



West Chester High School Rugby Football Club Parent Packet

Welcome to an exciting time for West Chester High School Boys Rugby. Beginning in the 2011 season, the three WCASD High School Boys Rugby teams decided to combine forces. In a breakthrough decision in which parents, coaches and student players all contributed, school rivalry was put aside and the decision was made to join Henderson, Rustin and East Rugby Clubs into one cohesive organization. This allows the team to compete more effectively at the league level and optimizes the use of district resources (practice fields, gyms etc). Most importantly, this decision ensures that the players will have the best chance to play at their level - to learn, to enjoy and to be successful playing the game of Rugby!

As part of this decision, the players and coaching staff met to determine a unique team name and logo that embraced their individual schools but represented a unique team identity. The winning team name is *Wolfpack*.

Rugby is not a well known sport in America (we're trying to change that!). But it's gaining traction! The recent blockbuster, *Invictus*, showed how Nelson Mandela, in his first term as the South African President, unites the apartheid-torn South Africa by enlisting the national rugby team on a mission to win the 1995 Rugby World Cup. In addition, just last year, Rugby was approved as a 2016 Olympic sport. So your child is actually on the forefront of an exciting new sport for America!

Often parents are learning the game along with their children. There are lots of resources out there where one can learn rugby terminology and read about the mechanics of the game. This parent packet is intended as an introduction to rugby. We've also included a "Welcome Letter" from Fort Collins Youth Rugby – it clearly communicates why Rugby has such a devoted following.

If you ever have any questions, definitely ask! The coaches love talking about rugby and are happy to answer questions or explain about the game. In rugby, there are 15 players on the field for each team; this is truly a team sport, you cannot play this game alone! Rugby takes players of all shapes and sizes with many different skill sets. There is definitely a position on our team where you son can be successful. We currently have over 40 boys in the process of registering to play with the WCRFC.

In the next couple of pages, we've tried to give you all the information that you will need to get started in enrolling your player into the West Chester High School Rugby Football Club. If you have any questions, please do not hesitate to email us at WCWolfpackRugby@gmail.com and one of us will get back to you as quickly as possible.

Go Wolfpack!



West Chester High School Rugby Football Club Parent Packet

Board Members:

Title	Name	Email Address	Cell Phone
President	Steve McKellar	Stephen.McKellar@ca.com	610-585-7459
Vice President	Mike McCarrick	michael.mccarrick@ge.com	610-213-5430
Treasurer	Steve McKellar	Stephen.McKellar@ca.com	610-585-7459
Secretary	Kirste Davis	Kirste.Meyers.Davis@sap.com	484-620-3226
Concession Stand Consultant	Sharon Dovidio	SHAREDOVE@aol.com	

Coaches:

Name	Email Address	Cell Phone
Lou Raymond	plbg101@aol.com	484-368-7996
Larry MacManus	larrymac66@gmail.com	484-557-8847
Jim Collins	jcollinsiii@yahoo.com	484-888-6454
Brendan Murray	BrendanM@comcast.net	484-753-3635
Frank Sofranek	bigfrankku@yahoo.com	570-807-6074
Jesse Lewis	jelewis@lockwoodadvisors.com	347-324-8325

Wolfpack Rugby Email Address: WCWolfpackRugby@gmail.com

Wolfpack Website: www.RealMenPlayRugby.com

Pre-season Practice Schedule (January 9th to March 2nd)– First Practice – January 9, 2012

- Every Monday (indoor, Rustin gym) 7:30 to 9:30pm
- Every Wednesday (Rustin turf) 3:30 to 6:00pm
- Every Friday (indoor, Rustin gym) 7:30 to 9:30pm

*As the days get longer and weather milder, the practice schedule will adjust to allow more outdoor field time.

Season Practice (March 5th to May31st)

- Practice begins on the Rustin Pitch Field (behind the school by the Cafeteria) once the field is "Green" flagged by West Chester Area School District
- Mondays and Fridays 7:30 to 9:30pm

Matches

- Sunday – 2:00pm Kick off
- Weekdays – 5:30pm Kick off (as of right now, there are no Thursday games)



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Registration Information:

1. Players Registration Fee: \$75.00 – Checks made payable to “West Chester High School Rugby Football Club (WCHRFC).
2. Checks are due prior to January 9th (first practice)

Required Equipment:

1. Cleats – A “Rugby Boot” or soccer cleat is acceptable. Spikes or cleats that contain the single toe cleat or hard plastic blades are not allowed.
2. Rugby Shorts – Each player must purchase a pair of black rugby shorts to be worn on game day. You can find these at Kelly’s Sports or online.
3. Shorts under the Rugby shorts – Compression shorts.
4. Knee-high socks – The club will purchase game socks for each player. Players will need to purchase their own socks for practice.
5. Mouth Guards – You must purchase your own mouth guard from an area sporting goods store. You cannot play without a mouth guard.
6. Extra cleats, studs, laces, cleat key
7. Practice clothing – fitness attire is expected – t-shirts, sweatshirts, running shorts, sweatpants, etc.. Players are not to wear jeans, khakis to practice
8. Scrum Caps – Suggested but not mandatory
9. Other items to consider but are not mandatory – Shin guards, shoulder vests

Communication Methods:

1. School Announcements
2. Wolfpack Email Address. Please make sure you are receiving the emails and have unblocked sender from spam. Email the Wolfpack email address (WCWolfPackRugby@gmail.com) if you think you are not receiving emails.
3. Website: www.RealMenPlayRugby.com .The website can also be accessed by going through your respective high school’s athletic webpage.

Parent involvement:

Parent involvement is an important aspect of any sport, including Rugby. The Board is comprised of the coaching staff and parent volunteers. Officer positions are held by parents. Board meetings are open to all. Please talk to the coaches or board members to find out when the next board meeting is being held.



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Tentative Game Schedule:

Date	Opponent	Time	
3/16 – 3/18	South Carolina Trip		
3/25	@ Cape Storm		
4/1	Central Delaware		
4/15	@ South Jersey		
4/22	Phoenixville		
4/29	@ North Penn		
5/6	Downingtown		
5/13	@ Media		

Other Activities:

1. Patrick's Pals:

WCHSRFC hosts a benefit for *Patrick's Pals*, a non-profit foundation started in 2008 to provide special needs children equipment and therapies necessary for them to function on a daily basis. (www.patrickspalsfoundation.com). No date has been set for the 2012 benefit.

2. Annual Beef n Boogie:

On Saturday, February 25, we will hold our third annual one-and-only fundraising event: a WCHSRFC Beef & Boogie at the West Chester Elks Lodge. This is a fun event for all adults (no one under 21 can be admitted), giving us an opportunity to gather someplace other than on the sidelines of a rugby match. This is your opportunity to show your support for the team. 100% of the profits that come from tickets sales, silent auctions and table sponsoring go towards uniforms, away game buses and a trainer and ref fees and socks and equipment and.... We are asking each family to donate a basket or one item for the silent auction and buy at least 2 tickets to the event (Approx \$35/each).



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Required Forms that must be submitted before the player can attend practice and/or play:

Please bring these forms to the first practice or you can mail to:

Kirste Davis
903 Amelia Drive
West Chester, PA 19382

1. Forms that must be filled out in their entirety according to USA Rugby and WCASD Guidelines:
 - a. WCHSRFC Registration & Contact Form
 - b. WCASD PIAA Physical (CIPPE Forms)
 - i. Single sport athletes must complete sections 1 through 4.
 - ii. Multi-sport athletes can obtain a copy of their physical form from the Athletic Trainers office or complete Sections 1&5 of the PIAA Comprehensive Physical (CIPPE) forms
 - iii. If a multi-sport athlete saw a medical doctor for a sports-related issue during the previous season, the Section 6 also needs to be completed. Section 6 requires that the student see a doctor to re-certify that the student is physically able to participate in athletics.
 - c. USA Rugby Adult Enrollment Application (if the student is 18 years old). Do not enroll in USA Rugby online – your WCHSRFC dues include your USA Rugby dues.
 - d. USA Rugby Minor Enrollment Application (if the student is younger than 18 years old) Do not enroll in USA Rugby online – your WCHSRFC dues include your USA Rugby dues.
 - e. Emergency Medical Form
 - f. Impact Concussion Form
2. Documentation available online and only the Signature Page is required to be submitted.
 - a. In order to support the “Go Green” initiative, the following documents are available online at www.RealMenPlayRugby.com. Please review this material online, sign and submit the Signature Page.
 - i. West Chester High School Rugby Football Club Parent Agreement
 - ii. Medical Insurance Agreement and USA Rugby Rules Acknowledgement
 - iii. Extra-Curricular Consent Form
 - iv. Eastern Pennsylvania Rugby Union Code of Conduct – The Good Supports
 - v. Eastern Pennsylvania Rugby Union Code of Conduct – The Good Player’s Code
 - vi. West Chester Area School District Release for Photographs, Video, or Audio Recordings on the Web
 - vii. Informed Consent for Athletics



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9 Simple Rugby Rules

1. Fifteen players on each team are on the field. They are divided into eight forwards and seven backs.
2. The ball must be pitched backwards or laterally to teammates. A team can pass the ball back and forth to each other as many times as they wish. Forward passes result in a stoppage of play and a scrum down (see #4).
3. THERE IS NO BLOCKING to assist a runner. Standing in front of the ball carrier is an obstruction penalty.
4. A Scrum, when players bind to each other in set positions and compete for possession of the ball, is used to restart play after an infraction. It is analogous to a faceoff in hockey.
5. When a player is tackled, he has one second to release the ball. A ruck is then formed during which each team tries to drive the ball to a teammate in order to gain possession. Players cannot touch the ball with their hands again until they are standing on two feet and not bound into the ruck.
6. When a player is tackled, other players cannot pick up the ball while they are on the ground. A player must be standing to pick up the ball and cannot dive on a loose ball.
7. When a player is tackled, both teams must make sure they are behind the last foot of the players in the ruck before engaging in any physical contact with the other team. Failure to do so is called offside.
8. Accidentally dropping the ball or otherwise moving it forward with any body part except the foot is called a "Knock off." The other team will receive possession in a scrum down. Kicking the ball forward is permitted.
9. If the ball is kicked or carried out of bounds (into "touch"), the play will be restarted with a line-out in which the ball is thrown back into play. The two teams form a tunnel for the ball to be thrown into. The two teams will compete for possession by lifting players into the air to reach the ball.