

## **2008-2009**

### **KNIGHTMARE RUGBY FOOTBALL CLUB**

**MISSION:** *To provide a dynamic Rugby program for boys and girls of various age groups to develop skills, ability and promote interest in the sport by linking them with certified coaching. Along with the rules of the game, technical skills, and tactical play players are taught rugby ethics and the value of teamwork in a disciplined environment. The sport of Rugby offers competition, fun, friendship, and playing time. The game promotes self-esteem, pride, and teamwork. It teaches goal setting, strategic thinking, and cooperation and develops leadership skills. As coaches, we will take the time to teach you the basics, find the right playing position to suit your physical size, get you fit and have you playing confidently and safely.*

#### **ABOUT THE KNIGHTMARE RUGBY FOOTBALL CLUB (EST 2006)**

The Knightmares are a member of the Eastern Pennsylvania Rugby Union (EPRU). The EPRU is one of three Local Unions that comprise the Mid-Atlantic Rugby Football Union (MARFU).

MARFU is one of the seven territorial unions that make up USA Rugby, the national rugby union.

The Knightmare field girls and boys U-19 sides, a boys U-15 side, and a girls U-15 developmental squad. The Knightmare are a club team, **open to all** high school boys, girls, and middle school boys & girls. There are **no residency** requirements. **No experience is required.**

#### **WINTER/SPRING SEASON 2009 – PRACTICES (U-19 GIRLS, U-19 BOYS, U-15 BOYS/GIRLS)**

- Winter practices will start with indoor sessions every Sunday in January and February from 4pm to 6pm in the Hempfield High School Buchanan gym. (ALL PLAYERS)
- Outdoor practices for **U-19 Girls & U-15 Boys/Girls** (weather permitting) are Tuesday & Thursday 4-6 pm starting January 13<sup>th</sup> on the Hempfield HS football practice field/Quad turf fields.
- Outdoor practices for **U-19 Boys** practices:
  1. 1st week Monday thru Friday, Feb. 23rd thru 27th @ 4-6:15pm at the football practice fields with a scrimmage on Sunday, March 1st - time and location TBD
  2. 2nd week Monday thru Friday, March 2nd thru 6th @ 4-6:15pm at the football practice fields with a scrimmage on Sunday, March 8th - time and location TBD.

Outdoor practices on turf/grass fields are full contact. Players without cleats and mouthpieces will not participate. Players must be registered and paid in full before stepping on the practice pitch.

#### **SPRING SEASON '09 - GAMES - GIRLS**

The Spring Game Schedule typically runs from Early March thru Mid-May. Games will be with teams who are current members of the EPRU (Eastern PA Rugby Union). There will be 7-8 regular season games (Home & Away) and playoff games depending on their success during the regular season. The U-19 girls typically play two matches (“A” & “B”) on Sundays starting at 12 PM. *U-15 girls developmental squad will play in “B” (JV) side matches only after demonstrating required skills.* Make-up games may be played on weekdays or Saturdays. Schedule is set up by the EPRU. Knightmare home matches are played at Centerville Elementary School or the Hempfield HS stadium.

#### **SPRING SEASON '09 - GAMES – BOYS**

The Spring Game Schedule typically runs from Early March thru Mid-May. Games will be with teams who are current members of the EPRU (Eastern PA Rugby Union) There will be 7-8 regular season games (Home & Away) and playoff games depending on their success during the regular season. The U-19 boy's games are typically play two matches (“A” & “B”) on Sundays starting at 2 PM. U-15 Boys matches will be set similarly. Make-up games may be played on weekdays or Saturdays. Schedule is set up by the EPRU. Knightmare home matches are played at Centerville Elementary School or the Hempfield HS stadium.

## SUMMER '09 7-A SIDE TOURNAMENTS - BOYS / GIRLS

Following the spring 15-a-side season, the Knightmare will play in all available 7-a-side tournaments. 7's rugby is essentially the same game as 15's but with only 7 players on the field for each team. Games are two 7 minute halves, with typically 3 or 4 games in each tournament. Rosters are normally limited to 12 players, but clubs may enter as many teams as they like. There will likely be a one to two week break between seasons.

### CLUB PLAYER COSTS\*

#### 2008 – 2009 Basic Fees

Spring 15's -----	<b>Included</b>
Summer 7's -----	<b>Included</b>
Bus trips to away matches-----	<b>Included</b>
<b>Total cost for Basic Fee -----</b>	<b>High School: \$140, U-15: \$75</b>

**New for 2009** - The Penn State Men's and Women's Winter Rugby Clinics - **Cost to be advised**  
Late February, official dates to be advised.

*\*Includes Socks and Shorts, Mouthpiece, EPRU fees, USA Rugby fees, Referee Fees, Coaching Fees*

**Next Walk in Registration will be January 14, 2009, 6:30pm – 8:00pm, at the Salunga Fire Hall, 19 W. Main Street (2100 Harrisburg Pike), Salunga, PA. Please bring a copy of your current medical insurance card and your Parents! Online Registration and forms are always available at:**

<http://www.hempfieldsoccerclub.org/rugbyregistration.htm>.

Make checks payable to Hempfield Soccer Club and mail to Hempfield Soccer Club, PO Box 216, Landisville, Pa 17538, or pay online securely with credit card.

Feel Free to contact a coach or administrator with any questions or comments.

### **Contact Info:**

#### ***Club Administrator:***

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#### ***Boys U-15 Head Coach***

Milan Mitrovich

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#### ***Girls Head Coach:***

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#### ***Boys U-15 Assist Coach***

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#### ***Boys Head Coaches:***

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