

Comments / Concerns about playing Rugby at High

Comment	Response from SHS Rugby
My assumption is rugby players should be solid in build but my child is thin and lanky.	Rugby is for all shapes and sizes. That is one the beauties of it, to be successful you need tall kids, short kids, big kids and small kids and it is a real community lifelong game. There are a number of small players playing at the highest international levels of the game such as Faf de Clerk-/Damian McKenzie, Cheslin Kolbe, Aaron smith. These players for example are around 5ft 7 and 75kg or less, playing at the highest level of the game
I expect the physical size of opponents will be bigger and more experienced.	We play at a level suitable for us which is the lowest possible level and learn all proper techniques by qualified coaches. The opposition teams are matched to us and are similar in size, skill and technique, meaning that we compete at a level that is safe and fun for the boys.
My son has never played before but will be competing against private schools who have scholarship children who have played rudy for years increasing his risk of injury.	Same as above, by playing at a lower level we do not encounter the boys on scholarship as they play a higher level. At High, there are no scholarship children in our level yr7 rugby apart from scholarship chess players maybe
Purpose of the game is to tackle each other so surely it has a lot of injuries.	<p>Tackling is part of the game and we train our players with a focus on safety and technique to ensure that we lower any potential injury risk, this even includes teaching players how to fall. Only when they suitably trained, safe and confident do we allow them to do contact. Even then at U13's there is little significant contact. We have virtually no injuries in Yr7. What you see on TV is the elite players with many years of training playing at the high level, at our schools level the contact is significantly less and as previously noted it is at the appropriate level for the players skill</p> <p>We use World Rugby's Injury Prevention Activate Program at the school to reduce the risk of injury and this has been scientifically proven to 26-40% REDUCTION IN SOFT TISSUE INJURIES (depending on age group) & 29-60% REDUCTION IN CONCUSSION (depending on age group)</p>
We have friends whose children in primary school played club rugby but stopped after their child was in Year 5 as kids from other clubs were significantly larger at the same age and the game changed from touch to tackle.	That is unfortunate. At school the grading system is much more flexible than at club and as such our players are graded appropriately to their skill level and as such are unlikely to encounter such a mismatch in size or skill. The

	aim of our school rugby program is to play in a safe, fun and inclusive environment where the boys can enjoy themselves and build their skills in working in a team.
--	--

Feedback from parents/players

Comment	Response from SHS Rugby
The initial rugby communications were good, but I couldn't distinguish how playing rugby as a sport contributed to the personality traits mentioned than if my son played a different team sport.	Rugby is built around its values and these stand above all else. This is difficult to understand if you have not got any education in the game. (search YouTube for "Rugby respect refs" or "respect in rugby"?) It embodies the school values and opens door after school like no other. The Rugby Network across business in NSW, Australia and internationally is significant and being a rugby player opens this network. The team environment and culture that is necessary to function as a team is a critical part of rugby and these skills translate very well into the corporate world as both a team player and also as a leader. It teaches discipline and respect in a similar way to many martial arts, with the significant advantage of being in a team environment that relies on the group rather than the individual
I would have liked evidence on injury incidence and types of injury as I still find it hard to believe there are not many injuries in rugby.	At High, last year there were no injuries to any rugby students that required a week off. Football / Soccer had a number broken wrists and other injuries requiring multiple weeks out of the sport
The social aspect of the sport (e.g parent involvement in the canteen, team trip away with families welcome, annual dinner) are appealing for families who want to engage in the school on a social level.	
Communication to parents on uniform purchase would have been helpful and what we need (jersey, shorts, socks, mouthguard, cleats provided by the school) especially if you haven't played before. Cost could be prohibitive for some parents so communicating shoes are provided would help.	This was communicated to all year parents via email and canvas too. In other sports they also have to purchase kit.
Recent information about the SBHS team playing other school' teams with the same experience level (e.g. C team) is very comforting.	We play much lower than C level in juniors
I thought the sport would have a compulsory weights session which would bring some comfort with him playing rugby.	We strongly encourage weights for all years and for all sports as per High Notes but it is not enforceable as we are a Dept of Education

	school. In senior years they cannot play 1 st Grade without using the gym
Providing the season training schedule with holiday camps was very useful and meant I was able to plan school holiday trips around the rugby holiday training.	
Communications from yourself and the Rugby committee have been good regarding tips and information.	