



## Fort Hunt Rugby High School Rugby Fact Sheet, Spring 2013

- Virginia boys high school champions, June 2012
- Rugby has been a youth sport in the Fort Hunt/Mount Vernon community through the Fort Hunt Youth Athletic Association (FHYAA) since 2006; we established our high school program in Spring 2011
- No experience necessary; we will teach you how to play rugby
- **Eligibility**
  - Ages: 14-18 (U-19), must not turn 19 by 1 June 2013
  - Open to any player, regardless of school or residence
  - Must be enrolled in high school
  - Home-schooled players, too
  - This is **not** a school- or FCPS-affiliated program
- **Dates**
  - Registration opens in January 2013 (register online via FHYAA, [www.fhyaa.org/rugby](http://www.fhyaa.org/rugby))
  - Training starts in January 2013
  - Matches begin in March
  - Matches end in mid-June, with all-star opportunities into late June
- **Purpose/Philosophy**
  - Teach competitive, high-level rugby to high school-age youth
  - Compete and succeed in the Rugby Virginia league
  - Emphasize player development, teamwork, discipline, sportsmanship, and respect for teammates, opponents, coaches and officials
  - Teach and instill unique rugby culture and traditions
  - Foster a love for the lifetime sport of rugby
- **Coaches**
  - Highly experienced
  - Both head coaches and assistant coaches are USA Rugby-certified for full-contact youth rugby
  - All coaches have taken the International Rugby Board's Rugby Ready course
  - All coaches are Positive Coaching Alliance Double-Goal coaches
- **Tour**
  - Planned boys team spring break tour to Ireland, March 2013
- **Expectations and Ground Rules**
  - High school rugby is a spring sport, like any traditional high school varsity-level sport
  - We expect players and parents to dedicate themselves to the program and their team
  - This is not a recreational program, but a varsity-level program emphasizing player development and success in competition
    - The best players will start, and will play; there will be B-side matches for all other players
  - Players who do not attend training will not play, regardless of experience or ability
  - Players must attend a minimum of 4 full-contact practices before being permitted to play, whether an experienced returning player or a novice
  - Players must demonstrate proper contact discipline and physical/emotional maturity before being permitted to play
  - All players are **required** to use a personally fitted mouth guard for training and matches
  - Players, coaches and parents/spectators must abide by respective USA Rugby, Mid-Atlantic Rugby Football Union, Rugby Virginia and Fort Hunt Rugby codes of conduct
    - Coaches and players will sign and turn in their respective Fort Hunt Rugby code of conduct
- **Fees**
  - \$140 FHYAA registration for Spring 2013
    - Plus \$5.50 county usage fee
    - \$25.00 late fee begins on 1 March
    - All parents are expected to volunteer; if you choose not to, there is a \$50 volunteer opt-out fee
      - Asst Coach, Asst Referee, field preparation, social activities, fundraising (see more info, below)

- \$30 mandatory national registration with USA Rugby
- Scholarships are available; contact coaches to request one

#### ➤ **Equipment**

- Team-provided equipment
  - All training gear: balls, cones, poles, pads, jerseys, tees, etc.
  - Game jerseys (team property)
- Player-provided equipment
  - Black over-the-calf socks (required for matches)
  - Rugby shorts (for training and black shorts required for matches)
  - Black compression shorts (matches)
  - Personally fitted mouth guard (mandatory for training and matches)
  - Water (training)
  - Boots: molded-sole or screw-in studs
- Optional Equipment: rugby gloves, scrum cap, padded undershirt, shin guards
- Prohibited items
  - No eyeglasses permitted, including sports goggles; contact lenses are allowed
  - No jewelry: necklaces, bracelets, watches
  - No visible piercings: earrings, nose rings/studs, lip rings, etc. must be removed, not taped
  - Any equipment with metal or hard plastic, such as belts, casts or braces

#### ➤ **Times and Locations**

- Training: Tuesday/Thursday, 4:00-6:30; Saturdays 8:00-10:30 (until matches start)
  - Quander Road School in January-February, move to Bucknell Manor Park in mid-March
- Matches
  - Usually Saturday mornings/afternoon, but weekday afternoons possible (unlikely)
  - Home field TBD, possibly Mount Vernon Rec Center
  - Away games at Springfield, Chantilly, Fairfax, Warrenton, Alexandria, Frederick, etc.
    - Playoff matches possible in the Hampton/Norfolk area

#### ➤ **Required Paperwork** (links on website)

- Parent-signed USA Rugby waiver
- Parent-signed Rugby Virginia waiver
- Player-signed Fort Hunt Rugby code of conduct
- Current VHSL physical exam

#### ➤ **Volunteers**

- [We need volunteers!](#)
- No experience necessary; do not be intimidated by not being familiar with rugby
- We will teach you how to help

#### ➤ **Website:** [www.fhyaa.org/rugby](http://www.fhyaa.org/rugby), and then see the high school rugby section (left-side column)

#### ➤ **Communication**

- Any player, parent or supporter may contact a club official at any time, by phone, email, whatever
- All official club/team communication will be done via email
- Players/parents must keep all contact info up to date
- All official communication also will be posted to website, including to the club calendar
- Unofficial club and team communication via text messaging and via Facebook:
  - "Fort Hunt Eagles RFC"
  - "Fort Hunt Boys High School Rugby"
  - "Fort Hunt Girls High School Rugby"

#### ➤ **Contact:**

- John Dacey, Fort Hunt Rugby President, H 703-780-5859, [rugby007@aol.com](mailto:rugby007@aol.com)
- Dale Roach, HS Boys Head Coach, H 703-768-4333, [coachroachjr@gmail.com](mailto:coachroachjr@gmail.com)
- Andy Vonada, Fort Hunt Rugby Commissioner/HS Girls Head Coach, H 703-360-1534, [alvonada@hotmail.com](mailto:alvonada@hotmail.com)