

# WELCOME TO THE TORONTO SARACENS



We, the Saracens, thought we would take the time to introduce the concept of club rugby to your readers.

We can offer the route to becoming an Olympic or national athlete (perhaps even rugby professional). We also offer a way to stay in a remarkable, competitive, active and social sport (some players play into their 80's!).

We offer the benefits of:

- Traditional camaraderie within a very distinct yet inclusive culture,
- Developing fitness, strength, as well as sport, life and career skills,
- Developing life-long friends and business networks, and
- Being involved in rugby facilitates contacts throughout the world!

## **What is Rugby?**

Rated as the #1 thing to do before you die by HMV Magazine (2010), Rugby is a 125+ year old game that is the forefather to the game we currently know as football here in Canada. In football, we score touchdowns (*tries* in rugby), conversions, field goals (*penalty kicks*) and drop goals.

Played by Men and Women, Rugby continues to be one of the true world sports - played in 135+ countries worldwide – with a World Cup played every 4 years (offset by 2 years for each of Men and Women) that is the 3<sup>rd</sup> most watched sporting event in the world.

In fact, Canada received strong recognition for their performance in the 2011 Rugby World Cup held in New Zealand this past Fall. We'd like to see a few more people from here in Toronto representing the Nation in this way!!

In addition to the Rugby World Cup, rugby has long been a Commonwealth Games sport (being hosted in Glasgow in 2014) and is scheduled as part of the Pan-Am Games being held here in Toronto in 2015. Rugby is also being re-introduced in 2016 as a Summer Olympic sport in Rio de Janeiro; it was one of the original sports included in the modern-day Olympic Games – the US are the current (1920, 1924) Olympic Rugby gold medal holders.

Players who have come from wrestling, hockey, soccer, basketball and football have had significant success in transitioning their athleticism and abilities to rugby.

## **Who are the Saracens?**

The Toronto Saracens Rugby Football Club is one of 10 Toronto area rugby clubs – during the summer months, we train at Sunnybrook Park on Monday and Wednesday evenings 6:30 to 8:15.

We are a 55+ year old club with a tradition of welcoming players of all abilities and from all cultures and walks of life. More than a local club, we are a community of similar-minded people who enjoy the benefits and opportunities presented by rugby and the life-long friendships that it forges.

We believe in developing skills and decision-making – some skills are sport-oriented (kicking, passing, catching, tackling), some are life lessons (right decisions under pressure, overcoming fears, building team bonds), and others are business oriented (leadership, organizing teams, delegation, accountability)

The Saracens run 2-4 Men's teams (competing at the top level of Toronto rugby) and 2 Women's teams (competing at the top level of Ontario rugby) as well as running a Junior teams for girls and boys ranging in ages from U6, U8 and U10 (Minis-flag rugby), U12s, U14s, U16 and U18 years of age. (We're even considering running an U20s team!) Our senior teams are typically for Men and Women who are 19 and older.



Senior players have already started training indoors as part of their preparation for the 2012 season, as have some of our Junior players.

If you'd like to get involved in rugby here in Toronto at any level, the Saracens would like to hear from you now!!

Please contact us at [Recruiting@TorontoSaracens.com](mailto:Recruiting@TorontoSaracens.com) to learn more about how to get involved in this great sport here in Toronto and what are the associated costs!!