



205 Simcoe Street, Victoria British Columbia Canada V8V 1K6 Tel
(250)-388-7441

JAMES BAY RUGBY INVITATION TO ALL BAYSIDE RUGBY PLAYERS

Fall Season Under 12, U14, U16 and U18

JBAA has a very proud 133 year tradition of rugby excellence in Victoria and our girls programs are growing, winning and having loads of fun!

Bayside had a great year in 2019 and it would be wonderful to see some of these rugby players continue on with fall club rugby. Practices are held on mid-week nights (whichever nights work best for the majority of kids) from 6-7 at Claremont Secondary and games are Sundays around noon. We would more than welcome any athletes interested in having some rugby fun and learn from excellent 'Canada-Level' coaching.

Things you should know about the JBAA Youth Rugby Program:

- Season is Sept to early Dec and Feb to Apr
- We encourage kids to play all sports and not exclusively rugby. If you play hockey, soccer, softball, basketball, etc. please continue. Multi-sport athletes are the most well rounded and we will accommodate you
- We will work around your schedule to the best of our ability for work, sports and school – we want you there as often as possible but no pressure!
- Practices are skill, fitness and game prep related – high intensity 1 hour sessions divided up by age and skill levels
- We play 7-aside in the league and gradually introduce 10, 12 and 15 aside rugby – no one is ever put in situations above their physical size limitation or skill level. Safety is and will always be Priority Number One.
- JBAA will have some guest coaching sessions with members of our National 15's and 7's programs throughout the year
- We send teams to the Kamloops Sevens Invitational October 12-14

So...What Next?

Get in touch with these people via these channels:

Manager: Sue Williams at moss4@shaw.ca or 250-883-8373

Head Coach: Tom Woods at tom.woods@telus.net or 250-857-1062

Or simply tell Grade 8 Brook Chambers you're interested so she and we can bug you in the fall ☺

Huddy huddy,



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JBAA Rugby

www.jbaayouthrugby.com/