

## **AN INTERVIEW WITH AN EX RUGBY PLAYER**

Rugby is a sport that is becoming more and more popular in Italy: nowadays there are more or less 250,000 players.

It's more widespread in Anglo-Saxon countries where it was born; in Great Britain for example, there are four national teams: the Scottish one, the Welsh one, the English one and the Irish one.

Rugby is mostly widespread in the Northern Hemisphere; in the Southern Hemisphere it's played in countries of Anglo-Saxon origin, like Australia, New Zealand, but also in Argentina.

A senior team is composed of 15 players plus the substitutes.

Three trainings sessions a week, lasting about 2 hours and a half each, are needed to be well trained and play in the championship,.

For younger boys and girls, an hour and a half three times a week may be sufficient. It's important for a rugby player to follow an appropriate diet, especially before a game. A light diet consisting of cereals and fruit is perfect before a game.

What's more, strict behaviour is important for a player: he needs to take care of the "central part" of his body, his brain has to be brilliant!

So not only do they have to eat a variety of food but also the right amount; they have to train regularly, rest and go to bed at an appropriate time.

To observe the rules is basic in rugby and what you learn helps you in life.

A true player considers loyalty as his first value.

Some players hit their opponents; they think that everything is allowed in rugby. These players haven't understood anything about this sport, they are not able to play, they are aggressive and they damage their team.

Diligence is very important as well: a good rugby player overcomes difficulties bravely.

It's essential to consider the opponents as friendly: in this sport people say "we play with somebody", not against them.

There aren't any enemies among the rugby players. When a match finishes, the players embrace each other and then they go to the restaurant, where they talk about the match.

It's very useful to analyse why a team lost a match, especially to analyse themselves: this is the only way to improve!

Losing presses you to become a better person and player.

Rugby is a "mirror" of life: you have to fight and carry on, exactly like in your life!

Rugby is something that enters your skin and never leaves you.

Even after 40 years on from a player's first match, he still adores it.