

STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	STAGE 7	STAGE 8
<b>ACTIVE START</b>	<b>FUNDamentals KICK OFF</b> to Rugby!	<b>LEARNING TO TRAIN</b> DEVELOP the Basics	<b>TRAINING TO TRAIN</b> BUILD the Rugby Hard Drive	<b>TRAINING TO COMPLETE</b> OPTIMIZE Rugby Potential	<b>TRAINING TO PERFORM</b> MAXIMIZE Rugby Performance	<b>ULTIMATE PERFORMANCE</b> OPTIMAL Rugby Performance	<b>ACTIVE FOR LIFE</b>

<b>GOAL</b> Promote fun and participation, development of movement skills	<b>GOAL</b> Focus on sport skills development	<b>GOAL</b> Enhance overall sport skills including core rugby skills	<b>GOAL</b> Promote rugby specific skill development	<b>GOAL</b> Develop rugby specialization and position-specific skills	<b>GOAL</b> Develop core skills and position-specific skills	<b>GOAL</b> Achieve optimal performance	<b>GOAL</b> Support active involvement in rugby and/or healthy lifestyle
<b>AGES</b> Males 0-6 Females 0-6	<b>AGES</b> Males 6-9 Females 6-8	<b>AGES</b> Males 9-12 Females 8-11	<b>AGES</b> Males 12-16 Females 11-15	<b>AGES</b> Males 16-19 Females 15-18	<b>AGES</b> Males 19-23 Females 18-21	<b>AGES</b> Males 23+/- Females 21+/-	<b>AGES</b> All

