GREEN & GOLD ATHLETE ACADEMY
RUGBY 7s TRAINING GROUPS

What?  Sport-specific training groups within the Athlete Academy operated by Pandas Rugby in partnership with Rugby Alberta. Our Rugby 7s Training Groups (M & F) provide advanced technical and tactical training, and focus on building superior individual skills.

Who?  Our Rugby 7s Training Groups are aimed at high school student-athletes with the potential to compete at the post-secondary level (i.e., in Canada or United States), and perhaps beyond. A maximum of 14 males and 14 females will be selected on merit.

When?  The Athlete Academy runs from 1:00 to 4:00 pm every school day from September through June. In addition to general athletic and academic content, our Rugby 7s Training Groups benefit from 90 minutes of advanced rugby-specific coaching each afternoon.

Where?  Our Rugby 7s Training Groups are based on South Campus at Foote Field, which is now covered with a state-of-the-art, inflatable bubble in the winter months. It therefore provides a superior, full-field facility for our Rugby 7s Training Groups from September to June.

Why?  The Athlete Academy exists to help student-athletes excel athletically and academically. By delivering sport-specific, general athletic, and academic content during the school day, we make it easier for student-athletes to live a balanced life.

To find out more about our Rugby 7s Training Groups please contact:
Head Coach, Matt Parrish at mparrish@ualberta.ca

https://www.ualberta.ca/sport-system/athlete-pathway/athlete-academy