



Rugby Virginia / Old Glory Coaching Development 2026



Program Overview

This exciting initiative introduces a comprehensive coach education program that operates independently from the current Old Glory DC Coaches Club. Designed to support coaches across all age grades and experience levels, the program incorporates specialized expertise in strength and conditioning, player analysis, health support, and team management.

By offering this full 360-degree support structure, the program establishes a unique development opportunity within USA Rugby.



Program Components



- Tactical Support: How and why the team plays its style.
- Technical Support: Core rugby skill development.
- Coach Management: Session planning and behavior development.
- Strength & Conditioning: Warm-ups, rugby fitness, strength programming.
- Health: Concussion protocol, nutrition, recovery, injury.
- Analysis: How to analyze games and available tools.
- Team Management: Organizational structures and management tools.

Rugby Virginia Coaching Experience

- Ten in-person clinics over 12 months.
- Options include 2-hour coaching clinics, social event attendance, or team-building exercises.
- Access to specialist coaches and staff.
- Monthly 1-hour virtual coaching session.
- Collaborative approach to rugby culture.
- Old Glory to provide player pathway information.

Add-Ons

- International Specialty Coaches Clinic access:
- Game Day package includes PA announcement, scoreboard logo, VIP ticket discounts, group ticket pricing, and State Champion recognition day.

Open to all Rugby Virginia Registered Coaches!
Starts 1/25/26: Location T.B.A.

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