

2011 - 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 son'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. Andy is a USA Rugby Certified Coach. Additional accreditations include first aid, CRP and National Sports Safety Training. Andy also carries a current WA State Patrol Risk Assessment Card (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 son 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:

Launder the team's uniform jerseys (sign up on the website in January)

Purchase, preparation and service of post match food at home games (costs refunded by club)

Video Taping of Games for coaches to share with team

Host touring team players in your home

Act as chaperones during overnight or tour stays

Provide transportation for other players to away games

Solicit and procure team sponsorship or donations

We also have a parent committee which meets monthly to discuss, plan and coordinate upcoming events, fundraisers or other club operations.

When does the Season begin and end

In 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 early February we will play scrimmage games and also travel to Oregon for a two day tournament. The remainder of the month will include local jamborees. In March the league

season will commence which involves one game a week. The league season and playoffs will conclude in mid May. Matches are scheduled dependent on the opponent's geographical location. Local opponents will schedule games on Friday evenings and others will be played on Saturday.

During the Presidents Day Weekend in February we are typically invited to play in an interstate tournament in Beaverton OR. Teams from WA & OR will compete in this tournament that is played in a jamboree environment with little attention paid to results. It's intended to introduce new players to the game and provide teams their first semi competitive games of the season. We will depart Bonney Lake Saturday morning returning Sunday evening. Players traditionally will be hosted or billeted by opposing team's families who will feed, provide bed and hospitality on Saturday evening.

Aside from our game schedule we ensure that we include other activities such as paintball, snow tubing and team dinners which serve as great team building opportunities as well as a lot of fun.

Can my son 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 and what does it cost?

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 plus a mouth guard. A uniform jersey will be provided each match day. 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. Regular cleats can be purchased at Big 5 and Sports Authority.

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

As we are a fairly new club and haven't been able to create substantial financial savings we rely heavily on collection of individual dues to offset our operating costs. Supplementing this income is a series of

fundraisers which we schedule throughout the year. All players are expected to participate in these events. These fundraisers allow us to keep the membership fees to a minimum. The collected monies from dues offset player's uniforms, field rentals, field marking paint, post match food, referee fees, promotional materials and general administrative costs. Dues can be paid in whole by January 24th or divided into two payments with the final payment due by February 4th. First year player dues are \$200 and a returning player intending to reuse shorts and socks are \$175. Checks can be made payable to Rainier Plateau Junior Rugby Club.

Confidential payment plans are available for players on a tight budget. Dues can be waived on a confidential basis in instances of serious financial hardship. Please discuss with Coach Ramsay.

Are there a lot of injuries in rugby?

No, there is a tremendous amount of misinformation on this important issue. Most of this misinformation is given out by folks who know little or nothing about rugby, or who are personally "invested" in sports that they perceive as competing with rugby for talented athletes.

There are actually very few injuries in rugby. As with all contact sports, there are bumps, bruises, and occasional sprains, concussions and fractures. Rugby is a contact sport, and a vigorous one. However the rate of serious injury is less than experienced in other contact sports, such as football and ice hockey. The rate of serious injury in rugby is comparable to that in soccer and lacrosse and substantially less than skiing and snowboarding.

What happens if my son 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. Each player will complete a medical history document, emergency contact information and a medical authorization form which in the event of a serious injury requiring emergency treatment and a parent can't be immediately located will permit coach Ramsay 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.

USA Rugby are in the process of making medical insurance available to clubs which will permit individuals that don't have their own personal medical insurance to participate. We should have this available by January 2011.

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 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

All athletes and their parents are required to review and sign a copy of the club's "Code of Conduct" which endorses the following values:

Personal Responsibility

Good Sportsmanship

Honesty

Respect for Teammates, coaches, officials and opponents

Fairness and team work

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

How Much Time is spent on Rugby in a week?

Our team will generally engage in two practices a week lasting 2 hours per session. No player is penalized in any way if he needs to skip practice or a match to study, complete homework or to attend a family, church or school event. Please report your absence by texting or calling Coach Ramsay. Game day depending on the location are generally an evening or a half day.

We will also encourage you to review on the website all the clubs practice, game and social activities. If you have known absences for work, school or perhaps a wedding or other family event you can log this absence in advance.

How do I find out about current news, schedules or club related information

The clubs website is the easiest and most comprehensive source of information and we also host a facebook page.

RainierRFC (no spaces)

www.rainierjuniorrugby.com

How do I contact the coach?

Work Phone: 206 787-5187

Cell Phone: 253 330-6816

Home Phone: 253 891-8364