

High School Rugby in the USA currently involves approximately 500 teams in most states. The game of rugby is the ancestor of American Football, and is very similar to a no huddle wishbone grid iron with all two way players. Forward passes are not permitted so the ball must be advanced to score a try (touchdown) by hard running and intricate passing with all fifteen players expected to pass, catch passes, tackle carry the ball and break tackles.

The essence of rugby is not drawn only from the physical competition on the pitch, but also from camaraderie that develops from sharing such a common bond. It starts on the field but is reinforced during the post match meal & gatherings when opponents toast each other and recognize the rugby community.

Rugby is a no cut sport that promotes universal participation fostering and maintaining positive reinforcement, team spirit and responsibility.

Rugby doesn't end after high school and often becomes a lifetime sport for many. Currently Alumni players from WA High School teams play on teams representing CWU, WSU, WWU, UW and other colleges nationwide. Others who have remained in the area now play on women's teams throughout the Northwest.

The seven aside version of rugby (normally 15 aside) which is even more dynamic, fast and exciting is the newest sport to be added to the events included in the 2016 Olympic Games.

Club Profile:

Rainier Plateau Junior Rugby Club (RPJR) is a not for profit organization based in Bonney Lake/Sumner but has players from Puallup, Orting, Auburn, Buckley & Enumclaw

Open to girls 14-18 from any surrounding city and has no school boundary restrictions

RPJR Teams participate in the Rugby Washington Youth Rugby Competition and will participate in Jamboree's with other local clubs.

Currently Rugby WA has seven girls teams geographically spread from Bellingham in the north, Olympia to the south.

League matches are typically played on a Sunday afternoon commencing in early March and conclude with state playoffs in May.

Every effort will be made to schedule all practices to accommodate athletes existing commitments to other school sports and more importantly academic and family commitments.

For more information pertaining to our club and rugby in general go to our website or Facebook page.

www.rainierjuniorrugby.com
or
RainierRFC on Facebook

Season Overview

December– One weekly indoor practice

Early January – two weekly outdoor practices

Early February – Scrimmage Games

Mid February – Preseason Tournament Beaverton OR

Mid February - Two weekly Outdoor Practices

Late February – Pre season friendlies

Early March- League Matches commence

April- Rugby Festival in British Columbia

May - State Championships

(Photo courtesy of C.Buoy)



Practices, twice weekly 6:30 pm - 8:30

Venue based on field availability.

- Rainier Plateau Junior Rugby Club –

Is intended to include all interested male and female athletes between the ages of 14-18 residing in the Plateau area. Eligible female players must be currently enrolled in high school, home school or a state approved alternative facility working towards a HS diploma or GED. Players must also be 18 or younger on the August 31st prior to the spring season they wish to play.

In the time honored tradition of rugby throughout the world, we are committed to providing membership opportunities for youth athletes associated with all cultural, social, ethnic and economic backgrounds. Thru, sponsorship and conducting fundraisers, we will be able to offer reduced, waived or subsidized memberships when necessary.

New players are not asked or expected to commit any membership fees until they have attended sufficient practices to satisfy them and their parents that they wish to commit to becoming a player on our club. Membership fees will be collected in a minimum of two incremental payments in late December and mid January. Fees for the 2012 season are currently being finalized but are anticipated to be affordable to all. Membership includes all uniforms.

(Photo courtesy of C.Buoy)



No Pads or Helmets! Are they nuts?

Contrary to popular belief, there are actually very few injuries in rugby. As with all contact sports, there are bumps and bruises, and occasional sprains, concussions and fractures. Rugby is a contact sport, and a vigorous one. However the rate of serious injury in rugby is comparable to soccer and lacrosse and substantially less than other contact sports. .

All rugby players are taught to tackle safely and are not permitted to participate in a contact practice or game until a USA Rugby Accredited Coach is satisfied with their tackling technique. Like all youth sports organizations in WA our club abides by all protocols and procedures associated with the "Zachery Lystedt Concussion Law."

We will regularly pursue an opportunity to let the team members participate in a rugby tour and perhaps also help to host an incoming team. These opportunities often create lifelong memories and friendships. Tours usually include being billeted by a member of the opposition team, competitive games and a chance to explore varied parts of the country and even worldwide. Tours can range from a long weekend in Oregon, Canadian regional tournaments or even an overseas excursion.

As an example during the 2010 season the club participated in a three day tournament in British Columbia and hosted Trent College from England.

Contact

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Rainier Junior Rugby

Bonney Lake Area
Team
Open to Girls
14-18

January thru May Season

(Photo Kent Crusaders Pre Match)
Courtesy of C.Buoy)

