

SCHOOL INFO PACKAGE



SPRING 2023

WWW.TIRFRUGBY.CA

@TIRFRUGBY

ABOUT US



Toronto Inner-City Rugby Foundation

Toronto Inner-City Rugby Foundation (TIRF) is a rugby-centred community development organization. TIRF, a registered non-profit founded in 2011, believes that rugby can be used as a tool for social good.

By teaching children the fundamentals of sport through the Community Rugby Program, TIRF builds a pathway to performance and empowers young people to reach their full potential that extends beyond rugby.



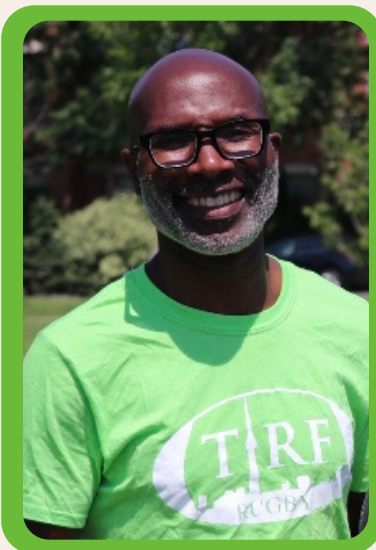
WHY TIRF?

TIRF wants to introduce high-school aged students to rugby in a fun, safe, and inclusive environment. Chances are that TIRF has already met your athletes in elementary and middle school through the **non-contact flag rugby curriculum it delivers to approximately 200 school partners** each year. Together we can **build upon the FUNDamental movement skills** and games they were already exposed to as middle school students.

TIRF is offering **in-school HPE programming and workshops**, extra-curricular **skills clinics, intramurals support**, and TIRF's signature "Beyond Rugby" **athletic leadership** development programming.

TIRF'S HEAD COACH

Spencer Robinson, DEI Coach of Youth Rugby & Belonging



TIRF high school sessions are led and supported by TIRF's **DEI Head Coach of Youth Rugby and Belonging**, Spencer Robinson. Spencer is a former national player and a **World Rugby Level 3 Certified Coach** and **World Rugby Level 1 Certified Referee**, who has specialized in coaching rugby 7s nationally and internationally for more than 30 years.

Check out Spencer's profile [here!](#)



Spencer@TIRFrugby.ca

PROGRAM OVERVIEW

Rugby 101

TIRF will send certified World Rugby Level 1 coaches to deliver TIRF's intro to rugby curriculum at your school. Sessions can be held before, during or after-school hours. The coach will introduce students to rugby through workshops, skills clinics, activities, and games based on the **physical literacy ABCs (agility, balance, coordination, and speed)** and enhance their **knowledge, abilities, potential, and confidence**.

HPE Focus:

Active Participation
Movement Skills & Concepts
Movement Strategies

LTAD Stage:

Learn to Train
Train to Train
Train to Compete

BUILD TEAM YOUR OWN PROGRAM

You know your athletes best and where you'd like support

TIRF has created four (4) types of program offerings to suit the needs of your school, class, or team. **A staff member MUST be present throughout the session.**

Sessions are curated to enhance development of key rugby skills through:

- Extensive handling activities in both game and drill format
- Progressive introduction to contact - how to: make/take a tackle, and compete for possession
- Physical conditioning which supports healthy, safe and full participation in all aspects of the sport
- Develop fundamental kicking skills



Program Needs Assessment

TIRF will send an onsite specialist to observe your team at one(1) practice. Afterwards, TIRF will share "peaks and valleys" to co-create a development plan that meets your needs and enhances your current plans for the season. Approximately **four (4) hours total**.



Single Workshop & Clinic Options

Workshops and clinics are designed as **full day (6 hours)** or **half day (3 hours)** of applied practical learning. Perfect for your HPE classes who wish to be exposed to all aspects of the game.



Six (6) Week Progression

A week-to-week progression in skill development, knowledge, and tactical awareness topics can include: catch/pass; decision making, tackling/ball in contact, SAQ; kicking; set-piece; scrum/lineout; strategy; and physical conditioning.



Intramural Support

You can book a TIRF coach to come out weekly and support your non-contact flag, touch and contact intramural and/or club teams before, school, or over the lunch period.

Please contact
spencer@tirfrugby.ca for more
information



IN-PERSON PROGRAMMING



TIRF will send one(1) World Rugby Level 1 Certified Coach Level and one (1) community rugby captains or facilitators to deliver the programming at your school. The Coaches and facilitators will introduce students to the game of rugby through activities and games based on the **physical literacy ABCs (agility, balance, coordination, and speed)**.

Each session, students will learn fundamental skills via Rugby Canada-certified games and activities. These sessions typically run for 60-75 minutes but can be extended further. Our in-person sessions are best suited for grades 9-12, and class sizes up to 30.

HPE Focus:
Active Participation

LTAD Stage:
FUNDamentals

LTAD Stage: Learn
to Train

Program Packages

1 1/2 Day

- 3 hours
- \$70/hr
- **Total = \$220.00**

2 1 Day

- 6 hours
- \$70/hr
- **Total = \$420.00**

3 3 Days

- 18 hours
- \$70/hr
- **Total = \$1,260.00**

4 5 Days

- 30 hours
- \$70/hr
- **Total = \$2,100.00**

Discount for TIRF
SCHOOLS



Please see the next pages for
more information on the packages

Program Packages

Half-Day Package - \$220.00*

- Half-day(1/2) day of rugby, spanning three (3 hours)
- One(1) World Rugby Level 1 Coach and One(1) Rookie Rugby Facilitator will be sent to your school to deliver the non-contact rugby programming to any number of classes over the three(3)-hour period
- The sessions will teach the basics of non-contact rugby to students through fun territory invasion games and rugby-based activities

Full-Day Package - \$420.00*

- One(1) day of rugby, spanning six (6 hours)
- One(1) World Rugby Level 1 Coach and One(1) Rookie Rugby Facilitator will be sent to your school to deliver the non-contact rugby programming to any number of classes over the six(6)-hour period
- The sessions will teach the basics of non-contact rugby to students through fun territory invasion games and rugby-based activities

Requirements:

- Flat open space (field or gym). Programming will not take place on asphalt or cement
- Teacher must be present throughout the session

Program Packages

Three Day Package - \$1,260.00*

- Three(3) days of rugby, spanning three (18 hours)
- One(1) World Rugby Level 1 Coach and One(1) Rookie Rugby Facilitator will be sent to your school to deliver the non-contact rugby programming to any number of classes over the 18-hour period
- The sessions will teach the basics of non-contact rugby to students through fun territory invasion games and rugby-based activities
- If your school books during the week of **May 29th - 31st, 2023**, you will receive this three(3) day package for the price of the one(1) full-day price **\$420.00**

Five Day Package - \$2,100.00*

- Five(5) days of rugby, spanning six (30 hours)
- One(1) World Rugby Level 3 Coach, One(1) World Rugby Level 1 Coach and One(1) Rookie Rugby Facilitator will be sent to your school to deliver the non-contact rugby programming to any number of classes over the 30-hour period
- The sessions will teach the basics of non-contact rugby to students through fun territory invasion games and rugby-based activities
- This package includes **rugby athletic banquet awards, prizing and tickets** to Toronto's professional rugby team, the **Toronto Arrows**

Requirements:

- Flat open space (field or gym). Programming will not take place on asphalt or cement
- Teacher must be present throughout the session

EVEN MORE OPTIONS

But wait! There's more!

Professional Development

- Invitations to coaching workshops and clinics. TIRF can help be a catalyst for your training and upskilling.

Community Coaching (May/June)

- **One (1) certified World Rugby Level 1 coach** to support your school's existing or newly created rugby program throughout May and June.

Tournament Support (May/June/Sept/Oct)

- Let TIRF know how we can support your tournaments and games.

7's TIRF Plate (October)

- Want to host the TIRF Plate? The 7s season is so short. We want to keep the good times going by offering schools who don't make it to the finals another opportunity to play at the end of the season, typically in October

15's TIRF Plate (June)

- Want to participate in the TIRF Plate? We want to keep the good times going by offering schools who don't make it to the finals another opportunity to play at the end of the season, typically in June

Safe Sport Clinic/Rowan's Law Day (Sept/Oct)

- TIRF has provided safe sport clinics and supported Rowan's Law Day in-school activities for student-athletes.

Pre-season Friendlies (March/April/Sept)

- Let TIRF know how we can support your pre-season games.

Everyone's Game (Anytime)

- TIRF can provide leadership training for athletic council members, student-athletes, or coaches. This professional development program is certified by the Coaching Association of Ontario (CAO) and counts towards obtaining CAO professional development points. You can learn more about Everyone's Game on the following page and by visiting the website:
www.ThisIsEveryonesGame.com



EVERYONE'S GAME

Creating safe, welcoming spaces for youth to access sport

This activity-based toolkit offers **stakeholders in play** the resources necessary to overcome barriers in participation. The three pillars in **Everyone's Game** align to **Maslow's Hierarchy of Needs** and teaches the different elements of **diversity** we need to address for more welcoming programs for youth!

GET INVOLVED: PEER TO PEER WORKSHOPS

The **Toronto Inner-city Rugby Foundation's (TIRF)** offers a **two-hour session** that walks young people, or caring adults, through the resources and how to use the **Everyone's Game Toolkit**.

This play-based and participatory workshop can accommodate groups of **10-40 young people or caring adults**. Participants receive: a soft copy of the Everyone's Game Toolkit, certificate of participation, and a sticker.



Empowered Youth



Caring Adults



Partners in Play

**Heritage
Canada**

Funded by the
Government
of Canada

Financé par le
gouvernement
du Canada

Canada



TORONTO INNER-CITY
RUGBY FOUNDATION



BOOK TODAY!

Let's work together to get students back on the pitch!

1. Visit our website: www.TIRFrugby.ca/booking
2. Select "**Book Now!**"
3. Fill out the form and provide two possible start dates
4. Receive an electronic invoice from TIRF within 48 hours
5. Accept the terms of the booking
6. Follow your Board's purchase order process
7. Receive an email confirmation that your date is secured
8. Your dates are now secured.

NOTE - We will contact you a few days before your booking to introduce the coach who will be working with you. We will submit the final invoice to the purchase order department after we visited your school.

Spaces are LIMITED!

FAQs



If your question isn't covered here, send us an email

SESSIONS

How long is a six(6) week progression session?

Anywhere from 45 minutes to 90 minutes.

How long is a workshop or clinic?

Half day: two(2) to four (4) hours

Full day: four(4) to six (6) hours

What's the maximum number of children you can teach in a class?

30 students.

Are you providing equipment?

TIRF can accommodate to your equipment needs.

What do my students need?

Appropriate footwear based on the training environment, clothing, and mouth guards.

CONTACT US

You can always call or email us with your questions.



647-478-6119

www.TIRFrugby.ca/booking

