



OCUA Captains **Resources For Recruiting**

We know building the perfect roster can be challenging and keeping it intact throughout the season can be even harder. Below are a few of the OCUA-supported resources we have developed to help our captains find players.

[OCUA Spares List Facebook Page](#)

[Subs Slack Channel](#)

[Summer Spares List on Zurulu](#)

[OCUA Forums](#) – post in [Teams Looking for Players](#) or
find someone in [Players Looking for Teams](#)

All players are welcome to come learn the game and receive some quality coaching at our annual learn-to-play clinics. These clinics are free to new members, so encourage your friends to come give our sport a try!