

# Youth Rugby Pathway

Grass Roots Rugby: Creating a Space to Grow



## Mission Statement

To build athletic fields and develop programs for the children of Chicago's North Lawndale and East Garfield Park communities. Through rugby and other sports, we will expand life opportunities for area youth and increase their social capital. This project is to not only enhance the community but also to give children a safe haven in the neighborhood.



# Value Proposition

## LIONS FOR HOPE VALUES

*Growth through Action*

*Teamwork*

*Building Confidence*

*Community*

*Inclusive*

## WORLD RUGBY VALUES

*Integrity*

*Respect*

*Solidarity*

*Passion*

*Discipline*



## Why Rugby?



- Community youth programs
- Rapid growth on a national level
- Confidence-Develop life skills
- College recruiting opportunities
- Lifelong involvement



# Community Rugby Benefits



- Increase activity and improve health
- Create self-confidence and leadership skills
- Controlled discipline, respect and teamwork
- Global sport with opportunities to travel and play
- Integration into the USA Rugby Community & network
- Open new opportunities for college
- Inclusive - positions available for all without exception
- Give opportunities for youth coaching and community leadership

# Teaching Values of Rugby



There are 9445 students within a 2 miles radius of the Lions for Hope Sports Complex. When the community outreach program captures 5% of that population, there will be 448 additional children learning the sport and values of rugby.

## High / Middle Schools

- Chicago Hope Academy
- Alain Locke Charter School
- Manley High School
- Chicago Bulls Prep School
- Saint Philip Basilica High School
- Crane Tech Prep School
- Phoenix Military Academy
- LEARN Charter School
- Saint Malachy School
- Ombudsman West HS
- Marshall Metro HS
- Whitney M Young Magnet School
- UIC College Prep LSV Campus
- DRW College Prep

## Elementary / Middle Schools

- Leif Ericsson ES
- Calhoun North ES
- Joseph Kellman Corporate Community ES
- Washington Irving ES
- Chalmers ES
- Robert Nathaniel Dett ES
- Faraday ES
- Cather ES
- Jensen Elementary Scholastic Academy
- Gregory ES
- Jacob Beidler ES
- Gregory Maths and Science Elementary Academy
- KIPP Ascend
- Nai Middle Elementary School
- Altus Academy Middle School
- Bethune ES
- Hillside Academy
- Solid Foundation Learning Centre
- Lawndale Community Academy

# Rugby - Opening doors for the inner city

Memphis Inner City Rugby  
[www.memphisinnercityrugby.org](http://www.memphisinnercityrugby.org)

Oakland Warthogs RFC  
[www.oaklandwarthogsrfc.com](http://www.oaklandwarthogsrfc.com)

South Los Angeles's ICEF Rugby Program  
[www.icefrugby.org/about.html](http://www.icefrugby.org/about.html)

Play Rugby USA  
[www.playrugbyusa.com](http://www.playrugbyusa.com)



## Testimonials (click to view)



MICR Testimony

**THE RUGBY BOYS  
OF MEMPHIS**

Memphis Inner City Rugby



## Year One - Connect in the Community



**Outcome: Create an opportunity for youth in the community to develop confidence and increase physical literacy in a team environment**

- 2 nights per week - 60 minute sessions
- School aged children (elementary & middle school)
- Skill development stations & scrimmage
- 8 week length (fall & spring)
- Chicago Lions Rugby members lead as coaches and administrators
- No cost for neighborhood participants

**Outcome: Create a connection with the local schools to introduce rugby/support rugby programs**

- Chicago Lions Coaching Staff visit and support local rugby programs
- Develop relationships to initiate rugby as an additional sport option
- Workshop for Physical Education teachers on touch rugby for the classroom

## Year Two - Build a Foundation of Hope



### **Outcome: Create opportunities to learn and compete within the community at the Lions for Hope Complex**

- Schedule community rugby program 2-3 nights per week
- Establish touch/flag rugby community leagues
  - 30 minute games
  - Uniforms & referees are included in the program
  - Referees are compensated
- Build mentoring relationships to build transferable habits
- Create coaching and administrative roles to build skills for community members

### **Outcome: Inaugural schools competition for flag/sevens rugby**

- Support local teachers with Chicago Lions resources to coach teams
- Competition hosted at Lions for Hope Sports Complex
- Create a connection to the Chicago colleges and universities

## Year Three - Continue Growth



**Outcome: Develop a 12-24 month calendar of community league competitions supported by community rugby nights to continue teaching and creating a safe space for children to play and explore**

- Community rugby nights continue to create a safe space for children to participate 2-4 nights per week
- Community rugby leagues run 2-4 times per year over 8 weeks
  - Youth, middle school, high school and open leagues
- Create summer program by partnering with local camps

**Outcome: Expand flag/sevens rugby competition at local schools and develop fifteens rugby teams for girls and boys**

- Teachers supported by Chicago Lions players and coaches
- All coaches are offered World Rugby Level 1 Coaching and Referee certifications
- Provide equipment/ uniforms for fifteens teams to lower the obstacles for participation
- Connect the pathway to college

**Outcome: Support Rugby education units at elementary schools**

- Collaborate with teachers to create comprehensive unit to allow academic and physical literacy in a single integrated unit
- Support by local players that continue to support classrooms that take on unit

## Noble Network of Charter Schools to utilize Lions for Hope Sports Complex



- Primary Lions for Hope Complex User.
- NNCS won 2015 Broad Prize, national award for top US charter school network.
- 11,000+ students, 17 college prep campuses in Chicago, students 98% minority, 89% low-income, 90%+ graduates matriculated into college in 2015.
- Noble Athletic Conference aims to create positive impact through athletics, including a robust and highly competitive boys and girls rugby program.

*According to the US Department of Education, "[Noble] has an exceptional track record of helping low income and minority students attain significantly higher achievement and graduation rates. Further replication will benefit additional students and strengthen the Chicago Public Schools system."*



## “Introducing an After School Outreach Program” Protocol



- After school program Information day
- Taster - an introductory 2 hour taste of rugby
- Camp - a one hour one day session for 4 weeks to introduce rugby basics
- League - Two times a week, 1.5 hour sessions, 4-6 week program. Introduction to more complex rugby tactics and weekly matches leading to a league winner
- Exit – Direct students to join their local rugby organization

# Lions Street Rugby



Lions Street rugby (LSR) is to be delivered across the wards connected to the reach of the LFHSC at a variety of venues and times (to be agreed on by LFHSC staff and local partners). These designated locations are where children will spend safe time after school. "LSR" is designed to offer a convenient rendering of rugby as a diversionary and developmental activity to engage and challenge youngsters (target age 10-18).

- An easy to learn and portable level of non-contact rugby suitable for inexperienced youth
- A level that lends itself to progression as participants' skills and understanding develop
- A level that incorporates aspects of contact and movement skills to offer a taste/preparation for full contact game
- Incorporates contact as a means to develop the disciplines and controlled aggression amongst participants
- Incorporates particular rules and a degree of technical content that fosters a "fair play" attitude; i.e.: use of proper "tags" to foster habit of handing "tags" back to opponents and develop responsible control tackle situations
- Can be implemented in parks, playgrounds, schools, basketball courts and other activity areas
- Components are safe and suitable for a variety of surfaces including tarmac and wooden basketball courts
- Must be aware and respond to participants attention span ..... keep it active to keep them busy!

## Community Leadership Development



With the increased number of children's programming, we will need to increase our volunteer base. All volunteers will be a critical part of our community engagement. Working with World Rugby, The USA Olympic Committee, and USA Rugby we will look to recruit, develop and retain volunteers that will be positive role models for the students they work with and the best people for these positions will come from the communities but not limited to:

- Program Leaders
- Activity and Camp Leader
- After-school Coordinators
- Coaches
- Lions Staff
- Security
- Maintenance
- Outreach Staff
- Team Managers
- Strength and Conditioning Coaches
- Referees – Rookie Rugby, Middle School, High School, Seniors
- School “Rookie Rugby” Staff



## Youth Days

- Noble School Network open day before a Senior Lions Game (Fall 18')
- Lions' Pride Day- Host a youth development day for the 'Pride'

## Start "Introduction to School Outreach Program" Protocol

- Contact identified schools and schedule meeting with Principles and PE Staff
  - Bethune Elementary School
  - Washington Irving Elementary School
  - Calhoun North Elementary School
  - Chalmers Elementary School
  - Faraday Elementary School
  - Jensen Scholastic Elementary School
  - Morton School of Excellence
  - Lawndale Community Academy
  - Jones College Prep

## Contact



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