

## **Rainier Junior Rugby Club FAQ's for Parents / Players**

Each season significant parental involvement is a vital element of creating, developing and maintaining our club. Equally important to the contributions parents make is the sense of reward and appreciation from helping many more kids than their own during their involvement as Highlander rugby player.

### **Club Overview:**

Our team is unaffiliated with any particular school district or city and is a nonprofit sports club that operates under the guidelines and rules of WA State Laws, Rugby Washington and USA Rugby.

### **Who Coaches the Teams?**

Our team coaches are a mix of former players and parents who volunteer their time and effort to ensure they are all certified, current with the laws of the game and fully educated in all safety related aspects including player welfare and recognition of concussion and how to react to this injury. All of our coaches have participated in a USA Rugby Certification Course and carry a Risk Assessment Clearance (background check) conducted biannually by USA Rugby. For a more in depth review of who are coaches are and their background please review our coach's page on the club website.

### **How Parents Can Assist Our Club**

As well as cheering your son or daughter and their teammates from the sidelines we always need assistance in a variety of aspects of running and operating our club.

Operations Committee Member	Film Games to share footage with coaches & players
Team Manager	Provide transportation to away games for other players
Solicit and procure club sponsorships	Launder team uniform jerseys
Purchase, prepare and service of post-match meal at home games (costs refunded by club)	
Member of fund raising committee or Dinner / Auction committee	

### **When does the season start & End**

For grades 7 and above mid-January the club will kick off the season with two rookie camps which are free of charge and open to all. Practices will commence a week later. Grades 3-6 will commence their season in late January /early February. Student athletes involved in school spring sports such as wrestling and basketball are encouraged to concentrate on those sports and commitments and report for rugby practice once those commitments are completed. There is plenty of time to teach and coach these athletes how to play despite a later start than others.

The season end for grades 3-6 will be late April and 7-12 will be dependent on post season play. The latest the season could end would be the 3<sup>rd</sup> week of May.

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

Yes of course! We do not support the idea of a "single sport" year round athlete. We believe that kids should have the opportunity to experience as many sports as possible while young and physically able to do so. Athletes engaged in school sports should join us at practice and games as much as possible and commit to rugby fully

when available. We have had many players who have combined rugby with other sports and we leave this decision to the individual player and parent based on the time and stamina available to complete these athletic obligations and also maintain educational standards and commitments. Our coaches will “work” with players and families to make this balance successful providing they are engaged in good communication from the player regarding their schedule and availability.

### **Do you suspend players from participation for failing or poor school grades?**

Our club has no formal or informal arrangements to monitor or record individual player grades but our coaches will respect the right of parents to hold their son or daughter out of rugby activities including matches. Academic achievement is equally important to us as any school administration or governing body.

### **What Kind of Equipment is required to play rugby?**

One of the great features of being a rugby player is the simplicity and inexpensive equipment and uniforms required to participate. As part of any new player membership included will be uniform shorts and socks. The club will also provide a mouth guard if the player does not have their own one. For grades 7 and above the uniform jerseys are provided to players on match day and will remain property of the club. Grades 3-6 will receive and own their jerseys. Body armor and protective head gear is an optional item which some parents and players may choose to purchase. Good online suppliers are [www.ruggers.com](http://www.ruggers.com) or the world rugby shop.

Cleats are each player’s personal responsibility. These can be existing football or soccer cleats. (baseball and softball cleats are not permitted) Local outlets for a range of cleats suitable for rugby include Big 5 and Dicks Sporting Goods.

Rugby Cleats are available from various online vendors but are far from unique and purely an optional purchase. A good online vendor is [www.ruggers.com](http://www.ruggers.com)

### **How Much Time Weekly will need to be dedicated to Rugby**

Our teams will typically practice twice a week lasting a maximum of two hours and possibly less for the younger age teams. It is possible coaches may occasionally schedule an additional practice should they feel it is necessary to fast track learning or teach specific elements or skills which need more time. Practices are typically scheduled on Tuesday & Thursdays but may be subject to change based on field availability. All practices will be in the evening with start time typically 6.30pm for grades 7-12 and possibly earlier for other teams. All practices end at 8.30pm and usually earlier for the younger teams.

On game days players typically will be expected to report to the venue at least one hour prior to kickoff and a game is a maximum of 90 minutes. At the conclusion of the match all players are expected unless they have notified their coach in advance to attend the post-match meal and social with opposition and team mates.

No player who has a valid and **reported** reason to miss practice will be penalized in any way in most cases be permitted in the upcoming match. When they play and how much will be situational based and the decision of the team coaches. Players are expected to adhere to good time management and manage school and work commitments to provide the maximum opportunities to attend practices and matches. We also understand that there will be occasions when players have to skip practices however unless it’s an emergency situation the

players' coach should be notified via call or text as early as possible in the day so if necessary the coach can modify the practice plan for known absences.

It is also the player's responsibility to know where the game venue is, how he or she is getting there and what time they are required to be there. A great resource to get specific weekly match details is the team page on the club website.

### **What are the Information Sources & Methods of Communication Used by Coaches & Club**

Our coaches choose to communicate via a texting system known as Remind 101. Individual coaches and managers will provide enrollment guidelines for this system. The club's website is the primary source of information needed by parents & players. [www.rainierjuniorrugby.com](http://www.rainierjuniorrugby.com). At the top of the home page their a scrolling message which is used for short term alerts and for communicating unexpected occurrences such as practice cancellations during inclement weather or facility issues, changes in venues for practices or matches. Each team also has its own individual page on the website for specific information pertaining to their team. Included on this page is an instant email messaging feature that can be used to contact both the team head coach and manager.

In addition to our website we host a Facebook Page that we use to supplement website content and keep players up to date with club activities and non-related game or practice events. This page is not intended as the primary information source but can be a useful tool to compliment the website. Our page is RainierRFC (no spaces).

Individual coaches and managers methods of other types of communication may vary but the standardized method is intended to be via group text and website based team pages.

### **How Much are Individual Membership Fees & How Do I Pay These**

Our club receives no outside funding and relies solely on any fundraising. Sponsorship, donations and player membership fees to offset our operating costs. Membership Fees will range by the grade a player is in and also whether they are a first year player or a returning player. A returning player will pay fewer fees providing they intend to reuse their previous year's game day uniform pieces. In addition to covering our own fees players must also register annually as a player with Rugby Washington and pay the applicable fee for the grade level they are participating at. These fees can be paid in whole or by using a three step payment plan. Rainier Rugby Membership can also be paid using a three step plan or if necessary on a personalized plan worked out with the club. Until this registrations is completed and the minimum payment fee is paid combined with the minimum Rainier payment # 1 a player will not be permitted to participate in any games. Both club and Rugby WA registrations occur on the Rugby WA website [www.rugbywa.org](http://www.rugbywa.org).

New player membership fees encompass uniform shorts, socks, mouth guard and a playing jersey for grades 3-6.

Confidential payment plans are available for all players and families working on a tight budget. Dues in special circumstances can be waived once a request has been submitted and reviewed. We also offer a discount to families who have more than one child participating on our teams. Should you wish to discuss matters related to challenges paying membership fees please contact Coach Andy Ramsay.

253 330-6816 or a.s.ramsay@comcast.net

Our goal is to make the opportunity for all kids to play regardless of their ability to pay membership fees and will work with all parents to find a way to make this happen. To establish your son our daughter's applicable fees please review our website registration tab. [www.rainierjuniorugby.com](http://www.rainierjuniorugby.com)

### **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 be used in the event of an emergency situation.

### **Club Code of Conduct**

During our club online registration process all players and their parents are required to review and sign the applicable copies of the club's Player and Parent codes of conduct. 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.