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May 30th, 2016

To Whom It May Concern,

The students from Kindergarten to Grade 7 at Ecole Cedardale Elementary had the opportunity to work with North Star Rugby coaches and National athletes, Curry Hitchborn and Andrea Burke. Both coaches were professional and collegial with staff, but moreover, were well loved by the students.

Every child in the school participated with enthusiasm and was excited on a daily basis to work with and learn from the North Star Rugby coaches. Our teachers were thrilled to work with such high calibre athletes and benefited from the mentorship of the North Star Rugby coaches, applying the coaching drills and strategies learned to future lessons and classes.

Prior to the workshops our students had little knowledge of rugby, but after only one session with North Star Rugby, they were asking to borrow rugby balls to continue to play at recess. The sport and culture of Rugby and the comradery on and off the field are lessons that we hope the students will be able to apply to other aspects of their lives.

We look forward to continuing to work with North Star Rugby.

Regards,

Michelle LaBounty
Directrice/Principal

