

# START YOUR RUGBY JOURNEY

FUN, FRIENDLY AND FEARLESS... ONE PASS AT A TIME



## Safe, Non-Contact Sessions

We emphasize teamwork, coordination, and confidence-building through age-appropriate activities and games - all with no tackling or contact activities. Join us and see your child thrive both on and off the field in a safe and supportive environment.



## For All Abilities

Our CO-ED non-contact program is designed to focus on fun, fitness, and skill development for ages 3-14. Whether your child is completely new to rugby or is already hooked, we cannot wait to have them as part of our flock!



## Core Values

Our 5 core values underpin every session we deliver. Whilst we design sessions to provide children with a safe and engaging environment to learn and develop their rugby skills. We believe personal development is just as important.



RESPECT



DISCIPLINE



TEAMWORK



ENJOYMENT



SPORTSMANSHIP

Get in Touch!

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# WHAT TO EXPECT

## Our Sessions

A breakdown of what to expect from our fun, non-contact Rugby sessions!

### Age Groups

#### Cygnets (Ages 3-5)

- Introduction to Rugby Basics and Core Values
- Basic Motor Skills Development
- 45 Minute Sessions
- Fun Games to Develop Rugby Specific Movement
- Small Sided Group Games
- Strong Emphasis on Teamwork
- Parent / Child Sessions available to the youngest age groups
- Variety of games, with various shapes, sizes and coloured balls

#### Little Swans (Ages 6-8)

- Development of Rugby Skills
- Complex Movements and Drills Introduced
- 1 Hour Sessions
- Fun Games as well as Rugby Specific Drills
- Small Sided Tag Rugby Matches
- Strong Emphasis on Teamwork and Sportsmanship
- Specific Sessions Dedicated to our 5 Core Values
- Cultivate Cognitive and Social Skills

#### Swans (Ages 9+)

- Further Development of Rugby Skills and Principles
- Laws of Rugby Introduced
- 1 Hour Sessions
- Tag Rugby Tournaments Introduced for Block Bookings
- More Complex Individual and Team Drills to Develop Rugby Prowess
- Specific Sessions Dedicated to our 5 Core Values
- Introduction to Athletic Principles, Physiology and the Importance of a Healthy Lifestyle