



**Alberta Schools' Athletic Association**  
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# Memo

To: ASAA Member Schools  
Date: February 2, 2024  
From: Shelbea MacLennan, Assistant Director  
cc: John Paton, Executive Director  
Angie Seaman, Girls Rugby Commissioner  
Brent Gough, Boys Rugby Commissioner  
Destiny Lutz, Sport Injury Prevention Research Centre  
Re: Neuromuscular Training in Rugby

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Neuromuscular training has been shown to reduce injury and concussion risk in youth athletes. The Sport Injury Prevention Research Centre is offering a free **online** workshop on **Thursday, February 15th at 7pm** to share a rugby specific neuromuscular training warmup program with Alberta teachers. This program was developed in collaboration with Rugby Canada and World Rugby. It is an excellent program to use with your rugby teams this upcoming season.

The session will be two hours in length and participating coaches can claim two NCCP credits for participating. There is no cost. A minimum of six coaches are required to enroll by Monday, February 12 at 11:59pm.

For more information on the session, please [refer to this poster](#) and the next page. If you would like to attend, please register using [this form](#); there is no admission cap, but a minimum of six participants is required. You will receive a zoom link for this session once you have completed the registration form.



The session outline will be:

7:00-7:10pm: Pre-workshop questionnaire

7:10pm-7:30pm: Theory component (presentation discussion) including:

Injuries in Rugby

Background on neuromuscular training

Review SHRED injuries electronic resource that coaches will have access to

7:30pm-8:30pm: Practical component. Review a full Rugby-specific neuromuscular training warm-up program and practice performing each of the exercises. Videos of youth performing some of the exercises and coaches have an opportunity to interact via chat or audio to discuss how they might coach technique feedback.

8:30pm-8:50pm: Group discussion about how the program can be implemented

8:50pm-9:00pm: Post-workshop questionnaire

Please contact Destiny [destiny.Lutz@ucalgary.ca](mailto:destiny.Lutz@ucalgary.ca) if you have any questions.