

SCHOOL INFO PACKAGE



2023 FLAG RUGBY

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.



PROGRAMMING

TIRF introduces students to non-contact flag-rugby in a fun, safe, and inclusive environment. Sessions are led by TIRF certified instructors who have successfully completed a VSS (police check).

TIRF's non-contact, flag rugby curriculum is approved through the TDSB, recognized as a Quality Sport Program through Sport for Life Canada, and builds off of Rugby Canada's Rookie Rugby Programming. TIRF is offering in-person and virtual programming.



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[@TIRFRUGBY](https://www.instagram.com/TIRFRUGBY)

IN-PERSON PROGRAMMING



TIRF will send two(2) community rugby facilitators to deliver the Rookie Rugby program at your school.

The 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 30-45 minutes but can be extended further. Our in-person sessions are best suited for grades 1-8, and class sizes up to 30.

HPE Focus:
Active Participation



LTAD Stage:
FUNDamentals

LTAD Stage: Learn
to Train

Try Rugby Package - \$420.00*

- One(1) day of rugby, spanning six (6 hours)
- Two(2) Rookie Rugby Facilitators 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

Rugby Experience Package - \$630.00*

- This package consists of three(3) rugby days, totalling 18 hours.
- We will send two of our Rookie Rugby Facilitators to your school for three(3) full days of rugby.
- These sessions will teach the basics of non-contact rugby through more sport specific games and activities, as well as expand upon the fundamental skills used in rugby.

Requirements:

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

FREEMIUMS

FREEMIUM OFFERINGS*

** Only offered to those booking the in-person rugby experience*

■ **FREE staff training** on how to be a Rookie Rugby Instructor

■ **Two (2) community coaches** to support your school's existing, or newly created, flag rugby after-school program **

*** Community Coaches booked on a first-come, first-served basis.*

■ **FREE staff training** on how to be a Rookie Rugby Instructor

Why are you offering freemiums?

TIRF wants your school to have even more opportunities to play and embrace flag rugby. TIRF does this by: training your staff to keep on delivering the curriculum, giving your school community coaches to lead flag rugby practices and games after-school, and culminate all of the learning into an inter-school flag rugby tournament.

What happens in the Rookie Rugby Instructor Training?

It's a two (2) hour hands-on training for your staff. You will learn how to deliver the Rookie Rugby curriculum to your students, so you can keep playing all year! The training is facilitated by a certified Level 3 World Rugby Coach.



* PLEASE NOTE

- TIRF is dedicated to providing equitable access to sports, however, cost should never be a barrier to participation. If you believe that your school may qualify for a discount, please let us know.

HOW TO BOOK (TDSB)



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 w/ a TDSB vendor #
5. Accept the terms of the booking and follow TDSB purchase order process
6. Confirm the TDSB Purchase Order #
7. Receive an emailed invoice with both the purchase order and vendor number
8. Your dates are now secured.

NOTE - We will contact you a few days before your booking to let you know the staff who will be delivering the curriculum. We will submit the final invoice to the purchase order department after we visited your school.

Spaces are LIMITED!
Reserve your spot today!

HOW TO BOOK (TCDSB)



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. Receive an email confirmation that your dates are secured!

NOTE - We will contact you a few days before your booking to let you know the staff who will be delivering the curriculum. We will submit the final invoice to the purchase order department after we visited your school.

Spaces are LIMITED!
Reserve your spot today!



FAQs



SESSIONS

How long is a session?

Anywhere from 30 minutes to an hour.

It depends on the number and age of the participants.

How many classes fit in a one-day session?

The six-hour (one day) session can accommodate up to six classes.

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

60 students.

For a virtual session, what equipment is needed?

No special equipment is required. We ask that students have a water bottle and anything they can use as a rugby ball such as a pillow, stuffed animal or shoes

Can TIRF host a virtual session for a class?

TIRF can host a zoom session for classes if requested. Otherwise, we will join your online class.

QUESTIONS?

You can always call or email us with your questions.

647-478-6119

www.TIRFrugby.ca/contact-us



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