***Central Rugby***

What should you do to become a better Rugby Player?

1. **Focus on your studies**. Do not allow your marks to get in the way of playing rugby. Falling behind in your academics is not an excuse for missing practices or training. You are not just an athlete, you are a STUDENT athlete.
2. **Play something, Play anything!** The best preseason training is to be playing another sport especially one that prepares you for the fitness and contact demands in rugby. IE. Football in the fall and Wrestling in the winter.
3. **Club Rugby**. If you are not playing a sport like football in the fall you should try to improve your skills by playing with the Burnaby Lake Rugby Club’s Under 14/16/18 Teams (see burnabylakerugby.com)
4. **Summer Rugby**. Improve your skills and challenge yourself by going to a Summer Rugby Camp or trying out for the Provincial Regional Championships (see bcrugby.com).
5. **Study the game**. Watch live rugby games or on You Tube and study your position and look at how you can take 2 or 3 points to improve your own game.
6. **Train and Prepare your body for the coming season**. A simple routine of body weight exercises (sit ups, push ups, chin ups, squats) and cardio is enough to prepare you for your season. Rugby specific workouts are also available in the weight room. Think of what your position demands (speed, leg power, shoulder strength) Working hard in your PE class is a start.