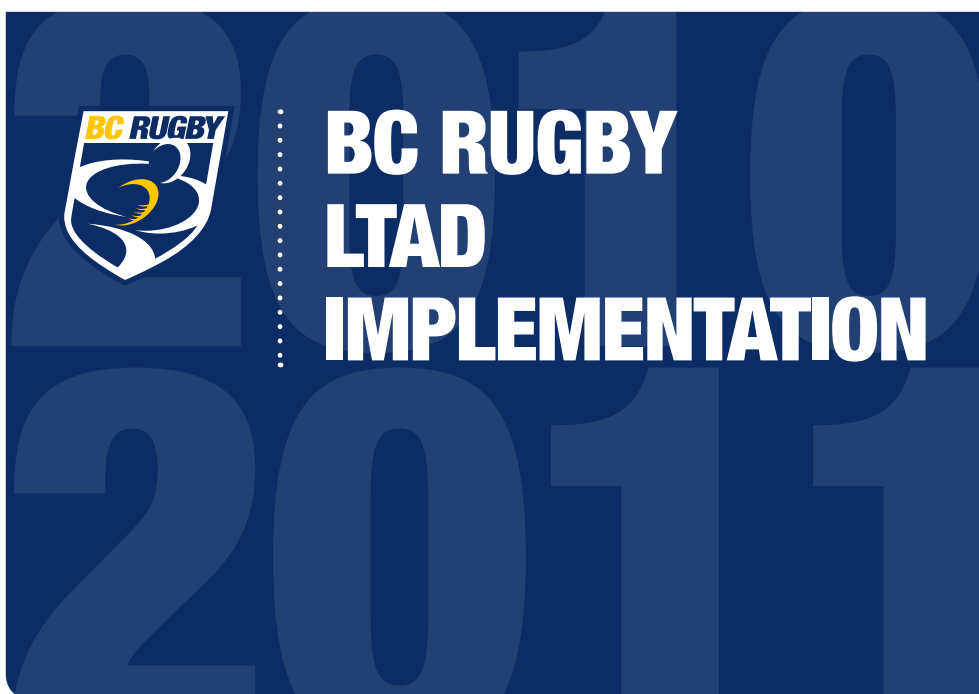




**BC RUGBY
LTAD
IMPLEMENTATION**



INTRODUCTION

Rugby is a global sport and is played in over 120 countries in the World. Children can begin participation in rugby at the age of 4 and can participate throughout their adult life. Participants have the opportunity to play at a social level as well as in more competitive structures such as National Championships, the World Cup and the Olympic Games. In 2009, Rugby Canada had over 22,000 registered players, with an additional estimated 25,000 youth players playing High School Rugby. In BC, there are approximately 4,500 players at the youth level and a total of over 7,500 players. This number does not include an estimated 6,000 High School players.

The Long Term Athlete Development (LTAD) model is now universally recognised by all sports as a framework for optimal athlete development and as such, the principles of LTAD have been adopted for the proper management of athlete training at all levels to produce elite performers and healthy active adults.

Implementing LTAD into a sport system requires that the sport acknowledges how its current framework fits with the LTAD model and identifies the problems, short and long term, that can be addressed and changed to ensure the implementation process can be achieved with some degree of success.

This document outlines the actions BC Rugby will take to implement the National Rugby Canada Long Term Rugby Development model within Province of British Columbia.





BC RUGBY CURRENT LTAD ISSUES

The information in the Appendix outlines clearly the current status of Rugby in BC with regard to LTRD and its implementation. Within the context of this overall view of BC Rugby, it is important to recognise that there are key issues in the structure of the game that warrant immediate focus and attention:

Player Development:

- Knowledge regarding introducing and developing the game at each level of LTAD is inconsistent.
- Knowledge of training with reference to LTAD is inconsistent.
- Basic movement and sports skills are not emphasized during childhood, especially at elementary schools and community club programs.

Coaching:

- Coaches need a better understanding of LTAD training principles.
- Coach training contexts are in place but minimum standards protocols need to be addressed and mandated.
- Women involved in coaching rugby are a minority, and programs for more women need to be promoted.

Competition:

- There has been an inconsistency in terms of continuum rules at age grade rugby between regions. (law application, size of field, player numbers, etc.).
- Age Grade Competition structure in BC has not been consistent between regions, and particularly at the developmental levels.

In some regions, the seasons overlap between club, school, and select teams, resulting in conflict, over-competition and inconsistent coaching standards.

- Competition structure is not integrated or rationalized at all levels across Canada

Leadership at Rugby Clubs and Schools:

- Coaches, teachers, parents and administrators have not educated consistently on LTAD principles.
- A higher quality of coaching is needed at the developmental levels.
- Clubs are not always well staffed with effective administrators.
- The better coaches often coach at the higher levels.

- There is a lack of paid technical staff.

Officiating

- Trained Officials are needed at every level of the game

Facilities

- Access to programs at all ages is limited by availability of facilities.
- Lack of priority status for facilities for elite programming and coaching.

BC RUGBY IMMEDIATE LTAD SOLUTIONS

It is clear from looking closely at the issues above that BC Rugby can address priority issues by providing resources and programs that educate the key stakeholders in LTAD principles. More specifically, the areas that can be dealt with immediately are:

Player Development:

- Consistently educate and train all players at each level of LTAD principles.

Coaching:

- Educate and train all Coaches in a better understanding of LTAD principles.

Competition:

- Provide a consistent provincial age grade continuum that is based on LTAD principles.

Leadership at Rugby Clubs and Schools:

- Provide consistent education, training and resources in LTAD principles for coaches, teachers, parents and administrators.
- The strategy for achieving this is clearly outlined in the Appendix and involves an integrated delivery approach targeting stakeholders in both Community Clubs and Schools.



BC RUGBY LONG TERM LTAD SOLUTIONS

The remaining issues can then be dealt with on an ongoing longer term basis. Building on the delivery of the higher priority issues, the following areas can then be addressed:

Player Development:

- Provide the opportunity and resources for elementary schools and community clubs to include basic movement and sports skills in rugby based programs

Coaching:

- Establish minimum coaching standards for each coach training context based on LTAD principles.

Competition:

- Establish a consistent age grade competition structure in BC, and particularly at the developmental levels.
- Leadership at Rugby Clubs and Schools:
- Increase the quality of coaching at the developmental levels.

Officiating

- Provide programs that train officials at every level of the game

Further issues to be dealt with would then include:

Coaching:

- Providing more opportunities for the promotion of Women involved in coaching rugby

Competition:

- Work with partner groups to integrate playing seasons to reduce overlap, conflict, over-competition and inconsistent coaching standards.
- Work with other PSOs and the NSO to integrate competition structure at all levels across Canada

Leadership at Rugby Clubs and Schools:

- Provide Clubs and Schools with best practice models for effective administration.
- Provide Clubs and Schools with continuing best practice models, resources and training to ensure higher quality coaching at the developmental levels.
- Develop strategies with Clubs to engage more paid technical staff.

Facilities

- Continue to investigate the availability of new or existing facilities that can be used to increase access for rugby programming
- Continue to investigate the availability of new or existing facilities that will provide priority access for elite programming and coaching.

BC RUGBY CURRENT LTAD OUTCOMES

Making these changes and implementing LTAD principles into rugby in BC will have a massive impact on all levels of rugby. Changes will impact the quality of all rugby programming; player development, coach education and training, system support and structure, resource availability and leadership in administration and officiating.

Full implementation of LTAD in BC will require positive change in all levels of the game. Changes will be necessary in the governance of the game as well as in the education of its stakeholders.

Once implemented, LTAD will be the model for how rugby will be developed across British Columbia in direct partnership with the stakeholders; Clubs, players, coaches, officials, parents and volunteers.



APPENDIX

The concepts of the Long Term Athlete Development (LTAD) have been well documented and the national adoption and promotion of the Canadian Sport for Life (CS4L) model created a clear mandate for LTRD Principles, encapsulated in the LTRD model and principles.

In 2006, Rugby Canada with Sport Canada established the Long-Term Rugby Development (LTRD) Work Group to study the system of rugby player development in Canada. The resultant Rugby Canada LTRD Community and Country Document was accepted formally by the Rugby Canada membership in 2008.

Work Group Members: Trevor Arnold, Dave Brown, Tanya Donaldson, Pearse Higgins, Geraint John, Glenn Johnston, Jean-Phillipe Lavoie, Guy McKim, Allen Piggott

Work Group Consultants: Istvan Balyi, Eva Havaris, Morgan Buckley, Brent Anderson, Martin Gallagher

Work Group Contributors: David Docherty, Dustin Hopkins, John Coumbe-Liley, Drew MacPherson, Troy Meyers, Natascha Wessch, Phil White



CURRENT STATUS – BC RUGBY

BC RUGBY ORGANIZATIONAL STRUCTURE AND STAFFING:

BC Rugby's Office is located in Vancouver with organizational structure consisting of the following key departments:

- Chief Executive Officer (1)
- Manager of Member Services (1)
- **BC Rugby Provincial Coach & Development Manager and National Rugby High Performance Centre, BC, Manager (1)**
- Coordinator, Member Services (1)
- Communications Manager (1)
- Part Time Regional Coaches (3)

In addition, BC Rugby is governed by an elected Board of Directors consisting of Twelve (12) members.

The Staff that will lead the team for the LTRD Implementation plan, consist of the following members;

- Jeff Sauve: CEO
- Dave Brown: **BC Rugby Provincial Coach & Development Manager and National Rugby High Performance Centre, BC, Manager**
- Kris De Scossa: National Senior Women's Coach, former Technical Consultant with the RFU including work on the RFU Continuum
- Marlene Donaldson: BC Board Member from Victoria, NSWTF member, community coach
- Mike Roberts: Superintendent BC Public School Employers' Association, key community contributor in Kelowna region

CLUBS AND SUB-UNIONS

There are currently 55 clubs and 5 Sub-Unions within the province of British Columbia and which provide a number of programs for participants of all ages and abilities.

For a full list of member district and clubs please click link below;
<http://www.bcrugby.com/index.php?src=directory&view=1Competitions/Programs>

BC Rugby is responsible for the sanctioning, organization and/or hosting of a number of competitions within these regions:

These competitions include the following;

- Mini Rugby K to Grade 6: Male and Female
- Age Grade Competitions: U13 Boys, U14 Boys, U15 Men, U16 Men, U17 Men, U18 Women, U19 Men
- Age Grade Provincial Regional Championships: U16 Men, U17 Women, U18 Men, U19 Women
- National Regional Championships: U20 Men
- Provincial Club Championships: Premier Men and Women
- Provincial Club Championships: Division 1 – 3, Men
- Provincial Club Championship: Division 1 - 2, Women
- Over 40 Men

Following the Age Grade Provincial Regional Championships, Provincial Age Grade Teams are chosen to compete in the Rugby Canada National Age Grade Finals. Following the National Regional Championship for U20 Men, the winning Region represents BC in the Finals of the National U20 Championships. BC also puts together a Provincial U14 boys team to compete in a Provincial festival with Ontario and Alberta.

BC Rugby is responsible for the delivery of a number of Player, Coaching and official's programs across the Province. These programs are both developmental and high performance in nature and include:

- Boston Pizza Summer Camps
- Regional Development Programs
- Provincial Teams Program (U14-U20 Male/Female)
- Provincial Team Program (Senior Men and Women)
- National Academy Provincial Program (16-U20 Men)
- Provincial Academy program (Women)
- NCCP Coaching Education
- Professional Development Coach Education



OVERVIEW OF CURRENT PROGRAMS & COMPETITIONS

AGE GRADE RUGBY

YOUTH RUGBY LEVEL	AGE	LTRD MALE	LTRD FEMALE	STRUCTURE OF PROGRAMS	COMPETITION
Mini Rugby K	U6	Active Start	Active Start	Club Training and Games/Jamborees	
Mini Rugby Grade 1	U7	FUNdamentals	FUNdamentals	Club Training and Games/Jamborees	
Mini Rugby Grade 2	U8	FUNdamentals	FUNdamentals	Club Training and Games/Jamborees	
Mini Rugby Grade3	U9	FUNdamentals	FUNdamentals	Club Training and Games/Jamborees	
Mini Rugby Grade 4	U10	FUNdamentals	Learning to Train	Club Training and Games/Jamborees	
Mini Rugby Grade 5	U11	Learning to Train	Learning to Train	Club Training and Games/Jamborees	
Age Grade Rugby Grade 6	U12	Learning to Train	Learning to Train	Club Training and Games/Jamborees	
Age Grade Rugby Grade 7	U13	Learning to Train	Train to Train	Club Training and Games/Jamborees	
Age Grade Rugby Grade 8	U14	Train to Train	Train to Train	Male: Club/School/ Regional/ Provincial	BCSG U14/Provincial Festival
				Female: Club/School/Regional	BCHSGRA Championships
Age Grade Rugby Grade 9	U15	Train to Train	Train to Train	Male: Club/School/ Regional/ Provincial	BCRU/BCSSRU Finals, PRCs, NAGC
				Female: Club/School/Regional	BCHSGRA Championships &PRcs
Age Grade Rugby Grade 10	U16	Train to Train	Train to Compete	Male: Club/School/ Regional/ Provincial/National	BCRU/BCSSRU Finals, PRCs, WCSG, NAGC,RC U17
				Female: Club/School/Regional	BCRU/BCHSGRA Championships, PRCs, NAGC
Age Grade Rugby Grade 11	U17	Train to Compete	Train to Compete	Male: Club/School/ Regional/ Provincial/National	BCRU/BCSSRU Finals, PRCs, NAGC, Academy,RC U17
				Female: Club/School/Regional/ National	BCRU/BCHSGRA Championships, PRCs, BCSG/NAGC, Academy, RC U18
Age Grade Rugby Grade 12	U18	Train to Compete	Train to Compete	Male: Club/School/ Regional/ Provincial/National	BCRU/BCSSRU Finals, PRCs, NAGC, Academy
				Female: Club/School/Regional/ National	BCRU/BCHSGRA Championships, PRCs, NAGC, Academy, RC U18
Age Grade Rugby	U19	Train to Compete	Train to Perform	Male: Club/University/Regional/ National	BCRU Finals, National U20 Comp, Academy, RC U20
				Female: Club/University/Regional/ National	BCRU Finals, PRCs, NAGC, CIS, Academy, RC U20



CLUB RUGBY

CLUB RUGBY LEVEL	AGE	LTRD MALE	LTRD FEMALE	STRUCTURE OF PROGRAMS	COMPETITION
Division 3	19+	Train to Perform	Train to Perform	Male: Club/University	BCRU Leagues and Finals
Division 2	19+	Train to Perform	Train to Perform	Male: Club/University	BCRU Leagues and Finals
				Female: Club	BCRU Leagues and Finals
Division 1/Premier	19+	Ultimate Performance	Ultimate Performance	Male: Club/University	BCRU Finals/National U20 Comp/RC U20/CRC/RC NSMT
				Female: Club	BCRU Finals/RC U20/RC NSW

Notes:

BCRU – British Columbia Rugby Union
 BCSSRU- British Columbia Secondary Schools Rugby Union
 PRCs – Provincial Regional Championships
 BCHSGRA – British Columbia High School Girls Rugby Association
 BCSG – British Columbia Summer Games
 WCSG – Western Canada Summer Games
 NAGC – National Age Grade Championships
 CIS – Canadian Interuniversity Sport
 RC – Rugby Canada
 CRC – Canadian Rugby Championship
 NSMT – National Senior Men’s Team
 NSW – National Senior Women’s Team



IMPLEMENTATION OF LTRD IN BC

OBJECTIVES

The objectives of the LTRD implementation plans for BC Rugby are as follows:

1. Distribution of information to integrate and align all rugby programs across BC with the content of LTRD.
2. The reorganisation and implementation of development and/or competition structures for each stage.
3. Ongoing implementation of player centred principles at each stage.
4. Contextual Yearly Training Plans to assist coaches in development of players.
5. Coach education programs, both formal and informal, that integrate coaching competencies and minimum coaching standards with the technical abilities required by players at each stage.
6. System Integration through a review of stakeholder roles and responsibilities.

In order to achieve these objectives, the following steps have been taken and planned to ensure a successful implementation for LTRD in British Columbia principles.

IMPLEMENTATION STEPS - COMPLETED AND PLANNED	DATE
Rugby Canada establish LRD Working Group	2006
Canada LTRD Community and Country Document sent to Provinces for ratification	2007
BC Board endorse Canada LTRD Community and Country Document	2007
Canada LTRD Community and Country Document ratified at Rugby Canada AGM	2008
Canada LTRD Community and Country Document sent to BC Stakeholders	2008
BC Rugby Links LTRD at www.bcrugby.com	2008
Rugby Canada start Phase 2 of LTRD: Development of Technical Resources, Training Programs and Implementation Tools.	2008
BC Rugby provides LTRD Document at all Coach Education Courses	2008
BC Rugby links LTRD to Coach Education and Training: Discussion Paper	2009
BC Rugby starts to analyse development programs for Mini Rugby on LTRD principles	2009
BC Board approves hiring of professional to work on LTRD principles for development programs and game structure	2010
BC Rugby hires Kris de Scossa to work on LTRD technical principles for developmental programs and game structure	2010
BC Rugby outlines Provincial Program alignment with LTAD principles	2010
BC Board approves Provincial Program alignment with LTAD principles	2010
Planned Completion of LTRD technical principles for developmental programs and game structure for Board approval	March 2011
BC Board to provide LTAD update and implementation plans to Membership at BC Rugby AGM	June 2011



INFORMATION AND RESOURCES

Information on LTRD has been available to the BC Rugby membership since 2008. This material has been accessible through the BC Rugby website as well as through coach education courses. BC Rugby will continue to keep its membership informed and educated about LTRD through a variety of presentations, resource updates and on line materials.

KEY DATES

	DATE
LTRD Implementation Plan Update to the BC Board	April 2011
LTRD Presentation to the Membership	June 2011
LTRD On Line Implementation: BC Rugby Site and Club Sites	July 2011
LTRD Resources available to Clubs in hard copy and electronic form	August 2011
LTRD Resources added to Coaching Course Materials	September 2011

Further opportunities for LTRD Implementation will be targeted through BC regional representative organizations such as the regional Sub-Unions that organize local development and competitive programming. This will be extremely important at the Youth Age Grade structure and targeted groups will also include the BC Secondary Schools Rugby Union and the BC High School Girls Rugby Association.

PLAYERS

BC Rugby has a commitment to ensuring its integrated performance model is maintained. This model is based on LTAD principles at all levels and will include club, regional, provincial and national academy athletes for both men and women. Below is a summary, presented to Rugby Canada, of the British Columbia Rugby Union's intentions for its 2011 Provincial teams and programs, excluding the Senior Men's provincial team and any Provincial 7s teams and programs.

The following over-riding principles assisted in determining intentions for 2011:

1. Provincial programs and teams are aligned with the Canadian Sport For Life's

"Long Term Athlete Development" (LTAD) model. Appropriate "phases" of the LTAD model for each program and team are listed herein.

2. Member clubs are the primary stakeholders of the British Columbia Rugby Union and the Provincial programs and teams enhance all age grade and senior leagues.
3. The Girl's and Boy's High School structure is an established and important component of rugby in British Columbia, and Provincial programs and teams accentuate high school rugby.
4. Academies delivered by the British Columbia Rugby Union, and in concert with private funding partners, Canadian Sport Centre Pacific, the International Rugby Board and Rugby Canada enhance the development of players within Provincial programs and teams.

The lists below represent the Boy's / Men's and Women's Provincial programs and teams the British Columbia Rugby Union will operate in 2011:

BOY'S / MEN'S

Under 14 Boy's Provincial Program

- "Train to Train" LTAD Phase
- BC Rugby's entry level XV boy's representative program
- 2 Provincial teams encompassing 42 to 48 players total
- **2011 Program Summary:** Competing at the Provincial Festival in August with other provincial sides. Held in British Columbia in 2011. Dates to be determined with Alberta, Saskatchewan and Ontario (and any other provincial unions or provincial regions who would like to send a team).

Under 16 Men's Provincial Program

- "Train to Train" LTAD Phase
- Integrated with Under 16 Provincial Regional Championships
- 2 Provincial teams encompassing 46 to 50 players total
- **2011 Program Summary:** Competing at the National Age Grade



Championship Festival with other provincial sides in August. Event held in the East with dates to be determined. British Columbia's two Under 16 teams will compete in the event with assurance of 4 other provincial or provincial regional sides in attendance.

Under 18 Men's Provincial Team

- "Train to Compete" LTAD Phase
- Integrated with U18 Provincial Regional Championships
- 1 Provincial team – 23 to 25 players total
- **2011 Program Summary:** Competing at the National Age Grade Championship Festival with other provincial sides in August. Event held in the East with dates to be determined. British Columbia's Under 18 team will compete in the event with assurance of 3 other provincial or provincial regional sides in attendance.

Under 20 Men's Provincial Team

- "Train to Compete" LTAD Phase
- Integrated with Dunbar Keg Regional Competition. Three Sub Union teams will compete in a competition which will serve as the selection vehicle for the winning team to represent BC at the National Western U20 Championship and National U20 Championship
- 3 Provincial Regional Teams – 66 to 75 players total
- **2011 Program Summary:** Competing in the Western Final (in British Columbia for 2011) and National Final. Fixtures in July. The National Final will be a home fixture for the Western Champion.

WOMEN'S

Under 18 Women's Provincial Team

- "Train to Compete" LTAD Phase
- Integrated with U18 Provincial Regional Championships
- 1 Provincial team – 23 to 25 players total
- **2011 Program Summary:** Competing at the National Championship Festival with other provincial sides in August. Event held in the East with dates to be determined. British Columbia's Under 18 team will compete in the event with

assurance of 3 other provincial or provincial regional sides in attendance.

Under 20 Women's Provincial Team

- "Train to Compete" LTAD Phase
- Integrated with Senior Women's team which will serve in mentoring capacity
- 1 Provincial team – 23 to 25 players total
- **2011 Program Summary:** Competing at the National Championship event (time and location to be the same as the Nations Cup tournament). British Columbia's Under 20 team will compete in event with assurance of 3 other provincial or provincial regional sides in attendance.

Senior Women's Provincial Team

- "Train to Win" LTAD Phase
- Integrated with BC Senior Women's Club Leagues ending in May
- 1 Provincial team – 22 to 25 players total
- **2011 Program Summary:** Competing at the NWL National Championship event (time and location to be the same as the Nations Cup tournament). British Columbia's will compete against Alberta on the Thursday, with the loser playing in the NWL consolation game and the winner going to the National Final. Both fixtures will take place on Sunday with the outcome of the Ontario versus Quebec fixture determining British Columbia's opposition.

SCHOOL PROGRAMS

BC Rugby's primary involvement with Schools Rugby has been through its partnerships with the BCSSRU (British Columbia Secondary Schools Rugby Union) and the BCHSGRA (British Columbia High School Girls Rugby Association). In addition BC rugby has provided resources and personnel to deliver specific programs at School District Professional Development Days. More recently, the BC Rugby Board has focused on attempting to make a greater impact on fostering youth development through the education system by implementing programs and resources for elementary schools across the Province. The following initiatives are being implemented:



BC Rugby Youth Rugby Manual:

While the content may exist in various locations and in various formats, there is currently no updated and central document that provides parents, coaches, clubs and schools with pertinent LTRD information such as; what skills and drills to teach and when, what laws and rules of competition govern the game at the various youth levels, starting a program and how to go about it, coaching at youth levels and suggested coach education, volunteering, officiating youth rugby, etc.

While a full budget for this initiative is to be developed, it is anticipated that from concept-to-completion-to-distribution for this is to be in the \$9,000 - \$13,000 range. The manual is to be in the later stages of development if not ready for print by Marc/April, 2011.

BC Rugby Pro-D Program:

This initiative is focused on making an impact at the school levels – both elementary and secondary schools, and particularly around “Schools Program” where BC Rugby instructors deliver a “learn to play rugby” program in various schools and for a set time period (i.e. 3 weeks, or 6 sessions, etc.). The program is designed to focus on “teaching the teachers” how to deliver interactive and fun “learn to play” / “skills and drills” in their schools through offering free Pro-D Day courses where teachers would go home from their Pro-D day with the information to implement the program and the equipment to do so (i.e. balls, cones, teaching materials). The equipment and Pro-D day will be free of charge, with the only obligation to the teacher being an agreement (not written) that they will deliver the program in their school. This program will be set to launch in September 2011.

After School Sport Initiative:

In October 2010, BC Rugby committed to its involvement in the Provincial Government’s After School Sport Initiative, which is funded through the 2010 Sport Legacy. This initiative was implemented to provide after school sport programming for children and youth who face barriers to accessing and participating in sport. The program was initially launched in the Surrey School District through the Surrey Community School JumpStart Academy. BC Rugby partnered with one community rugby club group to implement a program that would deliver safe non-contact rugby, following LTRD principles, to students ranging from grades 4-7.

COACHING EDUCATION

BC Rugby acknowledges that the National Coaching Certification Program (the NCCP) is the recognized national standard for coach training and certification in Canada and has been involved with the NCCP as a coach training and certification program for over 30 years. Partnering with Rugby Canada, BC Rugby has delivered NCCP courses to its membership. These courses have been designed to meet the needs of all types of coaches, from the first-time coach to the head coach of a national team.

Over the past number of years a new contextual approach to coach education has been put in place and Rugby Canada along with the Coaching Association of Canada has developed new courses, based on LTRD principles, to provide coaches with the necessary training and education to effectively develop a range of athletes participating in community, school and club rugby in Canada.

By taking part in these courses, BC Rugby coaches can participate in training and certification opportunities to acquire or refine the skills and knowledge required for a particular coaching context as defined by the sport. Trained and Certified coaches enjoy the credibility of the sporting community and of the athletes they coach because they have been observed and evaluated “doing” what is required of them as a competent coach in their sport. They are recognized as meeting or exceeding the high standards embraced by both BC Rugby and Rugby Canada. Fostering confidence at all levels of the rugby community, training and certification is a benefit shared by parents, athletes and our communities.

COMMUNITY COACH MODEL – INITIATION TO RUGBY CONTEXT COACHING COURSE

The ‘Community Coach’ model in British Columbia is integrated fully with the NCCP and the course content has been designed by Rugby Canada with LTRD principles providing the foundation for the vision for coaches and children in community rugby.

The content of this ‘Initiation to Rugby’ context is aimed at coaches dealing with LTRD development stages Active Start, Fundamentals and Learning to Train and provides options in both the Contact and Non-Contact game. This is the first step in the process of both Training and Certifying rugby coaches in British Columbia.

The Initiation to Rugby Manual forms the basis of course content which deals with the range of topics facing individuals entering into volunteer coaching: Role of the Coach, Understanding the Game through Game Sense, Planning a Practice, Making Ethical Decisions, Duty of Care and Risk Management.

COACHES IN COMPETITION – INTRODUCTION TO COMPETITION CONTEXT COACHING COURSE

The content of this 'Introduction to Competition' context is aimed at coaches dealing with the remaining LTRD development stages and deals with the competitive contact game. This course provides the following training outcomes:

- Trained in athlete development processes in Training to Train and Training to
 - Compete stages of Athlete Development
- Trained in Making Ethical Decisions
- Trained in Planning a Practice
- Trained in Providing Support to Athletes in Training (Confidence in Contact and Safety in Rugby)
- Trained in Analyzing Performance
- Trained in Game Understanding at an intermediate level (individual and unit skills, strategies and tactics)

Those coaches that complete the Training stage of the Introduction to Competition Course and want to progress to Certified status have that option and need to complete four tasks following the course:

- The Making Ethical Decisions on-line examination.
- The evaluation of a Written Practice Plan and Emergency Action Plan from a coaching log book/portfolio.

- Complete the Performance Analysis evaluation
- Performance Analysis onsite practice plan evaluation

COACHES IN HIGH PERFORMANCE – COMPETITION DEVELOPMENT COURSE

BC Rugby has, historically, provided a large number of National Team Coaching Staff, all of whom reached old NCCP fully certified Level 3 status. This minimum standard has also been in place for BC Coaches at Canada Summer Games.

With the development of the new Competition Development model, BC Rugby will be working with Rugby Canada to transition its coaches to the new process designed by NCCP.

MINIMUM COACHING STANDARDS

The main two current requirements for coaches affiliated with BC Rugby are that they fill in the coaching box identified on the Rugby Canada registration form and that they complete the Rugby Canada SafeRugby Course or the IRB RugbyReady Course. In addition to this, BC Rugby does place minimum requirements on Coaching Staff for Provincial Rugby Programs.

However, specific Coach training/certification requirements are not defined for different stages of player development. The following table represents proposed minimum standards that BC Rugby would like to implement by September 2011.

	AGE	LTRD MALE	LTRD FEMALE	SAFERUGBY/RUGBYREADY	COACHING COURSE
Youth Rugby Level					
Mini Rugby K	U6	Active Start	Active Start	Yes	Initiation to Rugby
Mini Rugby Grade 1	U7	FUNDamentals	FUNDamentals	Yes	Initiation to Rugby
Mini Rugby Grade 2	U8	FUNDamentals	FUNDamentals	Yes	Initiation to Rugby
Mini Rugby Grade3	U9	FUNDamentals	FUNDamentals	Yes	Initiation to Rugby
Mini Rugby Grade 4	U10	FUNDamentals	Learning to Train	Yes	Initiation to Rugby
Mini Rugby Grade 5	U11	Learning to Train	Learning to Train	Yes	Initiation to Rugby
Age Grade Rugby	U12	Learning to Train	Learning to Train	Yes	Intro to Comp - Trained
Age Grade Rugby	U13	Learning to Train	Train to Train	Yes	Intro to Comp - Trained
Age Grade Rugby	U14	Train to Train	Train to Train	Yes	Intro to Comp - Trained
Age Grade Rugby	U15	Train to Train	Train to Train	Yes	Intro to Comp - Trained
Age Grade Rugby	U16	Train to Train	Train to Compete	Yes	Intro to Comp - Trained
Age Grade Rugby	U17	Train to Compete	Train to Compete	Yes	Intro to Comp - Trained
Age Grade Rugby	U18	Train to Compete	Train to Compete	Yes	Intro to Comp - Trained
Age Grade Rugby	U19	Train to Compete	Train to Perform	Yes	Intro to Comp - Trained
Club Rugby Level					
Division 3	19+	Train to Perform		Yes	Intro to Comp - Trained
Division 2	19+	Train to Perform	Train to Perform	Yes	Intro to Comp - Trained
University	19+	Train to Perform	Train to Perform	Yes	Intro to Comp - Certified
Division 1/Premier	19+	Ultimate Performance	Ultimate Performance	Yes	Intro to Comp - Certified
Regional Representative					
BC Summer Games	Boys U14	Train to Train		Yes	Intro to Comp - Certified
BC Summer Games	Women U17		Train to Compete	Yes	Intro to Comp - Certified
PRC Men	U18	Train to Compete		Yes	Intro to Comp - Certified
PRC Women	U18	Train to Compete	Train to Compete	Yes	Intro to Comp - Certified
PRC Men	U16	Train to Train		Yes	Intro to Comp - Certified
National League Men	U20	Train to Perform		Yes	Intro to Comp - Certified
Provincial Teams					
Provincial Teams					
Women	U129		Train to Perform	Yes	Level 3 Certified
Men	U18	Train to Compete		Yes	Level 3 Certified
Women	U18		Train to Compete	Yes	Level 3 Certified
Men	U16	Train to Train		Yes	Level 3 Certified

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 BC Soccer, Long Term Player Development Implementation Plan



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