

MEDIA RELEASE

August 3, 2016

Youth Participate In Free Rugby Camp To Celebrate Olympic Day

Saskatchewan Rugby invites children and youth in Regina to celebrate the Olympics and participate in a free one-day Rugby Camp on August 7, 2016, at the Regina Rugby Club. Interested individuals are welcome to attend breakfast at 8:00 a.m., with the camp starting at 10:00 a.m. and running until 12:30 p.m. The Olympic Day Rugby Camp is an opportunity for youth of all ages to learn about the sport of rugby. The purpose of the event is to get more teens and youth excited about rugby, and what a better time to get excited about sports than during the Olympic Games?

The Rugby Camp is held in conjunction with Saskatchewan Rugby's [2016 Olympic Day](#) celebrations. The two-day event will run August 6-7. The first day will showcase women's and men's senior teams taking the pitch for interlock games from 11:00 a.m. - 4:30 p.m. A complete schedule of games can be found [here](#).

The Rugby Camp begins on Sunday with a hot breakfast, and continues with sessions categorized by age and skill level, with special sessions for first time rugby players (Introduction to Rookie Rugby and Girls Rookie Rugby Session) and skilled players (Rookie Rugby Skill Development). These sessions will feature coaches and volunteers that are part of Canada's National Team.

A major barrier to participation in recreation and sport is cost. Rugby is a low-cost activity, and this event will help to showcase the sport to young people who will benefit from increased physical activity. This event is funded in part by the ParticipACTION Teen Challenge, which focuses on reducing barriers to participation in physical activity for teens. The ParticipACTION Teen Challenge is administered in the province by the Saskatchewan Parks and Recreation Association (SPRA).

Organizations who would like to apply for funding through Teen Challenge can find out more about this program at: <http://www.participaction.com/teen-challenge/>

Saskatchewan Rugby is seeking volunteers for this event. Volunteers can sign up [online](#).

About SPRA

The Saskatchewan Parks and Recreation Association (SPRA) is the recognized leader for the wellbeing of people and communities through recreation, and the administrator of the ParticipACTION Teen Challenge within Saskatchewan.

For more information on this story or the ParticipACTION Teen Challenge please contact Desirea Weninger, Consultant – Youth Engagement, at (306) 780-9219 or dweninger@spra.sk.ca.

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