

## **2015 - New Player Packet FAQ**

Each season significant parental involvement is an important part of creating, maintaining and growing our club. Equally important is the reward you as a parent will feel contributing to your child's involvement in a new and exciting sport. The Highlander Family includes players, coaches, parents, friends and other supporters who wish to come out and participate in any way they can.

### **Club Overview**

Our rugby team is unaffiliated with any particular school district and is a nonprofit sports club that operates under the guidelines and rules of both USA Rugby and by Rugby Washington.

### **Who is in Charge?**

Our club is coached by a several experienced and mature coaches with overall management falling to Andy Ramsay. All our coaches are USA Rugby Certified Coaches. This certification also carries a current Risk Assessment Clearance (background check) which is required for coaches in most youth sports organizations.

### **How Can Parents assist our Rugby Program?**

As well as cheering on your child and the rest of the team from the sidelines we always need assistance in many aspects of club operations. Some of these opportunities are listed below:

Volunteer to be a Team Manger

Volunteer to be an Auction Committee Member

Launder the team's uniform jerseys (sign up on Admin Tab of the website)

Purchase, preparation and service of post-match food at home games (costs refunded by club sign up on Admin Tab of website)

Film games for coaches to share with team

Provide transportation for other players to away games

Solicit and procure team sponsorship or donations

### **When does the Season begin and end**

In Mid-January outdoor practices will commence typically at 6.30pm and last 2 hours. The days of the week and start time are totally depended on field availability. We make every effort to avoid late evenings during the school week. In February we will play scrimmage games and also travel to Oregon for a tournament which usually requires an overnight stay. The remainder of the month will include local friendly and non-league matches. In March the league matches will commence which involves one game a week. The regular league season will conclude in early May and if qualified end with state finals in Mid-May. Matches are scheduled dependent on the opponent's geographical location but for the girl's games are typically played on Sundays with some Saturdays and very occasionally a Friday night. The boys are played on Saturdays with an occasional Friday night match.

### **Can my son/daughter play other sports and also play rugby?**

Yes of course! We do not support the idea of “single sport, year round athletes”. We believe that all student athletes should have opportunities to experience as many sports as possible while young and able to do so. We encourage rugby player’s to play fall sports at school and if they are inclined a winter sport. Athletes engaged in a winter sport may simply join us at practice and games when possible and then as that sport season concludes commit more extensively to rugby. We have had numerous players that have played a spring school sport and rugby. We leave this up to the individual player and parents to decide if the athlete has the time and stamina to play two sports and also complete all educational commitments.

### **Do you suspend players from participating who are getting poor grades in school?**

No formal or informal arrangements are in place to monitor individual grades but the coaches will respect the right of parents to hold their son out of rugby activities including games. Academic achievement is equally important to us as any athletic achievement.

### **What kind of equipment is needed to play rugby?**

One of the great things about rugby is the simplicity and the minimal equipment that is required to participate. As part of our membership or dues you will receive uniform shorts and socks. The club will also supply mouth guards but recommend considering as higher quality or dentist molded guard for improved protection. Uniform jerseys are provided to players each match day and remain in the clubs possession throughout and at the conclusion of each season.

Cleats are each players own personal responsibility. These can be soccer, football or rugby cleats. Rugby cleats are not necessary and are essentially the same as football ones. Rugby cleats along with other more specialized rugby supplies can be obtained on the internet from vendors such as world rugby shop, Red Rhino Rugby and Rugby Imports. Inexpensive regular cleats can be purchased at Wal-Mart, Dicks Sporting Goods in Puyallup or at any Sports Authority.

### **How much are individual membership fees for the season and how is this money spent?**

As we receive no outside funding or sponsorship we rely heavily on the collection of individual dues to offset our operating costs. Supplementing this income are fundraisers which allow us to help keep the membership fees to a minimum and assist players to raise money to receive credit towards paying their membership fees. Membership fees can be paid in whole with one payment or divided into incremental payments. In addition to our club membership fees every player will need to register with Rugby WA and pay a registration fee of \$75 or \$65 if 15 or younger. This registration will allow a player to actively play in games and ensure that our club is in compliance with liability insurance coverage issued by USA Rugby and that we are abiding by the rules and regulations of Rugby WA. To complete registration log onto rugbywa.org and click on the registration tab. If you are returning player check with Coach Ramsay to receive your USA Cipp # which is your identifier from past seasons which will be included in the registration process. After completing online registration new players will be issued a similar identifier for the current season.

Confidential payment plans are available for players and families who may be on a tight budget. Dues can also be waived under specific circumstances in instances of severe financial challenges. Our goal is to make the opportunity for all athletes to play despite their individual circumstances or ability to cover membership fees.

Should you wish to discuss your membership fee payment and or need to create a payment plan please contact Coach Ramsay. Payments can be made in cash, check (made payable to Rainier Junior Rugby Club) or credit card. The collected monies from dues offset player's uniform purchases, field rentals, field marking supplies, post-match meals, referee fees. Promotional material and advertising production and general administrative materials and costs.

**1<sup>st</sup> Year New Player U16-U19 including shorts, socks, mouth guard , custom Rainier rugby ball \$135**

**Returning Player \$115**

**What happens if my son/daughter is injured during a match or at practice?**

A fully stocked first aid kit is always on hand to treat minor injuries that may occur during a match or at practice. We also make every effort to have a professional Athletic Trainer present at our home matches and when necessary at away games.

Each player will complete a medical history document, emergency contact information and a medical authorization form included in this packet which in the event of a serious injury requiring emergency treatment and a parent can't be immediately located will permit the applicable coach to seek immediate medical care. These completed documents are added to a binder which accompanies the team to all practices and games. Players are responsible to report minor injuries to their parents; injuries that are suspected to be more serious in nature will be immediately reported by the coaching staff to player's parents or guardian.

**Who is In Charge when the team goes to away games or on overnight stays?**

The ultimate responsibility for supervision of the players rests upon the head coach of the team or his designee if he is not participating in the trip with regard to all rugby activities, including team travel. This is a responsibility that is taken extremely seriously. In addition to the coaches parent chaperones may travel with the team on overnight trips. Parents will be provided comprehensive trip itinerary and telephone contact information that can used in the event of an emergency situation.

**Club Code of Conduct/ Commitment Letter**

All athletes and their parents are required to review and sign the Commitment Letter and applicable copies of the club's codes of conduct and for the female players and additional understanding of the dress code. These standards endorse the following values:

Personal responsibility                      Good Sportsmanship                      Honesty                      Fairness and team work  
Respect for teammates, coaches, officials and opponents

Included in this mandate is the zero tolerance for the use of illegal drugs and or alcohol at any practice, club function, match, tour or other official event.

### **How Much Time is dedicated to Rugby each week**

Our team will typically engage in two practices a week lasting 2 hours per session. Early in the season one specific week will include a Monday-Friday practice to attempt to fast track a player's knowledge of the basic fundamentals of rugby.

No player who has a valid and reported reason to miss practice will be penalized in any way. We encourage good use of time management but understand that there will be occasions when players have to skip practices. Excused absences would include studying, homework, work or attending important family, church or school events. Players are however expected to notify their designated coaches of their absence by either calling or texting their appropriate cell phones. These notifications should be made as early on practice day as possible so that coaches can modify their practice plans accordingly for these absences. We also encourage you to review the club's website schedule page at the beginning of the season that includes all practice, match and social activities. If you are aware of schedule conflicts for other commitments please let the coaches aware of your absence so they can plan accordingly.

### **How do we find out about current news, schedule or any other club related information?**

The coaches will utilize a group texting system to communicate miscellaneous information to players and parents. This system only dispatches messages and recipients cannot reply. To subscribe to receive these messages enter on your phone text feature the phone number 442 333-4911 and in the message area enter @raini and you will receive a confirmation message that you are enrolled in this service.

The club's website [rainierjuniorrugby.com](http://rainierjuniorrugby.com) is the most comprehensive source of information with two particular features that will provide the most current information. On the top of the home page there is a scrolling message which is used for immediate alerts such as practice cancellations in inclement weather or last minute changes in game locations etc. The second valuable source of website information is our game day template which will provide all the information you will need to know regarding where and when to be for this week's match.

In addition to our website we host a Facebook page that we use to supplement some of the website information and to keep players and parents up to date with club happenings. This page is intended as a secondary source of logistical information and the website should be used as the primary source. You can find our page by searching for RainierRFC (no spaces).

### **How do I contact the coaches?**

Boys Under 15:	Brian Belisle	<a href="mailto:butcherbri95@gmail.com">butcherbri95@gmail.com</a>	Cell- 253 985-0960
Boys U19 Primary:	Jeff Sprouse	<a href="mailto:jwsprouse@me.com">jwsprouse@me.com</a>	Cell – 253 332-3511
Girls Primary & Boys Secondary:	Andy Ramsay	<a href="mailto:a.s.ramsay@comcast.net">a.s.ramsay@comcast.net</a>	Cell – 253 330-6816

**Online Club Store @ [www.rainierjuniorrugby.com](http://www.rainierjuniorrugby.com)** A wide array of Rainier spirit wear is available to purchase either on game days or via our website based online team store. Click on the Shop Tab and scroll down to team store. Our vendor Snappyduds will manage, produce and ship your purchases directly to you. In addition to being able to purchase spirit wear you can also purchase protective head gear, replacement match day shorts & socks or purchase your own rugby ball. These items are stocked locally by a club member and will be hand delivered to players at practice or games. Local Purchases must be completed at a minimum 24 hours prior to receiving these specific items.

