



Regional Training Centres (RTCs) EXECUTIVE SUMMARY

Strengthening player development across Canada as One Squad, stronger together

Overview

Rugby Canada is proud to introduce the Regional Training Centre (RTC) model — a bold step forward in building a stronger, more connected rugby ecosystem. Designed to deliver high performance daily training environments across the country, the RTCs will serve as vital hubs for player development, coach training, and community engagement.

Aligned with the [Strategic Plan for 2024–2027 and beyond](#), this initiative supports Rugby Canada’s commitment to:

- Develop world-class national teams
- Build a unified high-performing system
- Expand the reach and quality of rugby across Canada
- Foster stronger alignment between Rugby Canada, PSOs, clubs, and universities

This initiative benefits the **entire rugby ecosystem** — from community clubs to the national stage.

What the RTCs deliver

- **Unified Curriculum:** Based on the Rugby Canada Technical Model (15s and 7s) to ensure consistency in development
- **Local Excellence:** Year-round programming designed and directed nationally, but delivered regionally
- **Enhanced Athlete Support:** Strength & conditioning, athletic therapy and physiotherapy, sport medicine, and mental performance



- **Coach Development:** RTCs serve as talent incubators for emerging and specialist coaches
- **Stronger National Team Integration:** Players are better prepared for national selection and performance

Consultation and Collaboration

Over the past 10 months, research, consultations, and stakeholder engagement were undertaken to understand how RTCs could work in the Canadian sport landscape, how the RTCs would operate, and where they could be the most effective.

This has included consultation with:

- 25+ universities and colleges
- Canadian Sport Institutes/Institut national du sport du Québec
- Provincial Sport Organizations (PSOs)
- National team players, coaches, and staff
- Experts in sport science, sport medicine, and sport psychology
- AthletesCAN
- Municipalities
- World Rugby and other rugby federations
- Regional rugby stakeholders

Looking Ahead

The RTCs are not just a program — they're a system-wide commitment to excellence and access. With leadership from Rugby Canada and partnerships across the country, we are creating a **future-ready rugby development model** that strengthens the whole ecosystem — **from club to country**.

Based on the evaluation of potential RTC sites, we will be engaging in the next level of conversations and establishing MOUs with the first set of preferred partners.

Programming

The curriculum from the Rugby Canada Technical Model (15s and 7s) identifies the competences players are expected to develop at their stage of rugby in order to be effective. This guides the content for the rugby specific training sessions (yearly training plan) or a quad cycle. The curriculum is the guide for all RTC coaches.

Having an aligned curriculum from the National Senior Men's and National Senior Women's coaching staff allows all national pathway rugby players to receive similar reference points for coaching, language, and skill development through the year, contributing to faster integration when



assembling for camps and tours. The effective delivery of this curriculum will contribute to the outcomes of the RTC.

The RTCs will run year-round, however, there will be periods in the year with more extensive and compulsory on-field and team gym training sessions. Approximately 36 weeks will be highly planned with the remaining weeks on tour, off, or self-guided.

The content delivered at each RTC will be designed and directed centrally by the Technical Advisory Committee with accountability and leadership sitting with the RTC Head Coach.

Human Resources

Expected staffing at each RTC includes:

- Head Strength and Conditioning (women's and men's)
- Head Coach Women's
- Head Coach Men's
- Assistant Coach Women's
- Assistant Coach Men's
- Medical Contractors
- Operations
- Video support

The Program Director and High Performance Director will take a leading role in the recruitment process for RTC staff. The recruitment process will be transparent and may be a combination of hiring and appointments. The staff contracts could range from full-time to part-time contractor roles.

Coaching

There will be both Head Coaches and Assistant Coaches operating with the women's and men's programs in each RTC. The expectation is that Assistant Coaches will have more focused specialist skills coaching competences and will support both women's and men's training groups. There is the opportunity for ONE Head Coach to work across both the women's and men's programs. In this instance the schedule will be created to best support that format and the budget will allow for a larger contracted role for one person.

The RTC Head Coaches will use the Rugby Canada Technical Model curriculum to support players through the calendar year (15s & 7s). The Individual Performance Plans /Gold Medal Profiles and criteria for selection will be communicated through national team coaches.



Medical

Medical support is an important area for the RTCs. This includes access to athletic therapists, physiotherapists, Sports Medicine Physicians, and a general practitioner. Significant consultation with Rugby Canada staff and external sports medicine experts have contributed to the plan to support players in each region.

Sport Science

The Strength and Conditioning (S&C) aspect of the RTCs is critical and has a full-time staff component to ensure quality of delivery and outcomes. Getting the players physically prepared for the international game is paramount. Through the S&C Advisory Committee, there will be leadership from the national team staff to support the RTC staff. This will ensure load management and the appropriate tapering for each player and their Individual Performance Plan.

The Head S&C coach works across both the women's and men's programs in a full-time role. They are responsible for the programming, supervision, and testing of RTC players in collaboration with the S&C Advisory Committee and national team S&C leadership.

Results

The RTCs will create high performance daily training environments in regions across the country that advance rugby player development. Through this initiative a greater number of Canadian identified pathway players will have access to the required facilities, training sessions, and staff support to drive development.

Beyond the priority of high performance player development, the RTC initiatives will also support partnerships and growth of rugby in each selected region. This includes regional partnerships, staffing collaborations, coach development, and local growth of the game.

