



CCIAC Rugby for Everyone Program

Who We Are

The Calgary Canadian Irish Athletic Club (CCIAC), founded in 1971 in Calgary's northeast ([located here](#)), is more than just a rugby club. We field competitive teams for youth (U5 to U18), women, and men, and serve as a vibrant social hub for our members. At our core, we foster a deep sense of connection, community, and belonging.

Our vision is to bring together Calgary's diverse communities through the power of rugby. We believe in fostering passion, inclusion, and excellence—on and off the field. We're committed to creating a supportive and dynamic environment that encourages participation, builds confidence, and empowers individuals to make a lasting impact.

Why Are We Doing This?

Rugby truly is a sport for everyone. It welcomes all shapes, sizes, and skill levels, offering multiple formats, e.g., 15-a-side, 7-a-side, flag rugby, so that everyone can find their fit — and have fun doing it.

As one of the fastest-growing sports in the world—especially in the women's game—rugby is gaining momentum, and so is Canada. With the 2025 Women's Rugby World Cup on the horizon and Canada's national team currently ranked 2nd in the world, there's never been a better time to get more Calgarians into the game and onto the field.



Julia Omokhuale (Calgary Irish Player)



Gillian Boag

Calgarians are representing Canada on the world stage!



What CCIAC Offers

- Free programming (all CCIAC school programs are free)
- Programming for all ages K-12
- Equipment provided
- Qualified coaches:
 - Police Information Check & Vulnerable Sector Check
 - National Canadian Coaching Program (NCCP) certified (or World Rugby Equivalent)
 - Safe Sport Training
- Community programming located locally to your school
- Affordable and local club programming

Where CCIAC Deliver Programming

Programs are offered to high schools (see list below) and their associated junior high and elementary schools:

- Father Lacombe
- Bishop McNally
- St Francis
- Notre Dame
- Nelson Mandela
- Lester B. Pearson
- Forest Lawn
- James Fowler
- John G. Diefenbaker

Sign up [here](#)

Learn more about our programs [here](#)



Year*	Program Option	Description	Curriculum Links	Best For
Year 1	Try Rugby Day	A fun, one-day intro to rugby – perfect for a field day or PE feature.	Intro to game play, cooperation, participation	Sparking interest in rugby with minimal time commitment
	1-Week Residency	CCIAC coaches lead PE sessions during class time or after school (5 sessions). All equipment provided.	Movement skills, active living, teamwork, fair play	A full-unit PE experience with zero prep
Year 2	Multi-Week In-School Program	Coaches lead 1 session per week over 4–8 weeks, allowing students to deepen their skills and game understanding.	Skill development, tactical awareness, participation	Schools wanting sustained, skill-focused programming during PE
	Intra-mural Competition Week	CCIAC supports a friendly tournament within your school (class vs. class or grade vs. grade). Can be led by staff or jointly with CCIAC.	Game strategy, social connection, fair play	Reinforcing learning and building school spirit
	Leadership & Skills Building Residency	CCIAC-led PE sessions focus on student roles like captain's role, referee, timekeeper, tournament organizer, and class collaboration challenges.	Leadership, inclusion, conflict resolution	Blending PE with wellness and community goals
Year 3	Local Schools League or Tournament	CCIAC will work with your school and nearby schools to set up a friendly league or one-day tournament. CCIAC supports scheduling and game-day logistics.	Game application, cooperation, sportsmanship	Schools looking to engage in local competition and build inter-school connections
	City-Wide Rugby Festival @ the Irish	Join other Calgary schools for a festival with mini-games, fun stations, and student officiating. Priority given to Year 1–2 schools.	Application of skills, teamwork, communication	A celebration of progress and inter-school connection
Open Request**	Teacher Professional Development Workshop	CCIAC can deliver rugby-focused PD for your staff, including lesson planning, safety, skill progressions, and modified games.	Instructional strategies, physical literacy, inclusive delivery	Teachers interested in gaining confidence and practical tools to teach rugby

**Year levels are a suggested guide based on a school's progression in rugby knowledge and resource availability. Schools are encouraged to select any program that best fits their goals, regardless of prior participation.*

***This program is available by open request and can be scheduled independently of the year-based progression. Schools are welcome to book at any time that suits their staff development plans.*