

2009-2010

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 Knightmare 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 boys field a U-19 and U-15 side. The Knightmare girls field a U-19 and an attached 7th & 8th grade girl's 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.**

FALL 2010 - PRE-SEASON CONDITIONING FOR GIRLS U-19 & DEVELOPMENTAL SQUAD

Fall practices are designed with the intent of introducing new players to Rugby in a player centered, casual atmosphere. It will also allow the experienced player to refine techniques, improve basic skills and come together with old and new teammates to build the team dynamic so important in Rugby. Fall practice for the girls U-19 side are held on Sundays at the upper field at Centerville Elementary School, 901 Centerville Rd Lancaster, PA 17601 from 1pm to 3:00pm. Six sessions from 10.11.09 to 11.15.09. Players must be registered and paid in full before stepping on the practice pitch

WINTER/SPRING SEASON 2010 – PRACTICES (U-19 GIRLS, U-19 BOYS, U-15 BOYS)

- * Winter practices for all players will start with indoor sessions every Sunday in January and February from 4pm to 6pm in the Hempfield High School Buchanan gym. Some training sessions may take place outside weather permitting.
- * Outdoor practices for **U-19 Girls & Developmental Squad:** (weather permitting) are Tuesday & Thursday 4-6 pm starting January 12th on the Hempfield HS football practice field/Quad turf fields.
- * Outdoor practices for **U-19 & U-15Boys** practices:
1st week Monday thru Friday, Feb.22nd thru Friday, Feb 26th @ 6-8:15pm at the HS football/Quad practice fields with a scrimmage on Sunday, Feb 28th .Time & location TBD
2nd week Monday thru Friday, March 1st thru March 5th @ 6-8:15pm at the football practice fields with a scrimmage on Sunday, March 7th - 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 '10 - GAMES

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 and playoff games depending on their success during the regular season. The girl's games are typically on Sundays at 12 PM. Boy's HS games are typically at 2pm. U-15 Boys follow. 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 '10 7-A SIDE TOURNAMENTS

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 Fee

| | |
|---|------------------------|
| Fall Pre-Season Conditioning ----- | Included |
| Spring 15's & Summer 7's----- | Included |
| Bus trips to away matches----- | Included |
| <u>Total cost for Basic Fee (u-19)-----</u> | <u>\$155.00</u> |

Total cost for Basic Fee (u-15& developmental Squad)----- **\$90.00**

AGAIN IN 2010! - 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*

Online Registration and forms for the 2009/2010 season is available at:

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

A Second walk in Registration will be in January 2009, date to be advised. Please bring a copy of current medical insurance card!

Make checks payable to Hempfield Soccer Club and mail to: Hempfield Soccer Club, PO Box 216, Landisville, Pa 17538, or pay online securely via 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

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