



ALLIANCE RUGBY CLUB

2010-11



ARC YOUTH PLAYER WELCOME PACKET



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Welcome to the ARC (Alliance Rugby Club)

I want to welcome you to finest rugby club in the country, the Alliance Rugby Club, commonly called "the ARC". We are a 501(c)(3) organization with both youth and adult sides (teams are called "sides" in rugby) and members from all over the northeast Tarrant county area.

Seasons: The high school "15 players a side" season runs from November through May and throughout the summer for "7 a side" or "7's". Our youth sides (U9, U11, U13, and U15) start up in January (though U15's are welcome to practice with the U17/U19's in Nov/Dec), finish the 15's season in late Apr, and play 7's until early July. New for 2010 has been some 7's rugby played by high school players during September and October with practice on Sunday afternoons and tournaments on Saturday.

Our "down time" is August through September for the **high school players** and August through December for our **younger players**. We welcome everyone to join us and coming in at the middle/late season is no problem. You're always welcome.

ARC Identity: The **ARC colors** are black and white. The **ARC motto** is "**Fortes Fortuna Juvat**" ("*Fortune Favors the Brave*") which is integrated in our club logo. The **ARC song** is "[I Won't Back Down](#)".

ARC Vision, Mission, and Goals

ARC VISION

Grow the ARC into a state and nationally recognized organization for rugby fun, tradition, and excellence while providing a strong "rugby family" for all members, alumni, and supporters.

ARC MISSION

The Alliance Rugby Club is dedicated to the growth of high quality youth rugby in North Texas as well as fielding adult sides competing at multiple levels. We are also members of the Rugby Texas and support their goal of increasing the numbers of youth rugby players throughout Texas.

We have a strong youth orientation in our club with one of our main missions to teach the wonderful game and rich traditions of rugby to children of all ages. In addition, we place great importance on our adult sides as a place to allow our youth players to continue with rugby after graduation, a "rugby home" for adult ARC players, as well as a source for our vibrant coaching and volunteer pool.

Teach RESPECT for teammates, opponents, referees, and each other is placed above all else. Good sportsmanship is to be ingrained in all of our players. Honor the game.

Teach all our players that Rugby is a culture all its own, and all rugby players are BROTHERS and SISTERS WORLDWIDE!



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ARC GOALS

2010-11

- Bring our new electronic registration and database program online
- Update and improve our web site
- Increase ARC presence & awareness in local schools
 - Brief rugby to local elementary schools PE programs
 - Continue the phenomenal growth of the school clubs at LD Bell and Keller Central HS
 - Startup school clubs at Grapevine HS and Keller HS
- Improve our marketing and recruiting plan
 - post info to schools, media, and local businesses
- Develop a U9 coed program with at least 2 sides of players, allowing for intraclub matches
- Field our first ever girls U19/U17 side
- Continue to recruit and grow our U11 (coed), U13, U15, and U17 sides
- Have our U17 side compete in the state U17 playoff
- Establish alumni tracking program
- Continue to grow the ARC coaching staff
 - Recruit and develop U9 coaches
 - Recruit additional coaches for U13/15/17
 - Fitness & Performance Coach
 - Nutrition consultant

2012

- Develop "serious" men's side along with a social/"old boys" side
- International club trip

2015

- Dedicated rugby pitch and clubhouse in north Tarrant

OK, So What, Exactly, Is Rugby?

How about I start with the fact rugby is the second most popular sport in the world (behind soccer, if you were wondering). Rugby is not yet that popular in the U.S. but that is rapidly changing. The "once-every-4-years" Rugby World Cup (RWC) was held in 2007 in France, finishing in early October with the crowning of South Africa as the 2007 RWC champion. The U.S. Eagles (the U.S. international competing team) did play in the RWC but had a pretty tough time of it, going 0-for-5. The next RWC is this coming summer, 2011, in New Zealand. Additionally, rugby 7's has been selected as an added official sport for the Olympics and will debut in Rio de Janeiro, Brazil in 2016. It will be an exhibition sport for the 2012 Olympics in London, England. We are certain that the first ARC Olympian has or is already playing for us. The same is true for our first national Eagle's player. We're just waiting for them to get selected!

Rather than me trying to inadequately explain the game of rugby on this piece of paper, let me direct you to:

Links:

Start first with: [Simple Guide To Rugby](#) followed by [Rugby Rules for Beginners](#)
Then go to [Rugby 101](#) and [Rugby 101 Part 2](#)



The Benefits of Rugby

Rugby has been called a combination of football (strange since American football evolved from rugby), soccer, basketball, and chess. There can be no denying the fitness rugby demands from running nearly non-stop for 30 minutes with a few minute break at half time followed by another 30 minutes (adult rugby runs for 40 minute halves; our younger players play anything from 10-20 minute halves). Since every player has to play both offense and defense, ball handling, evasive running, and tackling skills are enhanced by playing rugby. Jumping and the associated battle for the ball during the lineout bring out the comparison to basketball. And finally, because each and every rugby player on the pitch (the field) must constantly read and react to both the opposition as well as his own side (team), the mental acuity comparison to chess is brought in. I guarantee if your rugger plays other sports, their performance will be greatly enhanced through their rugby experience.

And of course, there is the culture of rugby. Sportsmanship, camaraderie between teammates and opponents, and the nature of rugby as an absolute team sport are all critical and defining characteristics of the game. Another important culture of rugby is the inclusiveness of all the players to compete on the pitch. All of these things are what make the ARC a rugby "family" and more than just a sporting club.



ARC History

In late 2002 five former rugby players, all with kids of various ages began discussing the forming of a rugby club focused on youth participation. All had been long time rugby players and had realized the benefits of the rugby with fitness, camaraderie, sportsmanship, competition and the ethics that come with participation in team sports. Alliance Rugby Club was formed and began competing in the Texas Rugby Union (TRU) with Under 12 and Under 15 years of age players as well as a high school team. The club was formed as a 501(c)(3) organization and its bylaws were written.

Since then we have won many TRU matches and several tournaments. The ARC Varsity is the 2007 and 2009 state champions and in 2008 were state runner ups when they lost on a tie breaker. We have had several hundred kids compete for us in the past 4 years. These kids include boys and girls of all ages and backgrounds. We have conducted several free Youth Rugby Clinics in nearby communities. A number of ARC youth players have attended national rugby clinics and we have had one player attend the USA junior Eagles national youth side camp. In 2009 we had our first Higgins national rugby scholarship winner (Ryan Bachman) and in 2010 our first ARC alumnus play in the collegiate national final 4 tournament (Jake Mizell with AR State). Our kids also participate in community service programs throughout the year and are able to earn community service credit through some of the ARC programs.

While we are sports oriented we believe education comes first and support parents' efforts to keep their kids in school and earning good grades. We currently have several former HS players attending colleges throughout the country and playing rugby. Rugby is a life time sport and many of our coaches and administrators played well into their 50s+. The game of rugby is played around the world and is growing in popularity in the US. Several Universities have Rugby scholarship programs.

Youth Rugby Structure In Texas

Youth rugby starts at either the local club level, drawing it's players from numerous schools in its area (the ARC is an example of this) or a single school rugby team (Jesuit, Coppell, and Allen High Schools are local examples of this). All youth rugby organizations in Texas belong to the [Rugby Texas](#) which was formed in the spring of 2007 as the *Texas Youth Rugby Association* (TYRA) and transitioned in 2010 to *Rugby Texas*. It is the organization responsible for the growth and playing of youth rugby throughout Texas. Adult and collegiate rugby in Texas is governed by the [Texas Rugby Union](#) (TRU) which in turn works through the [Western Rugby Football Union](#) (WRFU), then through [USA Rugby](#) and finally to the international ruling body for rugby, the [International Rugby Board](#) (IRB).



New Player Requirements

Equipment

As a parent, this is one of the great things about rugby! Required equipment consists of:

- cleats
- mouth guard
- kit (jersey, shorts, socks).

Cleats and mouth guard are on your own (rugby cleats or soccer cleats are fine as are football cleats; football cleats with a removable toe cleat have to have it removed for rugby). We will need your player's shorts, and sock sizes for ordering their kit when you register with the club. We use team jerseys so it is not required for a player to purchase their own. If they would like a personal jersey, they can be ordered from [Gary's Locker](#) in Keller, TX. We will get the shorts and socks sizing information when the player is registered online.

Other gear that is not required but sometimes used:

- scrum cap (soft padded head gear)
- IRB authorized body padding
- compression shorts
- compression shirt (long sleeve during the winter is handy, short sleeve once it warms)
- IRB authorized gloves (fingerless).

All of the previous can be purchased locally at [Gary's Locker](#) or online rugby equipment vendors.

Required Forms

All required forms are located on the ARC web site under the [All Forms/New and Current Members CLICK HERE](#) button on the lower right portion of the home screen.

Note: all of the following forms will need to be turned into your side's administrator

Overview

There are 2 forms we will need for each new player:

- [USA Rugby Minor Waiver Form](#)
- [ARC Youth Waiver & Youth Photo Release Form](#)

Additionally, we will need copies of the following:

- Health insurance card
- Birth certificate or photo page of passport
- photo ID (*high school players only*)



USA Rugby CIPP Registration Form

CIPP stands for “Club & Individual Participation Program” and is a requirement prior a player participating in practice or matches. It not only registers the player with USA Rugby but it provides [liability coverage](#) for all participants. For a step-by-step process on how to CIPP register with USA Rugby, follow the directions on [How to CIPP Register with USA Rugby](#). Don't forget to **print off a hard copy of the USA Rugby Waiver Form and turn it in to your team administrator.**

-Note: there is a fee with USA Rugby CIPP registration: \$55 for **U-19** and **U-17** players (\$20 for USA Rugby and \$35 for Rugby Texas), \$35 for the **U-15**, **U-13** and **U-11** players (\$10 for USA Rugby and \$25 for Rugby Texas), and \$10 for the **U9** (\$5 for USA Rugby and \$5 for Rugby Texas). If a **U-15** player wants to “play up” on either the U-19/varsity or U-17/JV side, they will need to register under the U17 side with USA Rugby in order to be eligible to play for the TX state U19 or U17 tournament.

ARC Waiver Form

This form is located at Forms link on the home page of the ARC's web site under [ARC Youth Waiver & Youth Photo Release Form](#) and will need to be filled out and signed prior to a player participating in practice or matches as well. Do not forget to fill out, sign, and date the second portion of the form for photo release if appropriate.

Other Required Paperwork

Copies of the player's health insurance card (\$100,000 minimum coverage), birth certificate or passport photo page, and a photo ID (high school players only) will need to be given to the team administrator. Returning ARC players will not have to resubmit a copy of their birth certificate/passport page or a photo ID (if they previously submitted one) since we already have it on file. Returning players will have to submit a current health insurance card every year.

Note: there is an option for a player to purchase rugby health insurance if they do not have sufficient coverage

Dues

The dues structure are based on the “costs of doing business” with youth rugby and is derived from the annual budget.

Even though we are a volunteer organization, there are many costs of operating the club, both one time and recurrent. Foremost amongst our costs are the costs of field rental and field lighting charges. We also have costs associated with referee fees, training equipment, jersey replacement, field setup/marketing, club administration costs, and recruiting. *Note: the cost of travel is NOT included in the dues structure. The amount of travel costs vary season-to-season and are greatly minimized by normally being hosted by other clubs on overnight trips.*

The resultant annual dues structure for 2010-11 is as follows:

-U-19/17; Boys: \$195

-U-19/17; Girls: \$100



-U-15:	\$100
-U-13:	\$85
-U11/9:	\$70

Dues can be paid 2 different ways:

-Pay directly to the club using a credit card when registering with the club online (preferred method)

-via Player Account (discussed below in "Fundraising")

Dues Policy: Prior to the first match, all players must be (1) CIPP registered, (2) have purchased their kit, and (3) have their dues paid. In the event a player has elected to use the ARC Player Account system to pay for their dues and they have not yet earned enough credit in their player account to pay their dues in full, prior to playing in their first match they must have paid a minimum of \$25 towards their dues (through either direct payment or credit in their player account). In addition, prior to playing they must have a plan presented to the ARC Player Account Manager for getting the dues paid (timeline & action) by use of the [ARC Player Financial Contract](#). Remember, with the player account, any player can pay their dues through efforts with the club (raffle tickets, t-shirt sales, club jobs). In the past, we have had a number of players pay all their dues and fees through their player account. Plus, player account credit can be applied to kit purchase, travel expenses, gear, and rugby camps/clinics.

Early Bird Special Dues Reduction Rate: For those folks who get their dues **paid in full** by **1 January** of the current season, they will get a reduction in their dues of \$15!

Note: the early bird reduction will not be reflected during your online registration until you go to the payment page and when you go to checkout, the reduction will show up

Mid/late Season Registrations: No matter what point in the season you join us, you are always welcome. For the youth, dues are prorated for players joining after 1 Mar to approximately 75% of the full season dues. For this season, late joining dues are:

-U-19/17; Boys:	\$145
-U-19/17; Girls:	\$75
-U-15:	\$75
-U-13:	\$60
-U11/9:	\$50

Additional fees are:

-CIPP registration fee mention in the "Required Forms" section (\$55 for U-19/17, \$35 for U15/13/11 and \$10 for the U9)

-kit purchase of \$25 for U19/17/15/13 and \$15 for U11/9



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Note: if the player has their kit (ARC black shorts & socks) from the previous season, they don't need to repurchase at the new season (replacement shorts are \$20 and socks are \$5 for U19/17/15/13 and \$10 for shorts and \$5 for socks for U11/9)

Bottom line costs New Player/Returning Player:

- U-19/17; Boys: \$275/\$250
- U19/17; Girls: \$180; \$155
- U-15/13: \$160/\$135
- U-11: \$120/\$105
- U-9: \$100/\$85

Fundraising

We don't want playing for the ARC to be cost prohibitive for any of our players and so we've tried to set up a method for players to defray some or all of their costs through fund raising. The result is a program that has worked very well, the "Player Account".

Player Account

Each player has an account that can be used to pay for any and all things ARC. This includes dues, travel, rugby equipment, and rugby clinics/camps. The balance starts out at zero and then each player can put as much or as little effort as they choose to put credit into the account. There are 3 ways of putting credit into the account:

- T-shirt sales
- ARC jobs
- Team fundraising activities identified as player portioned

Selling club t-shirts is a year round available way for players to add to their player account. The players contribute to this account by getting credit for every ARC club t-shirt they sell. T-shirts sell for \$15 each and depending on the cost of the t-shirt the entire profit amount goes to the player account. For 2010 \$7/tshirt will go into the player's account.

If a player would like the opportunity to do some work for player account credit, they need to contact the ARC Player Accounts Rep and let them know you would like some work. The Player Account Rep will then go out to the club to see what jobs are available. In the past, work has included yard cleaning, moving, election information distribution, and painting.

Sponsorships

Sponsorships are an important part of any 501(c)(3) organization (contributions to the ARC are tax deductible!), and the ARC is no exception. If you are willing to sponsor or donate, or know someone who would like to sponsor, please contact ARC Sponsorship Chair Patty Jefferson (pattyjeffer@aol.com; 817-881-5182). Sponsorships and/or donations can be to the general ARC



fund to help defray costs or for specific purposes (scholarships, jerseys/equipment, youth only, etc.).

Grocery Donation Programs

An additional form of “painless” fundraising, one that takes very little effort but has substantial rewards for the ARC, is the donation program run by 3 of the largest grocers in our area, Tom Thumb, Kroger, and Albertsons. When shoppers use their card while checking out at the store, the store automatically donates a percentage of the sale to the ARC. This is at absolutely no cost to the supporter and is part of the grocers’ preferred customer programs which offer substantial discounts to shoppers. For two of the programs, Tom Thumb and Kroger, you link your grocery card to us and then every time you use your card we get a credit. For Albertsons, as you begin checkout each time you simply scan a keychain card we provide you with that has the ARC donation account barcode imprinted in the card.

1. Tom Thumb – If you don’t have a Tom Thumb “Reward” card, ask to get one at your local store. In addition to the grocery savings you can link the card to your American AAdvantage account and get one flight mile for every dollar you spend. Once you have a “Reward” card please fill out and sign the attached “Reward Application” form (Attachment 4 in this packet) to link ARC to your card and give it to Jacque Bachman (Club Fundraising Chair), Erik Moorhead (Club Treasurer), Doug Neubauer (ARC Head Coach), or Sam Wilcox (ARC Vice-President). You can provide a hardcopy or e-mail a .pdf scan of the form to us at alliancerfc@verizon.net. We encourage you to fill out the form at registration if possible. You will need to re-link us to your card each year. We are Charity #11097.

2. Kroger – If you don’t have a Kroger “Plus” card, ask to get one at your local store. Once you have a “Plus” card please take a copy of the attached Kroger Customer Letter (Attachment 5 in this package) and present it to the cashier at checkout. The cashier will scan the barcode on the letter and then, voila, your card will be linked to ARC for the remainder of the program year. You will need to re-link us to your card each year in April.

3. Albertson’s – Albertsons has discontinued their “Preferred” cards but still maintains their Community Partners program. ARC has a unique Community Partners barcode that is imprinted on a keychain card that you scan each time you begin check out and your purchases are credited to our account. If you shop at Albertsons, please let us know and we will get you a barcode with the ARC imprint.

This easy program is very important to our fundraising efforts and we hope you will take the time to sign up with us and pass the word and forms along to your friends and family who might be interested in supporting ARC as well.

ARC SCHOLARSHIP PROGRAM

The Alliance Rugby Club has an annual 2 part scholarship programs aimed at (1) furthering the post high school rugby career of our seniors and (2) developing rugby skills in our youth players.

The graduating senior scholarship will be a \$500 award that will go towards post high school (college or men’s side club) rugby dues/kit/travel costs. The \$100 youth developing rugby skills scholarships will go to high school and younger players attending a rugby camp/clinic (current



known listings at the end of this article). (Note: ARC high school alumni who have previously graduated from high school and are invited to a USA Eagles camp are also eligible for the skills development scholarship). All scholarship payments will be paid by the ARC directly to the gaining college/men's side/camp/clinic.

Scholarship application will be a written letter (no specific form or format) outlining the players future rugby plans (both immediate and long term) and a list of the players accomplishments in accordance with the listings below. Scholarship applications will be accepted as early as **1 Feb** and the closeout date will be **1 May**, near the conclusion of the high school/youth season. The scholarships will be announced and awarded at the annual ARC Youth Awards banquet in May.

For players desiring a scholarship, it is never too early to start and the sooner the better. Awards will be based on attitude, participation, level of effort, and leadership both off and on the pitch. Examples of things that will carry weight are:

- Participation in ARC events (fundraisers, meetings, recruiting)
- Participation in ARC Big Brother, assistant coaching, and touch judge/ref program
- Serving in leadership positions (officers, committee volunteers, captains, forward/back lieutenants),
- Participation, effort, and attitude at weekly practices (also extra practices when applicable)
- Individual effort at personal improvement (fitness, strength, speed, etc.)
- Past participation in camps/clinics/etc. (for graduating senior awardees)

KNOWN RUGBY CAMPS/CLINICS

USA Eagles Camp (by invitation)

Ages: High School & Under 20

Dates: 1st in late July; follow on in post Christmas December

Locations: varies

Info: <http://usarugby.org/> (select "National Teams" then HS All Americans)

Penn State Rugby Camp

Ages: U-19 (next year's grades of 8-12 and HS graduates U-19)

Dates: second week of July

Locations: Penn State University (State College, PA)

Info: http://www.outreach.psu.edu/psu-sport-camps/rugby/default_About.htm

Cal Rugby Camp

Ages: varies

Dates: second week of July

Locations: University of California (Berkeley, CA)

Info: <http://www.calbears.com/camps/rugby.html>

East Stroudsburg Rugby Camp

Ages: high school and college

Dates: second week of July

Locations: East Stroudsburg University (East Stroudsburg, PA)

Info: http://www.esurugby.com/rugby_camp.htm



Elite Rugby Camp

Ages: 10-18

Dates: Jul/Aug timeframe

Location: San Diego, CA

Info: <http://sites.google.com/site/eliterugbycampusa/>

Volunteers

The ARC is an all volunteer organization. As such, without adequate volunteer help from the membership, we will cease to function. There are some tremendously talented and hard working, coaches, administrators, and volunteers working for the ARC right now but we need more help and support in order to continue functioning as the world class organization we are. I know everyone has many, many demands on their time and talents and each of us vary from one another with what we can offer, how much, and when. For some of us, we have some time to offer, for others it may be specific skill sets, a strong desire to volunteer, financial, personal connections, or any number of other things. I would just ask each of you to please let us know if you can help in any way for any amount of time. There are constantly things that need to be done. And if you do have a little time, we desperately need help with some of our standing committees: administrators for each of our sides, audio visual support, equipment, facilities, fundraising, marketing & PR, and scholarships are some places we where we are in dire need of help.

If you are willing to help when you have time, please let myself or ARC Vice President Sam Wilcox know and we'll just put you down for "maybe" and we'll know we can ask and if you can help great and if not, no big thing.

ARC Communications

The primary means of communication of ARC information is via emails, the ARC web site and the ARC calendar which has a direct link from the home page of the club web site.

On the calendar, we keep an up-to-date listing of club events and activities along with the details of who/what/when/where/how. Also, the calendar puts out reminders of events specifically targeted to the appropriate groups. If there are special, short notice events, we put out "ARC Blasts" to get the information out in a timely manner. We have also started to communicate with players through Facebook since that is often the most efficient and timely method for communicating with them. We are also looking at the possibility of setting up an ARC Twitter and some coaches have "team texting" capability for real time communications (cancellations, location changes, etc.)

While I personally prefer to talk to folks in person, with the size of the club it is not practical to pass information that way most of the time. So we'll save the "jawing" for the games and practices when we can all get together and socialize as a "rugby family". That said, please don't hesitate to call me anytime you have a question, comment, complaint, suggestion, or just want to talk.

Mike "Kentucky" Jefferson
Alliance Rugby Club President
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