



# YOUTH RUGBY EXCHANGE



## What is the Exchange?

The exchange includes both a travel and hosting portion in March and May 2024 and is intended for youth (boys and girls) between grades 9 and 12 (born 2006-2009). The travel portion of the exchange will consist of a 6-day trip to Halifax, including flights, accommodations, and meals. During this trip participants will receive rugby training from local (NS) coaches, participate in daily excursions to local hotspots/cultural landmarks, and come to understand the possibilities available to them through the sport of rugby. The hosting portion will consist of welcoming a group from Rugby Nova Scotia to Saskatoon where they will train with local coaches and experience the city/province. The entire exchange process is intended to foster relationships between twin/host groups that last far beyond the exchange itself.



## Why Try Rugby?

- Rugby is a fast-paced physical sport that combines many of the fundamental movements used in other popular sports.
- Rugby has an important position or role for everyone, regardless of size or body type.
- In Rugby, everyone has a chance to touch and carry the ball or make important tackles.



# Your Commitment

- Participation in connection activities with twin group & planning for hosting activities.
- Participation in rugby training sessions prior to the exchange (January–March)
- Availability for March 7th–12th, 2024 Halifax exchange trip
- Participation in rugby training between the travelling and hosting portions
- Availability for May 16th–21st, 2024 to host the twin group in Saskatoon (outside of school hours)
- Optional: Participation in local rugby leagues and events after conclusion of the exchange



## Costs and Equipment

### Participant Costs:

- \$500 (covering exchange/ excursion costs, team kit\*, and host meals)
- Participants must have an active Rugby Canada playing membership covering contact activities (2024 price: \$125.50)

### Equipment Needs:

- Cleats (rugby-specific or soccer cleats – no football cleats)
- Mouth guard
- Athletic supports compliant with [World Rugby Law 4](#) (if necessary)

\*Team kit includes jersey, rugby shorts, and t-shirt.



## Next Steps

Ready to sign-up? Need more information? Visit our website by clicking the button below.

[CLICK HERE FOR MORE INFO AND TO REGISTER TODAY!](#)

**The deadline to register for this exchange is Friday, December 1st, 2023!**

## Contact Us

Andrew Shaw  
Rugby Development Officer, Sask Rugby  
rdo@saskrugby.com