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It's been a rugged road, but Waterdown District High School's Warriors are ready for spring.

Thanks to enthusiastic and knowledgeable coaching by Andrew Hyde, the WDHS rugby squad has been getting whipped into shape and the team members are eager to show off their skills, as they anxiously await their first official league season to rock the field.

Getting the Warriors in their cleats was a time-consuming task. The idea was first toyed with by Braeden Macleary, who played rugby in Burlington and attended WDHS. But it wasn't until the combined efforts of the WDHS teachers Nathan Tidridge and Gerrard Prangle emerged that the team was able to forge a solid beginning.

Last year, the Warriors, which consisted of 15 members, played a single exhibition game. This year, the 45-strong squad will lay it on the line in actual league competition.

The team practices Tuesdays, Wednesdays and Thursdays, rain or shine. The gruelling sessions can last up to two hours. Captain Mike Dougherty runs the team through warm-ups before the hard-hitting drills begin. Practices often end with members demonstrating their skills in a friendly scrimmage.

The team predicts a fun and successful year full of sportsmanship and combined efforts to bring home a few wins – maybe more.

"Whether you're a big guy or a little guy, there's a position for you on the field," said Dougherty.

And there's no worry of whether or not the team will have the loyal support of the Warriors mascot.

"We don't need the mascot, we're just out here for fun," joked Dougherty.

"The rules regulate sportsmanship, we're all about it."

The Warriors Rugby squad will kick off their first league game undefeated, thanks to last year's exhibition match.

The boys will start off their season with their first ever official game on May 2 at their very own WDHS field.

"We have a decent team, an unknown quantity," Prangle stated.

One thing the Warriors are looking for is a supportive, enthusiastic crowd in the stands, to cheer and have some fun.

Because, combined with drive and poise, that is exactly what these boys are going to do.