

## Rugby Alberta Director at Large - High Performance

The 2022 season allowed for a return of high performance rugby across all ages. We started off with the ARC Sevens tournament in January held at Foote Field and started identification camps in the spring and early summer for the high performance programs. Training continued throughout the summer followed by competition. In July we saw the ARC 15s U16/18 Boys and Girls in Calgary. Alberta was well represented at several competitions throughout the summer including:

Westerns U16/18 Boys and Girls and Senior Women in Kelowna July 28-31

CRC U19 Men July 31-August 6 in Guelph

Canada Summer Games U18 Women August 6-15 in Niagara

Additionally, it was great to see a number of Albertans selected to represent Canada at international competitions throughout the year in 7s, 15s, and Rugby League.

I wish Rugby Alberta and the High Performance Programs ongoing success and all the best in the future.

Thanks,

Janna Slevinsky