MEN’S RUGBY

UBC THUNDERBIRDS

GREAT RUGBY, GREAT EDUCATION, GREAT TRADITION.
THE UBC EXPERIENCE

The program you’re looking for

UBC consistently ranks among the top 40 universities and among the top 20 public institutions in the world. With 18 faculties that are comprised of 60 undergraduate and masters programs, 52,721 students call the UBC Vancouver campus home, including 12,117 international students from 139 countries.

In addition to its standing as one of the top research-intensive universities in the world, UBC also prides itself on maintaining a vibrant learning environment that features numerous experiential learning opportunities and a 15-1 student-teacher ratio.

The place you want to be

Surrounded by the forested trails of Pacific Spirit Regional Park and sandy beaches of the Pacific Ocean, UBC’s Vancouver campus finds itself nestled in the city’s Point Grey neighbourhood. The United Nations has ranked Vancouver as one of top three cities in the world in which to live for the past decade. Vancouver is renowned for pristine natural surroundings of mountain and sea, year-round mild temperatures, and culturally diverse communities.

THE THUNDERBIRDS EXPERIENCE

Canada’s most decorated athletics program

The UBC Thunderbirds varsity program consists of 25 teams in 13 sports, with affiliations in two inter-university leagues. Historically, UBC boasts the most successful program in U SPORTS, as Thunderbird teams have won over 100 U SPORTS national championships to date and nine in the US-based National Association of Intercollegiate Athletics (NAIA). UBC has also produced countless international competitors and medalists, including 231 Olympians, and hundreds of student-athletes who have been drafted into professional leagues around the world.

Academic and financial supports

The UBC Thunderbirds program employs full-time staff to aid student-athletes in their academic pursuits. An emphasis is placed on the transition of first-year students, for whom one-on-one tutoring and guaranteed housing is offered.

Priority course registration is made available for student-athletes in most faculties. Financial support is provided in the form of athletic scholarships and alumni-supported awards for leadership and academics, as well as a work-study program.

Integrated sport science

To optimize individual and team performance, student-athletes have access to state-of-the-art facilities, technology, hydrotherapy recovery rooms, and massage therapy. They are also supported by experts in exercise physiology, dietetics, and sport psychology. In addition, UBC’s strength and conditioning coaches tailor individual and sport-specific training regimens for student-athletes in the 4,000-square-foot Smith and Laycoe Varsity Weight Room.

Athlete health is a key priority at UBC, with three full-time therapists and strong partnerships with the UBC Student Health and Allan McGavin Sports Medicine Centre all dedicated to keeping athletes in top form, mentally and physically.
THE UBC RUGBY ADVANTAGE

Thank you for your interest in the men’s rugby program at UBC. Our mission statement and core values are the foundation of our program: great education, great rugby, great tradition.

Our mission
At UBC Rugby we believe it is our responsibility to continue the tradition of developing balanced student athletes who demonstrate a range of dynamic abilities on and off the field; by doing so we will work towards our program goal of becoming the best rugby development program in North America.

The teams
The UBC Program offers a wide range of experience for its players and produces high calibre players that excel. We run four teams:
• The Thunderbirds is the varsity team. The Birds compete in the BC Rugby CDI League, the best competition in North America. They also play against the University of California at Berkeley in the “World Cup” series
• The Braves compete in the Library Square First Division League
• The Totems is a development team and play in the Lower Mainland Division Three
• The U20 Men play in the BC Tier 1 U20 League
We also run a strong Sevens program.

Coaching excellence
Our coaches have provincial and national level coaching experience and bring a wealth of knowledge and expertise to the overall technical quality of the program. To provide our players with the best rugby experience, our aim is to tour as a club every two years and to attend the World University Cup every four years.

Dedicated facilities
UBC has the most comprehensive rugby facility in North America and consists of:
• The new Gerald McGavin Rugby Pavilion, completed in January 2013 and offering a full clubhouse lounge, stadium seating and two national level changing rooms
• Four original changing rooms in the original Rugby Pavilion
• The Smith and Laycoe Weight Room, which is exclusive to varsity athletes
The quality of these facilities has made UBC the BC Rugby Union Provincial Centre of Excellence.

Our aim is to tour as a club every two years and to attend the World University Cup every four years.
BECOMING A THUNDERBIRD

1. GOTHUNDERBIRDS.CA/RECRUIT
   • Thunderbirds recruitment information
   • Prospective Student Athlete Form

2. Ensure that UBC is the right academic and career choice for you. Investigate:
   • Programs offered
   • Academic prerequisites
   • Application deadlines

3. Compile your academic and athletic profiles
   • Academic transcripts
   • Playing history including participation in national, provincial and regional programs
   • Participation in other high performance sports
   • Coach recommendations
   • Highlight videos
   • Recent results

4. Make contact with head coach
   • Make your intentions known
   • Discuss your options
   • Have your questions answered

5. Apply to UBC before the deadlines in your preferred faculty

FOR MORE INFORMATION

Dave Brown | General Manager
dave.brown@ubc.ca
Office: 604-822-5958 | Cell: 604-671-4283

Rameses Langston | Program Head Coach
rameses.langston@ubcrugby.com

Curry Hitchborn | Head Coach Forwards
curryhitchborn@gmail.com

Department of Athletics and Recreation
University of British Columbia
272 - 6081 University Blvd
Vancouver, BC V6T 1Z1

@UBCRUGBY
UBCRUGBY.COM
GOTHUNDERBIRDS.CA