



May 12, 2017
FOR IMMEDIATE RELEASE

JUNIOR PROVINCIAL TRYOUT INFORMATION

Programs Offered

U15 Men
U16 Men + Women
U17 Men
U18 Men + Women

Junior Program Schedule

Regional Open Try-outs:

June 11 10am-3:30pm - West, East and Central Locations

Regional Hub one-day Camps:

June 18 10am-3:30pm - West, East and Central Hubs

June 25 - 10am-3:30pm - West, East and Central Hubs

July 9 - Hub Training/Selection: Royal Military College (Kingston)

Tryout Locations

West Hubs – Brantford Rugby Club, Brantford (Map: <https://goo.gl/DwXyKn>)

East Hubs – Twin Elms, Ottawa (Map: <https://goo.gl/GCYwWo>)

Central Hubs – Fletchers Fields, Markham (Map: <https://goo.gl/8SYmbg>)

Associated Costs

Try out price = \$45

Price for the Hub = \$435

Price range for Provincial Teams traveling to national and international competitions = \$1000 to \$1400

Payment and Registration Methods

The \$45 tryout fees must be paid online by June 7. Please follow the links below in order to make payment:

West Hub Payment Link:

<https://membersrugbyontario.sportngin.com/register/form/296396871>

East Hub Payment Link:

<https://membersrugbyontario.sportngin.com/register/form/858579413>

Central Hub Payment Link:

<https://membersrugbyontario.sportngin.com/register/form/468203473>

NOTE: If you do not meet the June 7 deadline, you can pay at tryouts. The cost will be \$50 and must be done via Credit or Cheque (NO CASH).

Provincial Program Philosophy

A player centred approach is central to delivery of all Provincial Junior Programs. There are many reasons for this:



It is good practice following Long Term Player development (LTPD) principles:

- Players develop intellectually, emotionally and physically at different rates, and this affects both their learning and ability to compete
- Provides a framework for managing the player's transition through a late specialization sport (rugby), helping to reduce occurrences of burnout, loss of interest and overuse injuries
- Ensure the program is complimentary to the holistic development of players alongside their other rugby programmes
- Personal development is encouraged amongst players and the coaches involved and prioritised over team outcomes

By creating a positive experience for all involved advocacy is engendered amongst players and parents thus promoting the program and rugby further.

This can be seen within the program in the following ways:

- Coaches are encouraged to get to know player names (not numbers)
- Players are encouraged to self-reflect on their own performance
- Individual feedback is provided both verbally and in a written format
- Progression is monitored through the season
- The provincial programs are based around a performance mind-set not an outcome orientated mind-set
- The Junior provincial program should be seen as a four-year program rather than four x 1 year programs that players can access when their development dictates

The Rugby Ontario Hub Program Aims...

- To Identify with high potential and high performance attributes
- To enhance the core rugby skills of every player engaging with the Hub program
- To develop the positional specific skills of every player engaging with the Hub program
- To provide Strength and Conditioning programming for every player for the duration of the program

Hub Program Objectives

- Identify individuals for Ontario Provincial Age Group teams
- Identify individuals for Canada National Age Group teams
- Promote individuals for higher level development opportunities with Regional Academy
- Provide a positive and player centered experience for all participants

For more information

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