

UBC THUNDERBIRDS

WOMEN'S RUGBY



UBC THUNDERBIRDS WOMEN'S RUGBY



GREAT EDUCATION.
GREAT RUGBY.

THE TEAM

UBC Rugby produces high-caliber athletes that excel academically while contributing to a supportive and driven team environment. The team includes:

- 25 varsity athletes and developmental athletes – train only
- Boasts several Can-West All Stars and Provincial standouts
- Produces the most Academic All-Canadians of any UBC varsity team
- Functions as a tight-knit unit, pairing each freshman with a senior athlete for academic and athletic mentoring

THE SEASON & THE LEAGUE

The Women's Rugby team at UBC competes within the elite Canada West division of CIS. During the fall, athletes train four evenings during the week and attend weekend training camps. The T-birds compete against four other teams in the western conference and, upon advancing to playoffs, battle for the Can-West title in Alberta. The western champion travels to the CIS National tournament to compete for the national title at the end of October.

Rugby players in BC have the unique opportunity to compete in high quality rugby beyond the CIS season. In the spring, UBC athletes train and compete with top teams in the Adidas Premiership Club League, gaining invaluable experience from other coaches, teammates and national team athletes. In addition, the team continues to train as a unit in preparation for the CIS University 7s tournament in March. Athletes are expected to train 1-3 times per week in the Varsity Gym and Conditioning Facility during season and 3-4 times per week in the spring to maintain the fitness and physical attributes for optimal sport performance.



HEAD COACH: DR. MARIA GALLO

Coach's Vision: I am committed to providing a learning environment where respect, trust and honesty are the core values, the focus is development and the pursuit of excellence on and off the field. I believe that winning should always be a team goal and continuous development an objective set by the coach. I am a process-focused coach and believe results are an extension of the methodology. I encourage an atmosphere of open communication and active participation, where players and coaches are encouraged to share their ideas, work together and express themselves honestly and openly.

I was a National level athlete from 1999-2010 (55 caps), and incorporate my experiences at that elite level into my coaching philosophy. I have been coaching rugby for the past 6 years at club, varsity and provincial level in Alberta and British Columbia. Last year was my first year as the Women's Head Coach and earned the Canada West Coach of the year Award; however, I have been involved in the program for the past 5 years as the Assistant Coach.



THE UBC EXPERIENCE

UBC ranks among the top universities in the world academically, and placed 25th for reputation (2012 Times Higher Education).

It resides on a spectacular campus in Vancouver, British Columbia. Annually ranked as one of the three most livable cities in the world, Vancouver and the University of British Columbia offer not only one of the best academic experiences but also one of the best rugby experiences.

UBC offers 200 undergraduate and 297 graduate degree programs, a cutting edge campus, ample residence opportunities, state-of-the-art sports facilities, and a vibrant student body which combine to provide one of the best experiences in the world. In addition, UBC players can access international student exchange programs with rugby playing universities through the Go Global program.

www.ubc.ca





TOP CLASS FACILITIES

UBC Rugby has the most comprehensive rugby facility in North America, and consists of:

- The new Gerald McGavin Rugby Center, completed in January 2013 with field views, lounge, stadium seating and two changing rooms
- 4 additional changing rooms in the original rugby clubhouse
- Varsity Gym for athletes only: 4000 sq. ft. state of the art weight room with two sprinting alleys and numerous platforms

ACADEMIA & SCHOLARSHIPS

Although three courses per semester is the minimum required for CIS eligibility, the majority of UBC athletes take four to five courses per semester. Student-athletes at UBC benefit from the following programs:

- Priority course registration for varsity athletes in most faculties
- Guaranteed housing for first year students (Totem Park and Place Vanier Residences)
- Thunderstudy: a bi-weekly free tutoring service for first year student-athletes
- Athletic scholarships - financial assistance is available for those in need (\$500-3000)
- 28 Group Award – two awards presented annually to two female athletes from each varsity team who exhibit excellence in academics or leadership in the community (\$2000)
- Work Learn – part-time employment opportunities for students, subsidized by UBC
- Part-time job opportunities within the Athletics Department: events, promotions, game management, security, etc.

The quality of these facilities has made UBC the provincial Center of Excellence for the BC Rugby Union and the location of their summer programs.





JOIN US

If you want to play rugby in a high performance environment and attend one of the best universities in the world, UBC Rugby will make your university experience second to none!

Dr. Maria Gallo
Head Coach
maria.gallo@ubc.ca
604-822-5084

www.gothunderbirds.ca/rugby

