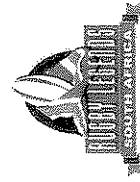




RUGBY

PASSING ON
THE PASSION

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Vuka Rugby Ruck & Jol Days are going to be organised in the communities on a weekend once a year to give the parents a chance to see how their children are developing. These days will be like "A Village Festival" where local businesses, radio stations, newspapers all get involved.

Vuka Rugby continues to strive to improve the standards of rugby and organisation. Much of this work is done in the pre-season. Courses are organised for IRB Level One Coaching, referees, medical and Boksmart course. It is Vuka Rugby's goal to empower the players, coaches, schools with the ability to be self-sufficient and self-reliant within the structures of WP Rugby. In other words, the communities themselves run their own tournament, choose their sides, choose their coaches.

Vuka Rugby creates an opportunity for mass participation and also provides a pathway for a talented player to be identified and helped through the rugby structures so he can realise his full potential.

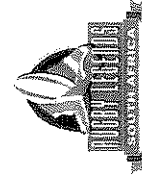


2. Mass Participation

Vuka Rugby Leagues (March – Sept)

The goal of Vuka Rugby is that everyone would represent their school every Wednesday or Thursday. There are some critical components that make these leagues work:

- Divide playing areas into zones creating critical mass – each zone to ensure schools are close together to cut down transport costs thus ensuring fixtures are being played;
- Centralising the fixtures to clubs to ensure safe playing surfaces and to break down the barriers between clubs and schools;
- Vuka Rugby has 11 zones each competing for a trophy;
- Matches played every Wednesday or Thursday at a school or club fields;
- Vuka Rugby has 109 schools, each with a squad of 25 players, coach and manager. All 109 schools have a U19 team and 80 of the schools have U15 rugby teams.
- All schools must be registered with WP Rugby and must be striving towards playing in the WP Schools League on a Saturday.
- Traditional rugby schools in the areas also play in Vuka Leagues as it helps to improve the standards, it provides fixtures for weaker players and it is part of their own spirit of Ubuntu.



In Kwa-Zulu Natal we are currently in Umhlatzi, Claremont and Kwa-Mashu and we are rolling out the programme in the Lions in 2014.

4. Gazelle Elite Squad – U19 Age Group (September)

During the Vuka Tournament, every coach will hand in a form pointing out his 3 best players of the opposition. At the end of the tournament a number of the coaches select the best 40 U19 players. The best players will form the Gazelle Squad. This initiative is driven by the SA Rugby Legends.

- o The learners will be between the ages of 17 and 19 and will be tested at the Sports Science Institute and after they are analysed they will be placed on fitness and nutritional programs;
- o This squad will also receive personalised training by professional coaches during the next season pre season training phase;
- o If funding allows the Gazelle's will be selected to go on a rugby tour during the September school holidays , the Gazelle tour takes place every second year.



Gazelle Squad leaving for Calitzdorp on the Springbok bus. No tour took place last year due to lack of funding.



6. Ruck & Jol Days – Village Rugby Festival

RUCK & JOL

Following on the theme of building communities as if they were a village, we want to constantly improve the communities that we are working in. One way of building up the sense of community is to get the community involved.

Vuka Rugby wants a show case where the parents can get involved and see how their children are developing. We also hope to get local businesses, media and clubs involved in organising and sponsoring the festival days. We hope to host two Ruck & Jol days. These days will be organised by the local zonal committees.

These days will be important to try and get more parents and ex rugby players involved in coaching at the schools.

