# Transcript – Stepping out with Sense Rugby

[Carlien]: Sense Rugby is really for anyone who finds it difficult to engage in mainstream activities, and who might need a little bit of assistance to develop those gross motor skills, social skills, emotional, and behavioural skills.

The opportunity to go and play on a field enables them to feel like they're just doing rugby. They're not going to therapy again.

[Jesse]: We're running through ladders and crashing through pads and being able to tackle, wrestle, and all that heavy input that a lot of our kids really need and lack outside of our Sense Rugby groups. Which really helps our kids to succeed and concentrate in maybe a school setting or anywhere else they're trying to succeed.

[Jesse]: 3, 2, 1.

[LAUGHS]

[Carlien]: For me, the best thing is just seeing families experience that success of being on the field and then feeling socially successful.

[Sense Rugby player 1]: My friends come here, and I love it.

[Sense Rugby player 2]: Making lots of friends and having fun.

[Sense Rugby player 3]: I feel like I've accomplished something, and it makes me feel good.

[Sense Rugby player 4]: Probably the best thing about Sense Rugby is I get to go beyond my limits. And I feel dedicated and devoted to my hard work here and I always think of Sense Rugby as one big happy family as well.

[MUSIC PLAYING]

[Jesse]: Just seeing them overcome their fears, the struggles that they have. And seeing them being able to succeed in it where they possibly hadn't before, it's just huge.