

## Barbarians urging youth to try rugby



**By Jake Courtepatte**

The Aurora Barbarians are hoping to get more kids involved in the sport they love through a free 'try rugby' night, this Thursday at St. Maximilian Kolbe CHS.

For the fourth year, junior and minor players are invited to learn the basics of the sport, including passing, running, as well as the rules of play.

The first of two 'try rugby' events this year came last Thursday on the St. Max field, with over 60 participants braving the cold and rainy weather to give rugby a go.

Interactive sessions allowed the players to connect with the coaches and trainers, with the proper training allocated to players depending on their age.

The Barbarians organization runs over twenty different teams, starting from the under-8 and under-10 levels, where the sport is played non-contact. The under-12s play a version of rugby with modified contact, focused on controlled scrimmages and learning how to tackle.

At the under-14 level, modified rules have the players focus on the fundamentals of the game, with no pushing on scrums and no lifting on lineouts.

Every age level includes a girl's side, with girls representing one in every four Barbarians in the 2015 season.

The junior and minor seasons start up in May and will run until the end of August.

The Barbarians are also participating in the 'Rookie Rugby' program this spring, a mass participation initiative by Rugby Canada to provide a safe introduction to the sport to kids of all ages. The organization is one of ten rugby centres to take part in 2016, and are offering to visit schools to either educate teachers to run one-hour sessions for their students, or even attend and run the session themselves.

This Thursday's event runs from 6 - 7p.m., and is open for anyone ages 5 - 14 years old. For more information, email [info@aurorabarbarians.com](mailto:info@aurorabarbarians.com), or visit their website at [www.abrhc.ca](http://www.abrhc.ca).