

PLAY RUGBY!

2011/ 2012 - Knightmare U-19 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 & WINTER 2011 - PRE-SEASON CONDITIONING - CONTACT COACHES LISTED BELOW

SPRING SEASON '12 - MATCHES

The Spring match Schedule typically runs from Early March thru Mid-May. Matches will be with teams who are current members of the EPRU (Eastern PA Rugby Union). There will be 7-8 regular season matches and playoff matches depending on their success during the regular season. The girl's matches are typically on Sundays at 12 PM. Boy's HS matches are typically at 2pm. U-15 Boys follow. Make-up matches 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 2012 7-A SIDE TOURNAMENTS – TO BE ADVISED

TOTAL CLUB PLAYER COSTS (ALL AGES) = \$185

Includes Socks and Shorts & mouthguard, & referee fees

2010 – 2011 Basic cost

Spring 15's & Summer 7's-----Included

Bus trips to away matches (15's only)----- Included

Hempfield cost-----\$155.00

USA RUGBY cost-----\$ 30.00*

TOTAL COST-----\$185.00

*payable directly to USA Rugby at: <https://membership.usarugby.org/IndividualDefault.aspx>

Online Registration and forms for the 2011/2012 season is available at:

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

Contact Info:

Club Administrator:

Curt Walter

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Boys U-15 Head Coach

Gene Salimbeni

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Girls Head Coach:

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Girls Asst. Coach

Rebecca Shertzer

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Boys Head Coaches:

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Steve Lied

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Registration night for the 2012 season!!!

**When: November 16th
2011 - 7pm to 9pm**

**Where: Hempfield HS
Room LG-1 - boys
Room LG-2 - girls**

Who: All players, New & Experienced, boys and girls

Meet the coaches & players, bring your friends and questions about the upcoming season.

Girls Asst. Coach

Nicole Inslee

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