

# EDMONTON RUGBY UNION

## COMMUNITY PROGRAMS 2026

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### Coaches

#### ANATOMY OF COACHING SUPPER SERIES

*Mondays @ 5:00pm | January & February 2026 | [Athletes Hangar](#) | [Click to register!](#)*

This fundamental skills development series is designed for coaches of all levels. We focus on building confidence and consistency in how to coach core rugby skills: what to coach, how to coach it, and why it matters.

Sessions emphasize clear coaching language, safe skill progression, and improving understanding of the decisions you make as a coach, not just memorizing drills.

Join us for one-hour, after-work sessions that give you practical tools you can use immediately at training. Sessions are focused, accessible, and designed to fit busy schedules while creating space to connect with other coaches.

#### Key Focus Areas

- ☒ Run/Catch/Pass & decision making under pressure
- ☒ Scrummage and lineouts
- ☒ Tackling
- ☒ Kickoffs, restarts, and gameplay tactics

#### Registration

- Early Bird → \$60.00 *Closes Jan 6th*
- Regular → \$75.00
- Drop In → \$20 per drop-in (register noon day-of)

#### Dates

- Mon, 12 Jan 2026 - Run/Catch/Pass
- Mon, 26 Jan 2026 - Scrum/Lineout
- Mon, 09 Feb 2026 - Tackle
- Mon, 23 Feb 2026 - Restarts/Tactics

#### Program Details

- Open to coaches 16+
- Participant cap: 15 per session
- Pizza included

***Programs are subject to change. Please review the website for the most current information***

## NCCP / WORLD RUGBY COACH CERTIFICATION

1 or 2-day courses | February & March 2026 | Various Locations | [Click to Register!](#)

NCCP and World Rugby Coach Certification courses are nationally and internationally recognized accreditation for rugby coaches. Through a combination of classroom learning and on-field application, you will develop the technical knowledge, safety, awareness, and coaching skills required to coach rugby effectively and responsibly.

These courses are suitable for coaches of all levels and from all backgrounds. You will gain a clear understanding of player welfare, skill development, and session planning.

### Format

- Full-day courses, 8:00am – 5:00pm
- Combination of classroom learning and on-field practical sessions
- Delivered over Saturday and/or Sunday

- Sat, Mar 7, 2026 - Level 1 @ Servus Place, St. Albert
- Note: Level 2 course dates and locations will be confirmed.

### Registration & Fees

- Registration fee: \$160+
- Registration and course details available at <https://therugbysitelocker.com/alberta>

### Scheduled Courses

- Sun, Feb 22, 2026 - Level 1 @ Leduc Recreation Centre

## THE RUGBYSITE COACH SUMMIT

Sat, April 18 & Sun, April 19, 2026 | 8:00am–5:00pm | [Athletes Hangar](#) | [Click to register!](#)

The ERU Coach Summit is a two-day development event designed for coaches at all levels. Whether you're early in your coaching journey or highly experienced, you will find relevant, practical learning you can apply immediately with your team.

The Summit features a mix of classroom and on-field session blocks, allowing you to learn concepts, see them in action, and discuss how they apply in your coaching environment. Sessions are designed to meet a wide range of coaching needs, from technical skill development to leadership, culture, and program building. You will also have dedicated opportunities to connect with other coaches, share ideas, and learn from different perspectives across the rugby community.

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### ***The RugbySite Coach Summit cont***

#### What to Expect

- Something for coaches at all levels
- Both on-field and off-field learning sessions
- Practical, applied coaching content
- Coach networking and discussion opportunities
- Lunch and refreshments included

#### Dates

- April 18 & 19, 2026

#### Registration

- Fee: \$245+ (discounts for groups, review website)
- Full details and registration available at 📄 <https://therugbysitelocker.com/alberta/>

## **TACKLE SMART**

*Sundays, 11:00am - 1:00pm | April 2026 | Locations TBC | [Register your interest!](#)*

Tackle Smart is a Rugby Canada programme developed in collaboration with the University of Calgary as well as leading experts in player welfare, strength and conditioning, and concussion mitigation. It is part of Rugby Canada's and World Rugby's broader commitment to making the game safer while maintaining performance and participation.

Aligned with World Rugby's ongoing commitment to player safety, including the lower tackle height law trials, this program helps you understand not only how to coach the tackle, but why specific technical and law-based changes are being implemented across the community game.

The program touches on Contact Confident principles, using evidence-based activities that build physical competence, confidence, and safety in contact.

#### Key Focus Areas

- How to safely introduce & progress the tackle
- Understand the Laws of the Game related to the tackle, including lower tackle height principles
- Strengthening & awareness
- Understand how tackle technique, workload, & player welfare are connected
- Access World Rugby and national resources to support ongoing coach development

#### Program Details

- Participant cap : 30 coaches
- Player volunteers: 4 - 12 / session
- This is a free course!

#### Dates \*Locations & Dates TBC

- Sunday, April 5, 2026 | 11:00am–2:00pm
- Sunday, April 12, 2026 | 11:00am–2:00pm

***Programs are subject to change. Please review the website for the most current information***



## Players

### INDOOR WINTER RUGBY

Sundays @ 5:30 & 6:30pm | February & March 2026 | [Kinsmen Fieldhouse](#) | [Click to register!](#)

Indoor Winter Rugby is a non-contact, indoor program for children aged U5 - U15. Whether you're brand new to rugby or looking to build confidence and skills, you will learn through a games-based approach to play rugby in a safe, supportive environment.

Each session is designed to be fun, engaging, and age-appropriate to keep the kids moving, smiling, and asking when they get to play again.

Facility Access | Please enter through the main Kinsmen Fieldhouse entrance and let staff know you are with Edmonton Rugby to access the facility.

<u>Session Timing</u>	<u>Dates</u>
<ul style="list-style-type: none"> <li>• U5 &amp; U7 → 5:30 - 6:15pm</li> <li>• U9 &amp; U11 → 5:30 - 6:30pm</li> <li>• U13 / U15 → 6:30 - 7:30pm</li> </ul>	<ul style="list-style-type: none"> <li>• Sun, Feb 22, 2026</li> <li>• Sun, Mar 1, 2026</li> <li>• Sun, Mar 8, 2026</li> <li>• Sun, Mar 15, 2026</li> <li>• Sun, Mar 22, 2026</li> </ul>
<u>Program Details</u>	<u>Registration</u>
<ul style="list-style-type: none"> <li>• Non-contact rugby</li> <li>• Open to new &amp; experienced players</li> <li>• Participant cap: 20 per age group per session</li> </ul>	<ul style="list-style-type: none"> <li>• Early Bird → \$60.00 Closes Jan 31st</li> <li>• Regular → \$75.00</li> <li>• Drop In → \$20 drop-in (subject to program capacity)</li> </ul>

**Programs are subject to change. Please review the website for the most current information**

## Players and Coaches

### CONTACT CONFIDENT

Saturdays @ 1:00 & 2:00pm | March - April 2026 | [Athletes Hangar](#) | [Click to register!](#)

Contact Confident is a player welfare contact preparation program delivered to players and coaches at the same time, in the same environment. The program is designed to build confidence, physical competence, and safety in contact, with a specific focus on tackle and ruck preparation.

Aligned with World Rugby player welfare principles, Contact Confidence emphasizes preparation for contact. Participants learn how bodies move, brace, fall, react, and recover safely. Our goal is to create a shared understanding of expectations, language, and technique across clubs.

Players and coaches learn together and develop a common framework for contact preparation, improving consistency in training environments and supporting safer progression into contact rugby.

#### Key Focus Areas

- Increased confidence in contact situations
- Improved movement quality & body control
- Safer tackle & ruck preparation
- Injury risk and Concussion awareness
- Consistent coaching language and expectations
- Regular, registered member → \$100 players; \$80 coaches
- Non-registered member → \$180 players; \$160 coaches (includes 2026 full season membership, transferable at any time for no cost to a local club)
- Drop In → \$25 drop-in (subject to program capacity, must be fully registered with an ERU club)

#### Program Details

- U11 & U13 → 1:00 - 2:00pm
- U15 - U18: 2:00 - 3:00pm
- Player cap: 20 per age group per session
- Coach cap: 6 per age group per session

#### Dates

- Sat, 14 Mar 2026 - Contact Preparation & Movement
- Sat, 21 Mar 2026 - Falling, Landing, & Body Control
- Sat, 28 Mar 2026 - Intro to Tackle Technique
- Sat, 04 Apr 2026 - Ruck Entry & Safety
- Sat, 11 Apr 2026 - Game-Based Contact

#### Registration \*tax inclusive

- Early Bird → \$80 players; \$60 coaches. Closes Jan 31st, available to those who are already registered as full season member with an ERU club

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## SET PIECE READY

Monday, Wednesday, or Friday, 6:00 - 7:30pm | April 2026 | ERU Clubs, TBC | [Register your interest!](#)

Set Piece Ready is a 90-minute introductory program for U11, U13, U15, and High School players. The program introduces safe, progressive scrum and lineout development, building shared understanding and consistent coaching language between players and coaches.

Scrumming - Focus is on individual body shape, stability, and binding, as well as appropriate progressions as players demonstrate competence at each stage.

Lineout - Introduces the fundamentals of safe and effective lineout play, emphasizing correct technique, communication, and shared responsibility between jumpers, supporters, and throwers.

Note: Age-grade law variations related to scrum lineout are noted throughout the session.

### Key Focus Areas

- Safe body position and stability
- Legal binding and engagement sequence
- Lineout roles: jumper, supporter, and thrower responsibilities
- Safe lifting, support, and controlled landing
- Communication and coordination within set pieces
- Shared coaching cues to support consistency at club level

- Preferred time is 6:00 - 7:30pm

### Registration

- Player cap: 8 - 16 player volunteers per session
- Coach cap: 30 per session
- Participants fee: Free to all who register!

### Dates \*Locations TBC

- Wed, Apr 8, 2026
- Fri, Apr 10, 2026
- Mon, Apr 13, 2026
- Wed, Apr 15, 2026
- Fri, Apr 17, 2026
- Mon, Apr 20, 2026
- Wed, Apr 22, 2026
- Fri, Apr 24, 2026
- Mon, Apr 27, 2026
- Wed, Apr 29, 2026

### Program Details

- 90-minutes at local ERU rugby clubs
- Practical, on-field learning for players with embedded coach education
- Designed to support consistent, welfare-led set piece coaching across the ERU

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