

SPORT VALUES IN RUGBY

LODIE VAN STADEN



RUGBY BACKGROUND



- 9 years involved as a Provincial/Professional player
- 5 years as a Contracted player (Sharks & Griquas)
- 2002 - 2005 Involved in various rugby coaching clinic's
- 2006 - 2011 Managing Director of SKZN Rugby Academy - Sharks Approved Academy t/a Vikings
- 2012 - 2013 High Performance Coach - Border Rugby Union & SARU Border Academy
- 2014 - 2016 High Performance Coach - Valke Rugby Union
- 2017/18 - Indus Head Coach
- World Rugby Level 3
- World Rugby Educator of Coaches

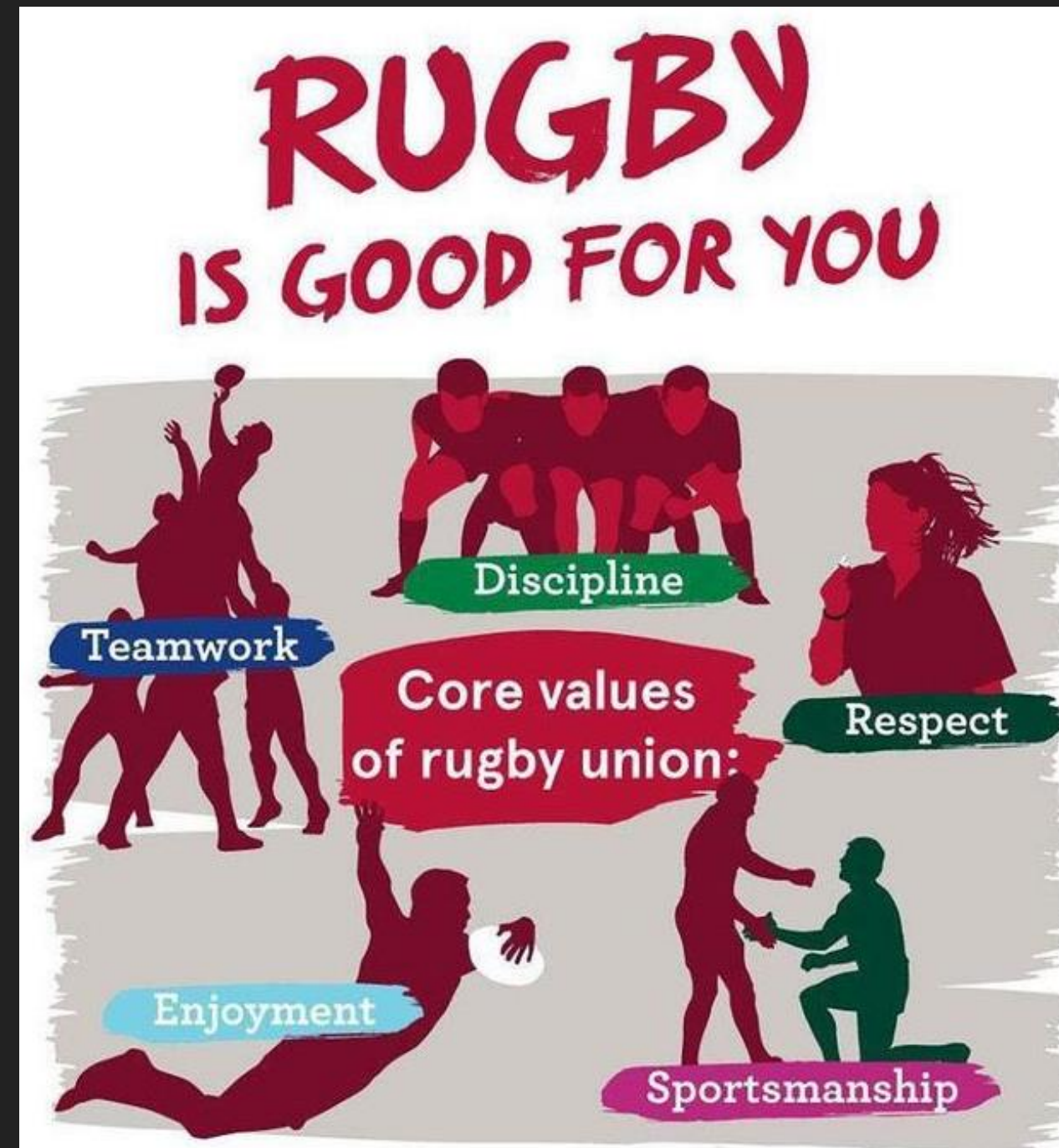
Diploma in Sport Physiology

WHAT IS
RUGBY?

THE CORE VALUES OF RUGBY UNION

Rugby instils **teamwork, respect, enjoyment, discipline and sportsmanship**. A game steeped in tradition, its players and supporters enjoy a deep sense of community and involvement. These values and traditions develop from the first time a young rugby player shakes hands with their opposite number, leading to life-long friendships and passion.

- ***Teamwork***
- ***Respect***
- ***Enjoyment***
- ***Discipline***
- ***Sportsmanship***



THE CORE VALUES OF RUGBY UNION



TEAMWORK

Teamwork is essential to our sport. We welcome all new team members and include all because working as a team enriches our lives. We play selflessly: working for the team, not for ourselves alone, both on and off the field.



RESPECT

Respect is holding in high esteem our sport and its values and traditions, and earning the respect of others in the way we behave. We respect our match officials and accept decisions. We respect opposition players and supporters. We value our coaches and those who run our clubs



ALL BLACKS - WAR DANCE AKA HAKA



ENJOYMENT - FUN

Enjoyment is the reason we play and support rugby union. We encourage players to enjoy training and playing. We use our sport to adopt a healthy lifestyle and build life skills. We safeguard our young players and help them have fun. We enjoy being part of a team and part of the rugby family.



DISCIPLINE

Discipline underpins our sport. We ensure that our sport is one of controlled physical endeavour and that we are honest and fair. We obey the laws of the game, which ensure an inclusive and exciting global game. We support our disciplinary system, which protects our sport and upholds its values. We observe the sport's laws and regulations and report serious breaches.



France coach Philippe Saint-Andre has dropped Louis Picamoles after the No.8 mockingly applauded referee Alain Rolland following him being shown a yellow card during the defeat against Wales.



SPORTSMANSHIP

Sportsmanship is the foundation upon which rugby union is built. We uphold the rugby tradition of camaraderie with team-mates and opposition. We observe fair play both on and off the pitch and are generous in victory and dignified in defeat. We play to win, but not at all costs and recognise both endeavour and achievement. We ensure that the well-being and development of individual players is central to all rugby activity.



He is just a little boy

He waits in position with his heart pounding fast.
The ball is won, the pass made and the die is cast.

Mum and Dad can't help him, he stands alone.
A catch, a dive for glory and his team has won.

He tries but the ball slips from his grasp.
A groan from the "Supporters" and a hands in head gasp.

"He should never have been picked" shouts a thoughtless fan.
Tears fill his eyes . . . This game is no longer fun.

Open your hearts and give him a break.
In moments like this a man you can make.

Keep this in your mind and do not forget.
He is just a little boy, and not a man yet.

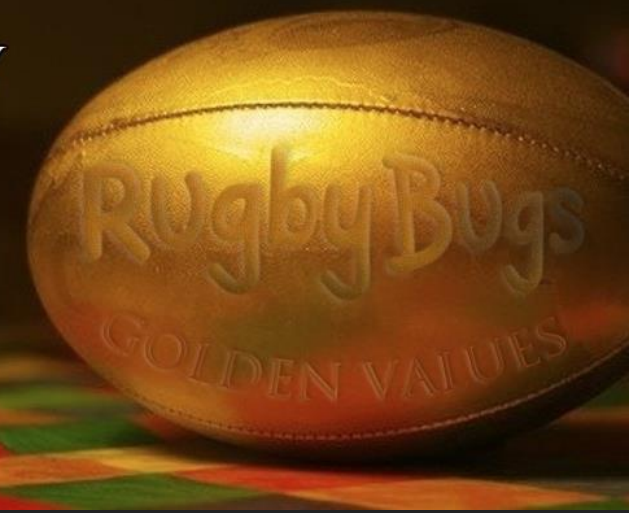
REMEMBER WHY THEY PLAY RUGBY

Enjoyment | Teamwork | Respect | Sportsmanship



RUGBYBUGS IS BASED ON OUR GOLDEN VALUES;

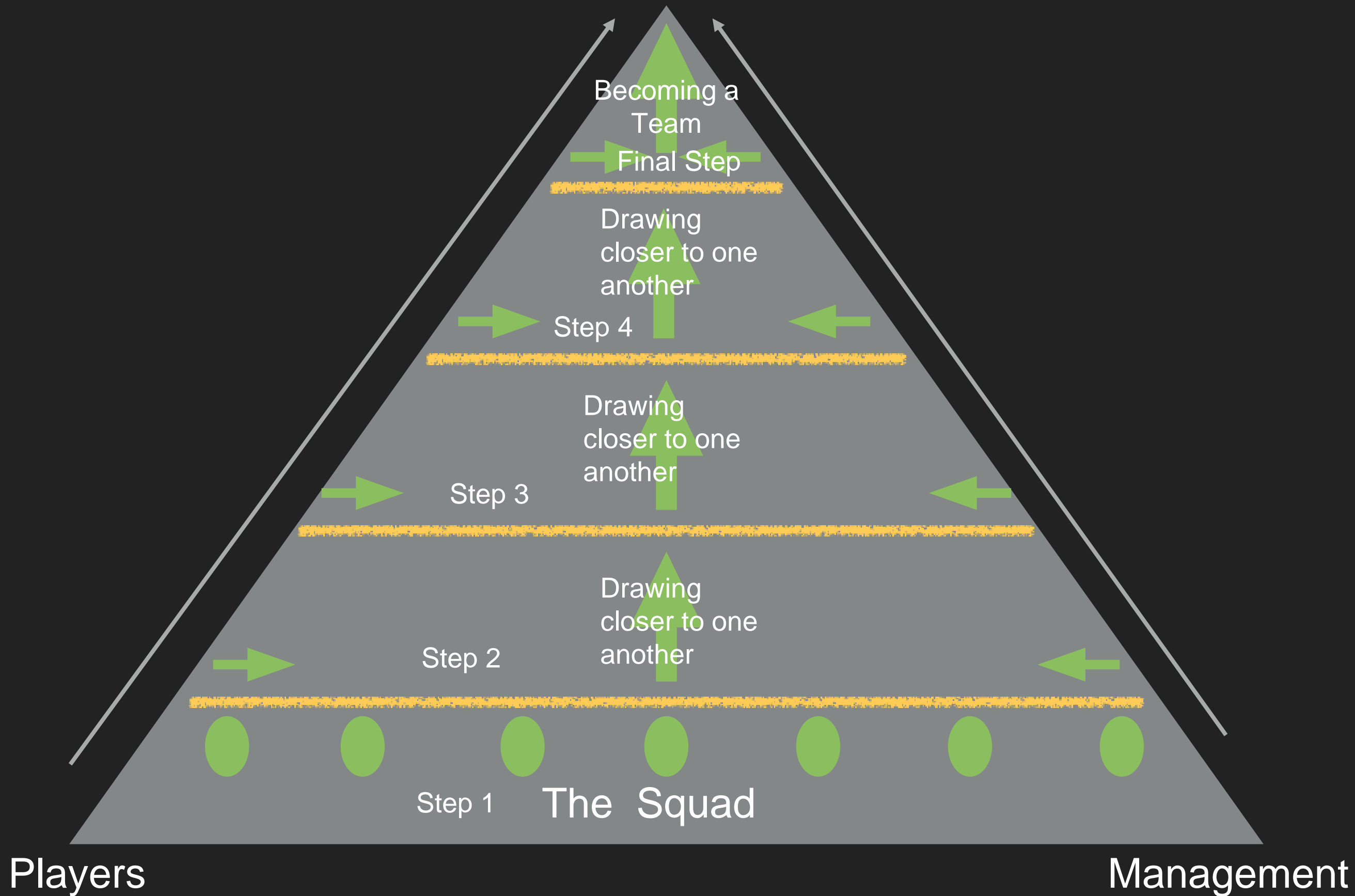
- TO WORK TOGETHER AS A TEAM
- TO ENJOY OURSELVES AND HAVE FUN
- TO SUPPORT EACH OTHER ON AND OFF THE FIELD
- TO RESPECT OURSELVES AND OTHERS
- TO ALWAYS TRY MY BEST



I BELIEVE IN THE
TRIANGLE METHOD
OF BUILDING A TEAM
AND SUCCESS.

LODIE VAN STADEN

Values & Beliefs of the Team



Success

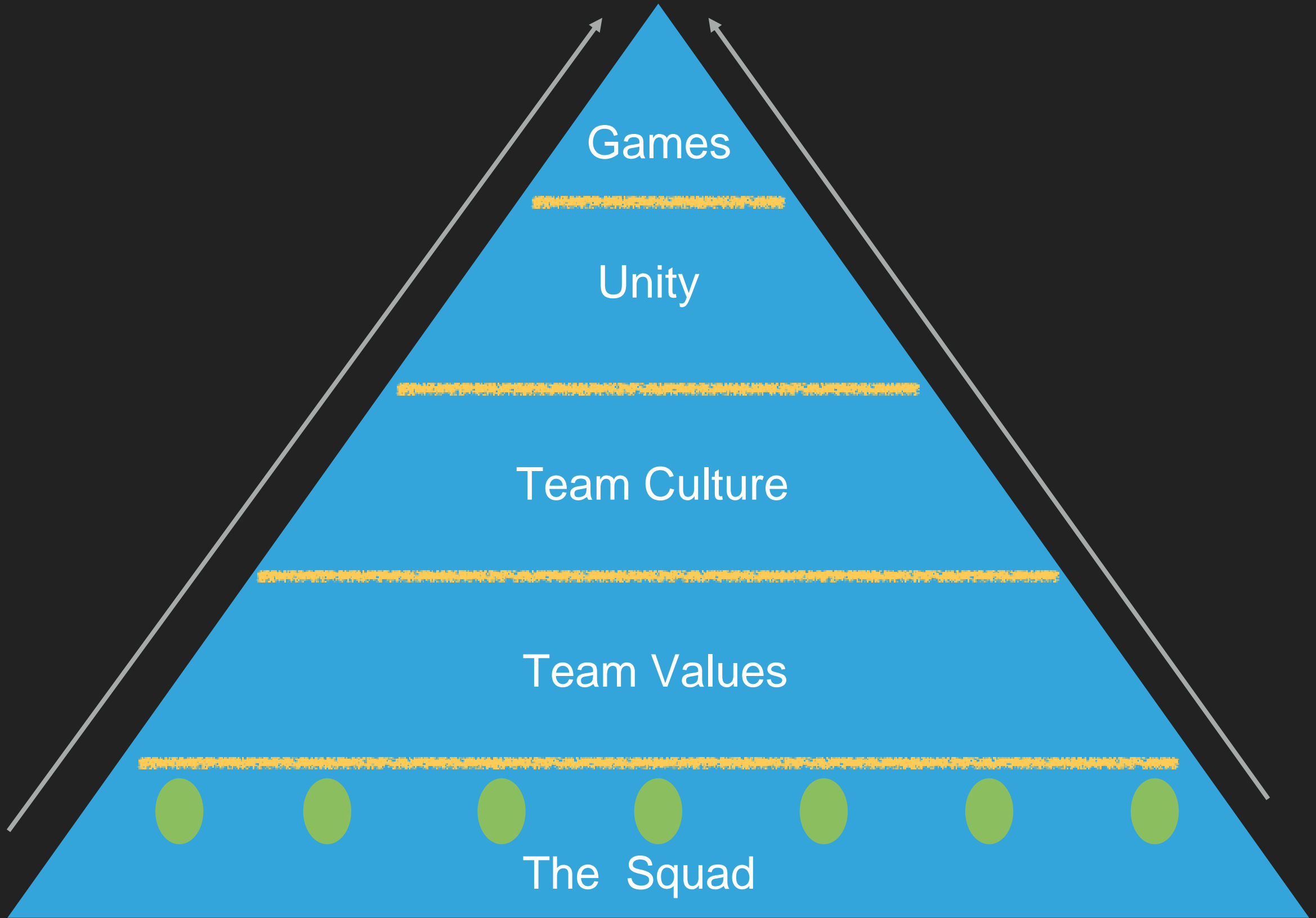
Games

Unity

Team Culture

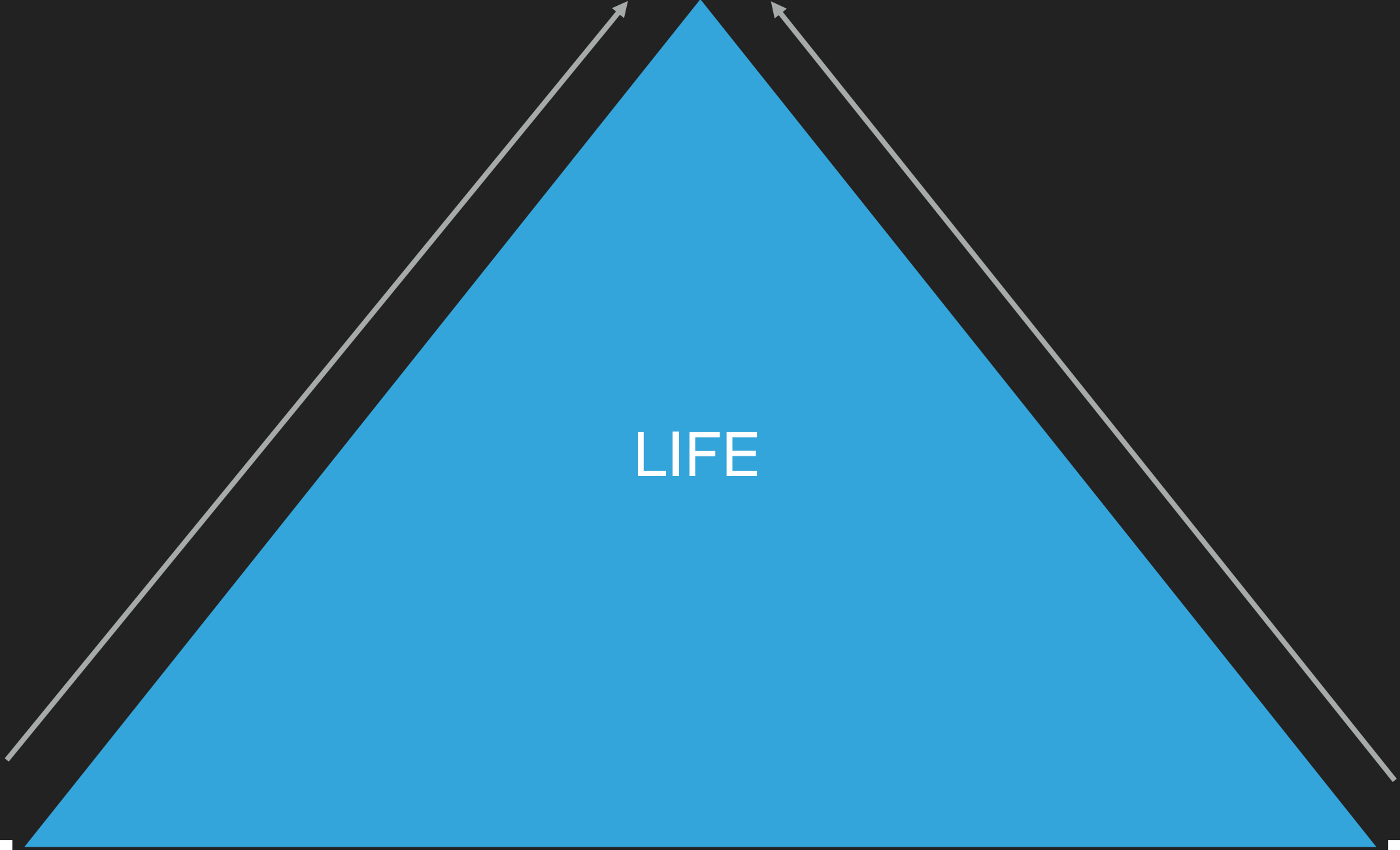
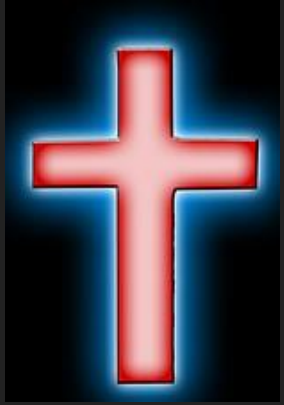
Team Values

The Squad



IN LIFE IT WORKS THE
SAME - FOR EXAMPLE
THIS IS HOW WE BUILD
OUR MARRIAGE. ONE
COMMON GOAL!

LODIE & CRISTEL VAN STADEN



Then you get married



TO BUILD A GOOD TEAM
AND A TEAM THAT IS
WORKING IN UNITY
ESTABLISH SOME VALUES
TOGETHER.

LODIE VAN STADEN



**TOTAL
RUGBY**

