on the risk of injury that comes with more demanding fifteens programs. 10,000 hours still seems a rather high goal, but projects like these are moving the country in the right direction.

Funding:

Canada's ability to produce Olympic level athletes in the future will depend, to a large extent, on having Olympic level funding. Where Canada's women are concerned, that problem grew less immediate recently with the announcement of a significant funding increase from the Federal Government's Own The Podium program. Rugby Canada CEO Graham Brown was clear about the way forward, at the time of the announcement.

"What it's saying to me is that there is funding that will be allocated to allow you to begin the process of building the program to be at an Olympic standard. We feel we've got the right high-performance coaching in place, with support from this money that has been allocated, and now we feel we can focus on providing our athletes with the best opportunities starting in 2011 through the qualification, which will conclude in 2015."

Having Canada's women attend tournaments in Las Vegas and Hong Kong was undoubtedly a crucial part of exposing this country's young athletes to Olympic quality competition. However, even with new Own The Podium funding flowing into the program, there were still many costs to athletes that attended. Enter Director Matthuw Ronald-Jones and the Canadian Rugby Foundation.

Over the past few years, the Foundation, under Matthuw's direction, has organized significant resources to assist in Canada's long term strategic planning. As a separate and independent entity from Rugby Canada, the Foundation can set its own priorities, and target the long-term aspirations of the country's rugby community.

"At present the Canadian Rugby Foundation manages significant and growing assets, tasked with supporting rugby across the country. Donations to our various funds are split, with 50% of the money going

into an endowment to support rugby in Canada over the long term, and 50% going immediately back towards today's athletes and programs."

Perhaps best known for helping eliminate the pay-to-play model for the Canadian Men's U20 program, the Foundation has moved swiftly to help support the Canadian Sevens programs, in their push for an Olympic appearance. A new "Olympic Sevens Fund" has been created, and this year's fund raising event in Hong Kong raised over \$100,000 towards the future of the sport.

The money is not all directed at the big picture. At the 2011 Hong Kong Sevens, Mr. Ronald-Jones announced that an anonymous private donor had stepped forward, to cover all of the remaining personal costs undertaken by Canada's athletes who attended the event. The \$7,500 gesture was not the first or largest such gift the Foundation's Director has seen.

"I've had an anonymous donor come to me recently to establish a legacy gift, done through life-insurance, which will pay \$250,000 to the sport they love. It's through generosity like this that we were able to distribute \$15,000 this year, to allow the Senior Men's Sevens team to arrive in Hong Kong two days early."

To emphasize their commitment to the sport from top to bottom, the Canadian Rugby Foundation has recently begun to offer Sevens "starter kits", sufficient to get a program up and running at any high school, available with a \$500 donation. The sport of Sevens in Canada is fortunate to have such an organization managing private fundraising on its behalf.

There will always be countries who can outspend ours in terms of state of the art and high-end training methods; we've previously heard about the enormous resources being lavished on the English Sevens squad. What is clear, is that money no longer represents the crushing drawback that it has in the past. For the moment, Canada is on something close to an equal playing field with its competition for an Olympic berth.

So what happens next?

Closing Arguments:

During research for this story, Matthuw Ronald-Jones threw an interesting phrase at me; "economy of scale". Matthuw was describing how much easier raising money for Canadian rugby would be, if every member of the Rugby Canada alumni, or every supporter, were to give ten, twenty or even fifty dollars a month to the cause. "Large numbers make the work easier", Matthuw said, and isn't that always the case? Whether it's elite talent identification, growing the grass roots, finding qualified coaches or getting funding together, the sport of Sevens in Canada desperately needs strength in numbers.

The good news is that it lies within every one of us to assist in this long and never-ending process. It may be true that Canada wasn't born with a love of rugby Sevens, but neither was the United States, Russia, Portugal or any of the other nations we will have to outpace in order to maintain and improve on our world rankings. If every Canadian teacher who attended a coaching session brought a fellow teacher along, if every fan attending a domestic Sevens event brought a friend with them to hang out for the day, if every rugby fan gave five dollars a week to the sport, instead of having a Starbucks every Monday morning, our country would be in wonderful shape indeed.

So, my fellow Canadians, I close this first annual State of Canadian Sevens address with these words; the path towards an Olympic medal lies before all nations, here in 2011, ourselves included. Athletes competing at those games will brook no excuses, and the system that produces them cannot afford to either. Only a sense of optimism and possibility can fuel the years of hard work that lie ahead. If enough of us who claim to love rugby can summon that positive energy, we may yet see the Canadian flag hoisted high in Rio and beyond. What a great Rugby Day In Canada that would be!

(THUNDEROUS APPLAUSE)

Yours truly,
Jeff Hull
Rugby Day In Canada
RDIC



UPRIGHT RUGBY CANADA

Think back to when you were a young Canadian growing up, nothing motivated us back then like the passion that many of us had for hockey. The desire to succeed, to show off our skills, and to one day to play in the NHL, burned inside to the degree that many of us were willing to attend hours of hockey training during the off-season. We were convinced that the hours of practice, the many weekends and late evenings, were worth it. Whatever it took to make the team, to impress our parents, our buddies and those "scouts" that were in every crowd, just waiting to pick us out! As we moved into our early teens, the need to develop as a hockey player began to take the form of essential skills training, hours of shooting and "power skating"; this is an essential part of every hockey player's development in Canada, and until very recently the sport of rugby in Canada had no equivalent.

True, the big provinces like Ontario and BC, now run off-season Academies which try to keep the development of their key players moving forward. These programs do great work, but there is an indisputable fact they cannot change: field time for young players in Canada is not equal in all parts of the country. The variation in climate and winter's long hold on our field availability has put Canadian players at disadvantage, especially East of the Rockies, that is, until now.

Enter **Upright Rugby Canada**, this country's answer to hockey skill development camps. Its ingenious design is the work of one of Ontario's most successful high school coaches, Mr. Tyler Leggatt, and he is revolutionizing the way Canada's young rugby players think about building their skills in the sport they love.

Canada's Coaching Development Manager, Mr. Dustin Hopkins, recently highlighted the important concept of "10,000 hours of mastery"; the idea that adolescents require about 10,000 hours of skill development to reach a standard of competence, let alone excellence, in any skilled pursuit. Considering the aforementioned realities of climate and opportunity, how are Canada's young rugby players supposed to develop when the window of on-field rugby across the country is so small? Coach Leggatt believes he has found the answer and his players see the value too. Ontario U18 player and Canada 7's hopeful, Dan Mathie states that, "It's a great opportunity for young rugby players to get more experience, fine-tune their skills and learn some new ones at a great indoor facility. Going to ATC [The Athlete Training Centre, in Mississauga, ON] for our strength sessions, in addition to our on-field sessions, is a great way to build up the essential strength and power that is needed on game day."

As with so many of the great rugby projects which evolve in this country, Upright Rugby began with one dedicated coach, and a desire to help his community. "The project started out by running a few indoor touch rugby leagues in the winter and rugby camps in the summer. I knew of a few indoor leagues that were running at some of the sports domes in Southern Ontario, and felt that this was something that I could take leadership in, here in the Oakville, ON area. And the camps? Well, I love to coach and I just wanted to keep busy in my summers off from teaching!"

It has become a matter of necessity for most young hockey players, despite unrivalled levels of funding and public support, to utilize privately run skill and development camps. In 2008, with the consultation of a parent at one of his summer camps, Leggatt decided the time had come to try and provide a similar support structure for his sport, in the rugby hotbed of Oakville, Ontario.

Coach Leggatt believes that it was the strong rugby network that spans throughout the Oakville to Niagara corridor, that enabled the idea to grow quickly to the next stage.

"I've been a high school teacher and coach for eight years and realized that the skill set I had been honing, since I started, would lend itself to running camps and skill sessions in the summer. I had run skills clinics for the Halton School Board, in cooperation with the Oakville Crusaders RFC, and knew that this idea could work. I am fortunate to have played rugby in the area with the Oakville Crusaders, Niagara Thunder and Ontario for a number of years, and made the acquaintance of many great players and coaches. The rugby community in this area is very strong."



As if to accentuate the energy that runs through the local rugby scene, a visitor can often arrive at an Upright Rugby session in Oakville and see a cadre of elite level rugby personalities, lending their expertise to the assembled youngsters. Names like: Aaron Carpenter (Plymouth Albion), Dan Pletch and Andrew Wilson (Ontario Blues), Brooke Hilditch (Canada Women's Team), and rising star, Tyler Ardron (Ontario Blues) often to drop by to share knowledge, and the benefit of their experience, with young athletes who obviously have a tremendous passion for the game.

From a small operation, Upright Rugby has grown to a year-round rugby training program which caters to the young and young at heart, as well as those aspiring to play at the highest levels. "There are really three components to Upright Rugby: Summer Camps for those between the ages of 8 and 14; our Elite Ath-

lete Development Program; and our indoor touch rugby league." Upright has become a comprehensive program that caters not just to those that are learning the game and looking to improve but also those that just want to continue to play; the life-long pursuit. "With our indoor touch rugby league, different groups arrive for different purposes" says Leggatt. The program's "Open Division" contains groups of senior players, some in their prime, and some between 40 and 60, who are keen to keep their life-long love of rugby alive with a few games of touch, but there is an enormous range. At the other end of the spectrum, housed in the opposite side of the arena, is a U14 mini-rugby program, designed to teach basic skills and emphasize teamwork, fitness and fair play."

The growth of the program is a tribute to the friendly atmosphere and sense of community that has emerged from these sessions; a source of pride for the program's Director. "When we first started, we had six teams of 10 (mostly friends and team mates), and this year we've got 12 teams of between 10 and 14 players per team from all across the region! We've seen very positive growth for our indoor leagues and currently have 160 players registered representing every age and skill level."

While the mix of young and old is tremendously helpful to the friendly atmosphere at an Upright Rugby touch games, the pride of the program is its elite athlete training component. The **Elite Athlete Development Program (EADP)** was created as a reply to private elite athlete training programs in hockey and other sports across North America. The Upright "Academy", as it's known, focuses on strength and conditioning combined with skill development, and its success to date speaks volumes with five current National team players on Canada's current U17 men's team on tour in the UK.

"In our first year we had 14 young rugby enthusiasts between the ages of 14 and 16 in our academy; five went onto make their respective provincial teams and two found success as national team players, a year in advance [U16's playing on the U17 team]. This year we are fortunate to have doubled our numbers and have seen an unmatched record of success for our athletes. Six boys from our academy were selected to try out for the Canada Men's U17 program, five of which were selected for the current UK tour: Sawyer Herron, Chris Woodhead, Scott Gauer and Jake Yune have joined former participant, Djustice Sears-Duru. Additionally, Charli Moncon is an outstanding young provincial female player in our program and she has recently been invited to the Canada Women's U20 try-out, and we also have a Canada 7's hopeful, Dan Mathie, current Ontario U18 prospect."

One of the wonderful things about Coach Leggatt's project, is that it doesn't try to compete heavily with existing rugby programming, instead it is aimed at supplementing existing structures, as is evidenced by the approach Upright Rugby takes with its summer camps. Knowing that the summer rugby schedule is jammed beyond belief, Upright Rugby has produced summer rugby sessions for ages 14 and under, which contain little resemblance to the winter skills sessions.

"The camps have changed. They've had to. I tried to cater to the older kids [14 and over] but believe it or not, by the time these kids are in high school, many are looking for part-time summer jobs, or heading off to camp or cottages for the summer. It is unfortunate, but not too many in those critical teenage years have time available during the days to go to rugby camp. So we limited the registration to those 14 and under, realizing again that we want to have those that are keen and in high school, looking at our EADP winter program."



Leggatt continues, "The summer program that we offer is almost exclusively game-based. We modify or adapt games to focus on a particular skill set; something that I think sets us apart from any other day or rugby camp experience. My speciality as a teacher is TGFU or "Teaching Games for Understanding". I took this knowledge and adapted it for rugby purposes, handling, kicking, tackling, even evasive running, can all be made into a game. Our philosophy is that drills often equal standing around, while games are supposed to be dynamic learning experiences that parallel match play."

As Upright Rugby has evolved, it has begun to win the praise of various community stakeholders who have seen the practical benefits the program is bestowing on its players. One enormous fan is legendary McMaster University Head Coach Phil White, who is currently on secondment in New Zealand.

"Tyler's program is an excellent complement to our existing High Performance initiatives in Ontario. This is because we don't yet have resources to create a "bricks and mortar" high performance rugby centre, or to hire full-time staff and sport science resources. Tyler is a coach with experience at a variety of levels of rugby. His program is well-organized and I fully support his "games-based" model of coaching. This approach teaches appreciation of space and time in attack and defence, both attributes in which we trail the leading rugby nations.

I fully expect the model he has developed to be repeated in other provinces, as the successes of his program become known."

It would seem that Coach Leggatt has indeed found a winning formula, and it will be interesting to see if Upright Rugby makes its way to other Canadian Rugby hotspots in the years to come. One thing is for certain, with this many elite athletes in his stable, the reputation of Leggatt and his program will only continue to strengthen and grow. For years, Canadian rugby coaches have bemoaned the loss of the county's elite athletes to hockey activities of all kinds. One need only look at the size and skill of players at an Upright Rugby Academy session to feel that, maybe, just maybe, the tide is beginning to turn. As Canada's U17 team begins its annual overseas tour, there will be two

bright stars from Upright Rugby wearing the national team jersey. The future is bright and Canada, it would seem, is already seeing the benefit of Coach Leggatt's vision, dedication and hard work.

- Jeff Hull [Toronto, ON] **RDIC**

Champion performance



Congratulations to Canada's Women's 7s Team

Macquarie salutes the Canadian Women's 7s Team for their twin victories at the USA 7s and Hong Kong 7s. Macquarie is proud to be the title sponsor for both Canadian Men's and Women's National 7s Rugby Teams.

Macquarie champions the rugby community

Exclusive mortgage rates for rugby fans — Macquarie Financial's rates are among the most competitive in the industry. As a rugby fan, you are eligible for a further rate discount.

Donations to youth rugby — When a rugby fan gets a mortgage through Macquarie Financial, we donate \$250 to Rugby Canada's National Age Grade Rugby Programs.

▶ **Learn more about how we play ball at macquariefinancial.com/rugbycanada**

Toll-free: 1 866 405 0089

Email: contactmfl@macquarie.com

MACQUARIE FINANCIAL LTD.

All Macquarie Financial products and their features are subject to change without notice. No entity within the Macquarie Group of Companies is registered as a bank or an authorized foreign bank in Canada under the Bank Act, S.C. 1991, c. 46 and no entity within the Macquarie Group of Companies is regulated in Canada as a financial institution, bank holding company or an insurance holding company. Macquarie Bank Limited ABN 46 008 583 542 (MBL) is a company incorporated in Australia and authorized under the Banking Act 1959 (Australia) to conduct banking business in Australia. MBL is not authorized to conduct business in Canada. No entity within the Macquarie Group of Companies other than MBL is an authorized deposit-taking institution for the purposes of the Banking Act 1959 (Australia), and their obligations do not represent deposits or other liabilities of MBL. MBL does not guarantee or otherwise provide assurance in respect of the obligations of any other Macquarie Group company.

GIVING BACK TO THE GAME



I've been around the sport of rugby as far back as I can remember. From playing professionally, to coaching and now serving on the board of Rugby Canada, the game has been a constant source of enjoyment for me. My other passion, aside from my family, is my career as a financial advisor. That's why my recent move to Macquarie Private Wealth was an ideal transition for me, since it brought together two fulfilling areas of my life.

Macquarie is a key sponsor of Rugby Canada, a partnership that is a natural fit on a number of levels. As a financial services firm, Macquarie is global in nature and operates around the world on the basis of teamwork, focused on meeting and rising above challenges. The company has grown exponentially in the past several decades, from a small office in Australia in 1969 to more than 15,000 people in 28 countries around the world today.

In the same way, rugby has grown in popularity since the 1970s. The sport is now played on every continent and continues to draw players attracted to the values of teamwork, competition and success. The surest sign of rugby's new global profile is the fact that the 2016 Summer Olympics will feature sevens rugby for the first time.

With this heightened interest in the game, rugby in Canada will need strong sponsorships to compete on the world stage. Thankfully, Macquarie is the ideal partner for this task. The company has committed its support over a multiyear period and has created a symbiotic relationship between itself and fans of the sport.

Under our partnership agreement, friends and family of the rugby community can generate funds for the sport simply by using Macquarie's services. For example, when a member of the rugby community takes out a Macquarie mortgage, not only do they get a preferred rate, but the firm will make a direct financial contribution to Rugby Canada's national programs for equal distribution among all age groups. A similar contribution happens for those who use our foreign exchange company to make international money transfers.

And when it comes to getting best-in-class investment advice, Macquarie Private Wealth's team of 165 advisors across Canada is there to provide a global perspective with personalized service for rugby supporters and their families.

Macquarie's backing of rugby is a worldwide commitment. For many years the firm has been proud to host children's rugby clinics in Australia and Asia. That program came to Canada last fall and was a huge hit as kids learned the skills of the game from coaches and players from Canada's national team. Next fall, you'll find me out there on the pitch, helping the next generation of rugby stars learn the joys of a game that has given so much to so many of us.

I encourage you to visit macquariefinancial.com/rugbycanada for information about how Macquarie's relationship with Rugby Canada is helping all sides win. And to learn how you can benefit from a relationship with my investment advisory team, please visit lougheedinvestments.com.

Dave Lougheed, MA, MBA, CIM, FMA, FCSI
Associate Portfolio Manager, Investment Advisor
Macquarie Private Wealth Inc.
403 260 3814 | dave.lougheed@macquarie.com
lougheedinvestments.com

Macquarie Private Wealth Inc. is a member of the Canadian Investor Protection Fund and IIROC.



Dave belongs to the Christina Noble Children's Foundation Charity Team, which has raised more than \$1.8 million for Children's programs in Vietnam, Cambodia and Mongolia.



Dave playing for the Christina Noble Children's Foundation Charity Team at the Dubai 7s. His team won the International Vets Division Dubai 7s in 2007, 2008, 2009 and 2010.



Dave is committed to rugby at all levels and sponsors training clinics for youth in Calgary. Here, Ryan Smith, current national team member, coaches the Junior Dinos program, which is sponsored by Dave and his business Lougheed Investments.



Dave is a part of the Bobs for Good Charity Team, a charity committed to raising funds to provide shoes for children in South Africa.

CONOR TRAINOR SCORES AGAINST FRANCE AT THE USA SEVENS IN LAS VEGAS, NV - FEB 2011 | JRL





THE ART OF RUGBY

Photography round-up from coast to coast



USA SEVENS



Canadian Senior Men
For USA and HK Sevens

Thyssen De Goede
Sean Duke
Matt Evans
Sean Ferguson
Kyle Gilmour
Ciaran Hearn
Nathan Hirayama
Harry Jones
Adam Kleeberger
Phil Mack
Neil Meechan
Justin Mensah-Coker
John Moonlight
Chauncey O'Toole
Taylor Paris
Mike Scholz
Conor Trainor







USA SEVENS







USA SEVENS









Canadian Senior Women
For USA and HK Sevens

Andrea Burk
Arielle Dubissette-Borrice
Magali Harvey
Shannon Kane
Jen Kish
Ghislaine Landry
Mandy Marchak
Barbara Mervin
Brittany Orr
Ashley Patzer
Cheryl Phillips
Kelly Russell
Laura Stoughton
Brittany Waters
Kelsey Willoughby
Julianne Zussman





USA SEVENS







USA SEVENS









National Invitational

UNIVERSITY SEVENS CHAMPIONSHIP

March 11-12, 2011

UBC Thunderbird Stadium, Vancouver, BC

McMaster University Mount Royal University
UBC Okanagan Heat University of Alberta
University of British Columbia University of Calgary
University of Victoria University of Western Ontario









NAT'L UNI SEVENS





NAT'L UNI SEVENS







NAT'L UNI SEVENS





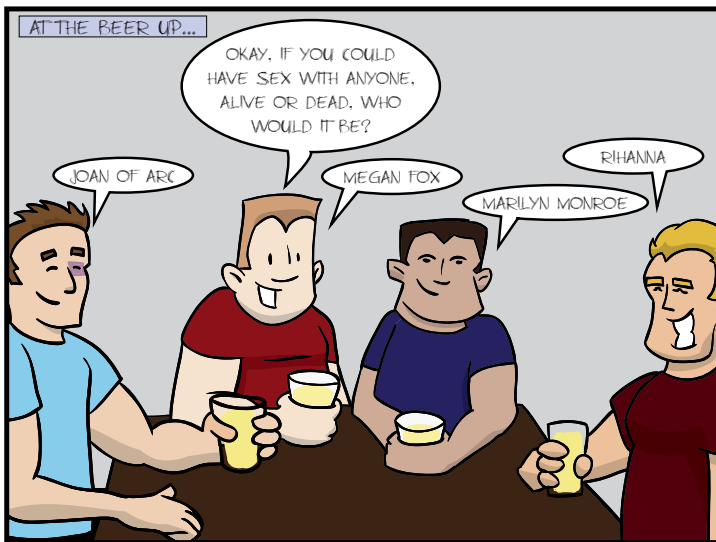
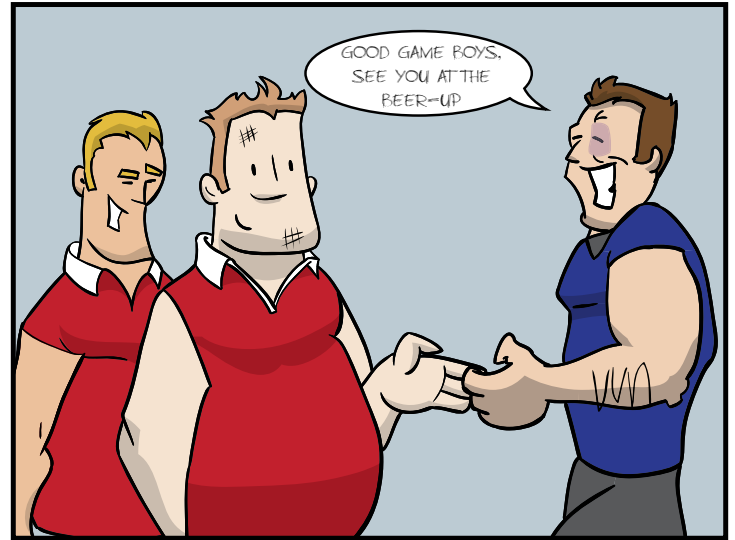


TWICK & HAM
PRESENT

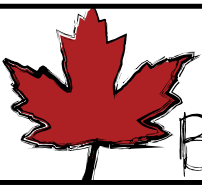
BLOOD MUD AND BEER UPS

COMIC #0004

SUBMITTED BY: DOUG PINTO, OSHAWA VIKINGS RUGBY CLUB



Send us your rugby stories so we can
make them into a Twick and Ham strip.
Email: Kserjeantson@rogers.com OR
Visit: www.twickandham.ca

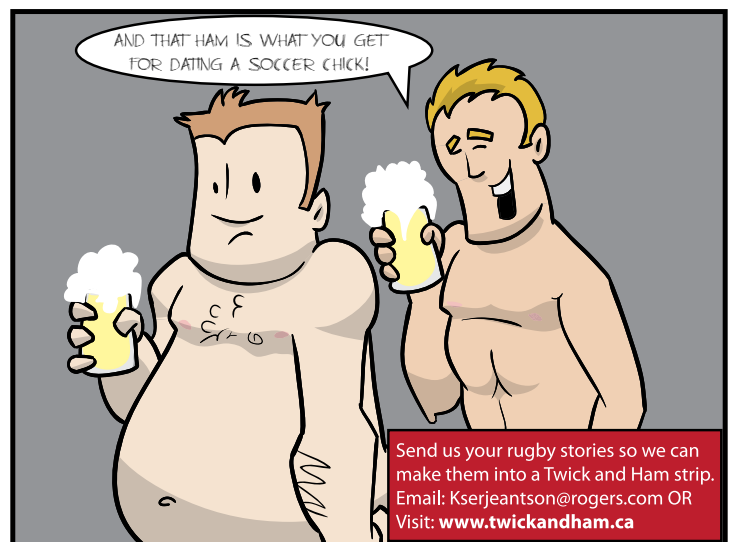
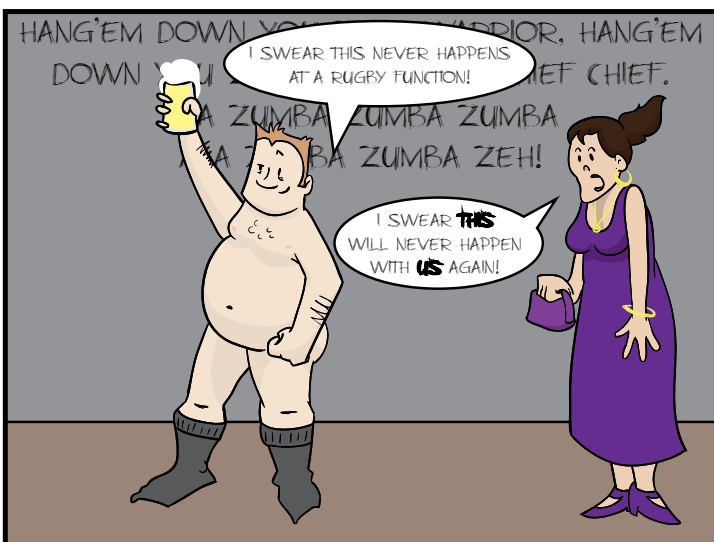
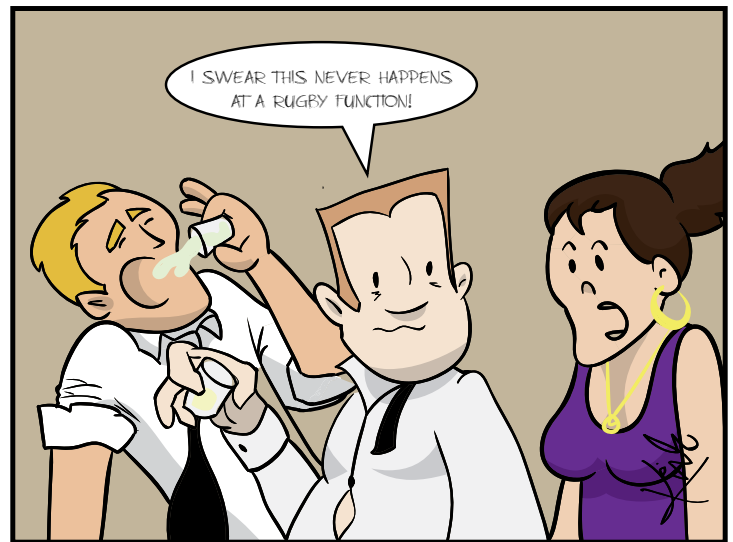
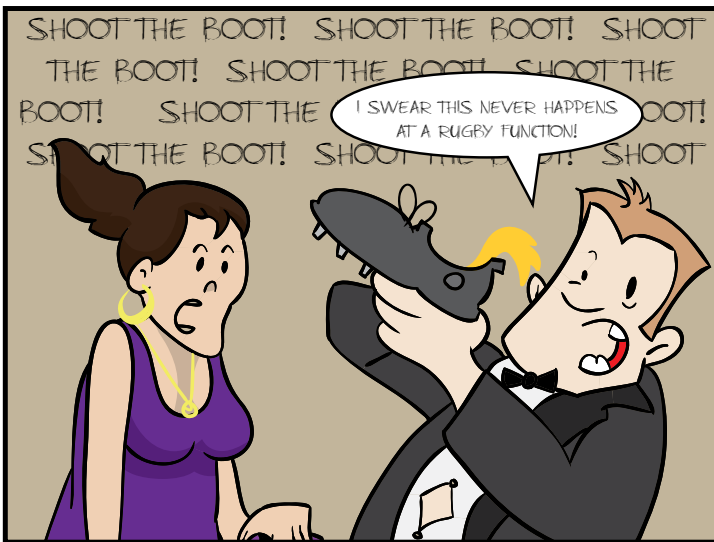
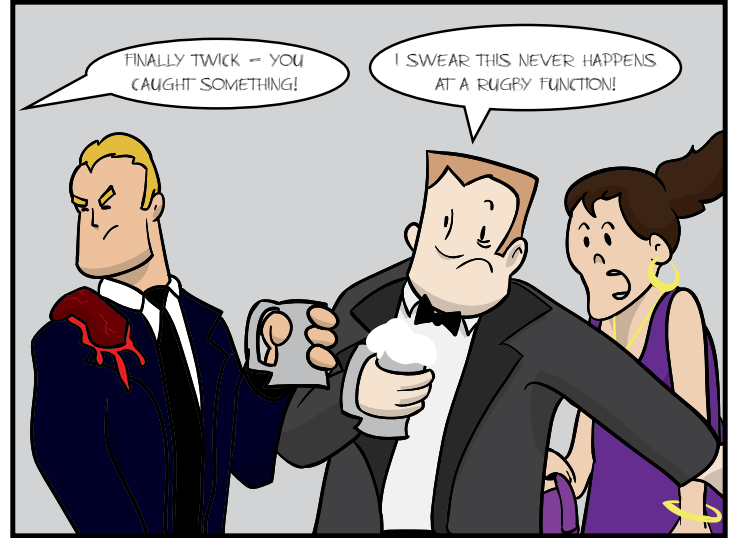
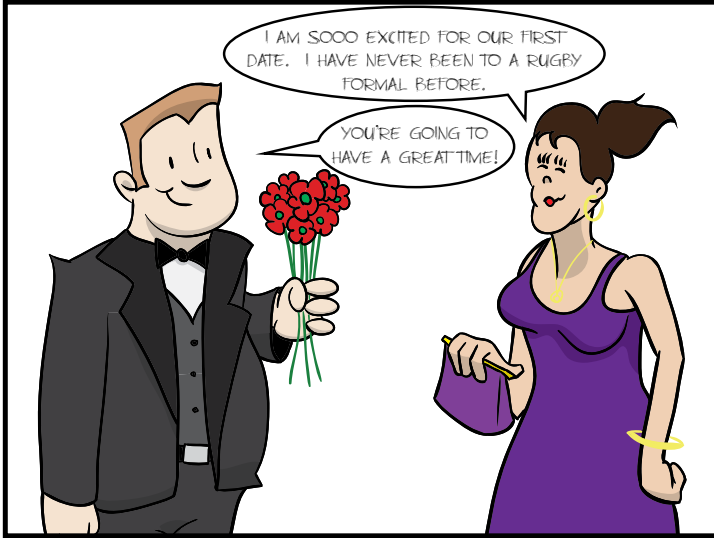


TWICK & HAM
PRESENT

BLOOD MUD AND BEER UPS

COMIC #0005

SUBMITTED BY: SIORHAIN KINAHAN, UNIVERSITY OF WESTERN ONTARIO - SOCCER TEAM



Send us your rugby stories so we can make them into a Twick and Ham strip.
Email: Kserjeantson@rogers.com OR Visit: www.twickandham.ca

RUGBY DAY IN CANADA

N°7 APR 2011



OAKVILLE'S ANDREW FERGUSON

**McMASTER U RUGBY
RUGBY CANADA PRO REPORT
COAST TO COAST PHOTO REVIEW
& MORE**

<< NEXT ISSUE

Issue N°7 Apr 2011:

Features: Oakville's Andrew Ferguson
McMaster U Rugby
Rugby Canada Pro Report
Twick & Ham
Photography round-up from coast to coast
and much more!

Tentative release date is mid May 2011.

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

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!

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

RUGBY DAYS* IN CANADA & OVERSEAS

Apr 16	Keltic 7s Dartmouth, NS	Jul 1	Atlantics : QC Caribou @ NF Rock St. John's, NL
Apr 16-17	BC Boys High School 7s St. George's School, Vancouver, BC	Jul 3	Atlantics : QC Caribou @ NS Keltics Halifax, NS
Apr 30	Royal Military College @ USN Academy Annapolis, MD	Jul 9	Stampede Sevens Calgary, AB
Apr 30	Jasper Downhill 7s Jasper, AB	Jul 9	Atlantics : NB Black Spruce @ NF Rock St. John's, NL
May 7	Ryback 7s Regina, SK	Jul 9	BCRU 7s Series : Can Am 7s Bellingham, WA
May 7, 14	BC Club Finals Venue TBA	Jul 15-17	Eastern Canadian Rugby Tournament Moncton, NB
May 13	Pre-CRC : Atlantic Rock @ Canada Selects Victoria, BC	Jul 16	BCRU 7s Series : SFU Highland Summer 7s SFU, BC
May 14	Pre-CRC : Atlantic Rock @ James Bay AA Victoria, BC	Jul 16	BCRU 7s Series : Vancouver Island 7s Victoria, BC
May 14	Assassins' Rugby Mania Winnipeg, MB	Jul 22	Atlantics : NB Black Spruce @ NS Keltics Halifax, NS
May 20-21	Clearwater Cup Invitational Calgary, AB	Jul 23	National Junior Championship Venue TBA
May 19	Pre-CRC : Salta/Argentina @ Atlantic Rock St. John's, NL	Jul 23	BCRU 7s Series : Abbotsford 7s Abbotsford, BC
May 21	Pre-CRC : Salta/Argentina @ ON Blues Oakville, ON	Jul 23-24	National Capital Youth Rugby Festival Ottawa, ON
May 21	Valley 7s Coldbrook, NS	Jul 23-24	Halifax Tars Seahorse Cup Halifax, NS
May 20-22	Edmonton Rugby Fest Edmonton, AB	Jul 23-24	Grand Bend Int'l Rugby Festival Grand Bend Beach, ON
May 21-22	IRB Sevens London, England	Jul 30	CRC : ON Blues @ Prairie Wolfpack Calgary, AB
May 27	Atlantics : NS Keltics @ QC Caribou Montréal, QC	Jul 30	CRC : Atlantic Rock @ BC Bears Vancouver, BC
May 28-29	IRB Sevens Edinburgh, Scotland	Jul 30-31	Wanderers' SNAFU 15s Winnipeg, MB
May 28-29	Riverlake 10s Lockview, NS	Jul 31 - Aug 14	IRB Nations Cup Burlington, ON
May 29	Atlantics : NB Black Spruce @ QC Caribou Montréal, QC	Aug 2	CRC : ON Blues @ BC Bears Vancouver, BC
May 31	Cross Keys/Wales @ Swilers RFC St. John's, NL	Aug 2	CRC : Atlantic Rock @ Prairie Wolfpack Calgary, AB
Jun 3	Pre-CRC : Cross Keys/Wales @ Atlantic Rock St. John's, NL	Aug 6	Pre-RWC : USA @ Canada BMO Field, Toronto, ON
Jun 4, 8, 12, 18	IRB Churchill Cup England, UK	Aug 6	BCRU 7s Series : Lighthouse 7s Burnaby Lake, BC
Jun 4	Atlantics : QC Caribou @ NB Black Spruce Fredericton, NB	Aug 13	BCRU 7s Series : Capilano 7s North Vancouver, BC
Jun 5-6	Barbarian Cup at Fletchers Fields Markham, ON	Aug 13	CRC : Prairie Wolfpack @ BC Bears Vancouver, BC
Jun 11	Atlantics : NS Keltics @ NF Rock St. John's, NL	Aug 15-21	National Championship Festival Calgary, AB
Jun 11	BCRU 7s Series : James Bay Buccaneers 7s Victoria, BC	Aug 20	CRC : ON Blues @ Atlantic Rock St. John's, NL
Jun 11	BCRU 7s Series : United Midnight 7s Vancouver, BC	Aug 20	CRC : BC Bears @ Prairie Wolfpack Calgary, AB
Jun 17	Atlantics : NF Rock @ NS Keltics Halifax, NS	Aug 27	CRC : Prairie Wolfpack @ ON Blues Burlington, ON
Jun 18	Halifax 7s Halifax, NS	Aug 27	CRC : BC Bears @ Atlantic Rock St. John's, NL
Jun 19	Atlantics : NF Rock @ NB Black Spruce Fredericton, NB	Aug 28	BCRU 7s Series : Bayside Summer 7s South Surrey, BC
Jun 18	BCRU 7s Series : Richmond Flatland 7s Richmond, BC	Sep 3	CRC : Atlantic Rock @ ON Blues Burlington, ON
Jun 18	BCRU 7s Series : Seattle 7s Seattle, WA	Sep 3-5	Des O'Neill Labor Day Tourney Montréal, QC
Jun 25	BCRU 7s Series : Vancouver 7s Vancouver, BC	Sep 30 - Oct 1	John Jones Montréal 7s Montréal, QC
Jun 25	Atlantics : QC Caribou @ NF Rock St. John's, NL	Sep 9 - Oct 23	IRB Rugby World Cup New Zealand
Jun 25	Atlantics : NS Keltics @ NB Black Spruce Fredericton, NB		
Jun 29 - Jul 3	National Women's League Finals Vancouver, BC		

*Please confirm dates and venues on IRB, RC and provincial websites



SAVE THE DATES

OFFICIAL RUGBY CANADA EVENTS

- Jun 25 - 28 Canadian Rugby Fishing Challenge
- Jun 29 - Jul 3 National Women's League Finals
- Jul 23 National Junior Championship
- Jul 30 - Sep 3 Canadian Rugby Championship Series
- Jul 31 - Aug 14 Nations Cup : Senior Women
- Aug 4 Toronto World Cup Golf Tournament
- Aug 4 Toronto World Cup Send Off Dinner
- Aug 6 Canada vs. USA : Men's International Rugby
- Aug 15 - 21 National Championship Festival
- Aug 17 Victoria World Cup Send Off Dinner
- Aug 18 Vancouver World Cup Golf Tournament & Dinner
- Dec Aeroplan Miles Donation Program



Don't miss any of these exciting Rugby Canada events!

For more info, visit:
<http://events.rugbycanada.ca>



AWESOMELY CANADIAN

Mike Scholz of McMaster U, Crusaders, Cowichan, Ontario Blues, and Canadian National Senior Men's Team [15s and 7s]
Photographed by JRL at Crusaders Park in Oakville, ON | September 2009



CANADIAN RUGBY NEEDS YOU! SHOW YOUR SUPPORT. JOIN TODAY.

Join the Maple Leaf Rugby Football Club and support the men, women, boys and girls that put in endless time and effort to represent Canadian Rugby on the national and international stage. Members receive exclusive benefits to home rugby matches, great Rugby Canada merchandise plus more!

FOR MORE INFORMATION, PLEASE VISIT SUPPORTRUGBY.CA
or CALL (905) 780-8998 ext 240





CANADIAN FANS AT THE HONG KONG SEVENS | MEREDITH BARRETT-JONES

FOR THE GIRLS



CONOR TRAINOR + HARRY JONES + SEAN FERGUSON

AND FOR THE BOYS

It's RUGBY DAY IN ~~HONG KONG~~ CANADA