



Coming from overseas and ready for an introduction in New Zealand we bring you Mixed Ability Rugby. We are doing this in collaboration with IMAS (Internationally Mixed Ability Sports), which is a proven model started in England to include everyone in mainstream sports.

Mixed Ability Rugby involves players, coaches and volunteers both with and without disabilities in the same team, generating social inclusion and improving health, confidence and social skills. Mixed Ability Rugby can sound like a daunting idea in a sport known for its physicality, however within the wider rugby offer Mixed Ability is proving a key element for players keen to engage but previously unable to do so.

Mixed Ability Rugby recognises the right of everyone to participate in rugby union. The team is a mix of people with disabilities, former players and players who are new to the game. It works by having experienced players on the team who act as 'facilitators' for disabled players and those that are new to the game. They assist, help and guide the individual players on the team to fulfil their role within the game. As Mixed Ability grows as a new format of the game, it provides an opportunity to engage people who may have previously viewed rugby union as off-limits to them, which is a really exciting prospect.

For more information have a look at our website: [www.ma-rugby.com](http://www.ma-rugby.com)

Training venue, day and time:

College Rifles (33 Haast Street in Remuera) on Monday evening from 6.30 - 8 pm.

Start date to be confirmed.

Any questions or want to join? Contact us on:

M 027 246 8461

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