



Memo

Alberta Schools' Athletic Association
Percy Page Centre
11759 Groat Road NW
Edmonton AB T5M 3K6
T 780.427.8182 www.asaa.ca

To: ASAA Rugby Teams
Date: March 22, 2024
From: Shelbea MacLennan, Assistant Director
cc: John Paton, Executive Director
Angie Seaman, Girls Rugby Commissioner
Brent Gough, Boys Rugby Commissioner
Jacqueline Tittley, Rugby Canada
Heather Muir, Rugby Canada
Carolyn Emery, University of Calgary
Shane Essau, University of Calgary
Re: Rugby Injury Prevention Resources

As we approach the 2024 High School Rugby season, the ASAA office would like to notify ASAA Rugby teams of two resources that Rugby Canada strongly encourages High School Coaches to use in training and preparation for contact in their Rugby Season.

Rugby Canada's Tackle Smart: This resource includes games, drills and skills to break down and introduce the contact area to athletes who are new to contact. The resource also includes language and guidance around key factors in each stage of the tackle for both the ball carrier and the tackler.

World Rugby's Contact Confident: This resource aims to create evidence informed coaching activities that promote confidence, physical competence and safety in the contact area. Specifically in the areas of mobility, rolling, falling and landing, deep neck stabilization, neck strengthening, and head reaction.

Implementation Guide: Rugby Canada recommends coaches dedicate 15-20 minutes per training session to exercises in preparation for contact selected from these resources. In addition, they recommend 15-20 minutes of pre-match warm-up be dedicated to proper contact warm-up as well.

Workshops: Rugby Canada is working hard with their partners at the University of Calgary and Rugby Alberta to confirm workshops in Calgary and Edmonton where coaches can practice the practical implementation of these resources. Details are forthcoming and will be shared with ASAA Schools.

SHRed Concussions at ASAA Provincials

The Alberta Schools' Athletic Association endorses the Sport Injury Prevention Research Centre and SHRed Concussions (U of C Ethics REB18-2107) to conduct filming at all Alberta High School Rugby games. This is in partnership with the ASAA and Rugby Canada to evaluate the Tackle Smart program.

The video footage obtained by SHRed is designated for research purposes ONLY, this footage will not be shared with teams and/or coaches.

Please contact Jacqueline Tittley (jtittley@rugby.ca), Manager of Training and Education and Heather Muir (hmuir@rugby.ca) Training and Education Coordinator at Rugby Canada if you have any questions regarding these resources.

Please contact Shane Essau (sesau@ucalgary.ca), Research Coordinator at SHRed Concussions if you have any questions regarding SHRed's involvement in ASAA Rugby.