



# ALLIANCE RUGBY CLUB

2009-10



# NEWCOMER 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:** Our adult side "15 players a side" rugby season runs from September through April and throughout the summer for "7 a side" or "7's". The high school "15 players a side" season runs from December through May and throughout the summer for "7 a side" or "7's". Our youth sides (ages 6 and up, though we have had a couple of 5 year olds) start up in January and play through the summer.

Our only real "down time" is August for the **men's side**, August through November 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.

## **ARC Vision, Mission, and Goals**

### **ARC Vision**

Grow 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 youth rugby in North Texas. We are also members of the Texas Youth Rugby Association (TYRA) and support them in their goal of increasing the numbers of youth playing rugby in all of Texas.

We are a youth oriented club, whose main mission is teaching the wonderful game, and rich traditions of rugby, to children of all ages.

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

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



### **ARC 2009-10 Goals**

1. Apply lessons learned to recruiting & advertising to improve and simplify ARC processes and procedures (repeat from 2008-09)
2. More volunteer participation from throughout the club (repeat from 2008-09)
3. Improve ARC and rugby public visibility through aggressive communications, establishing strong, working relationships with all media outlets in the metroplex
4. Make the ARC web site the premiere youth athletic web site in the world.
5. Plus up the ARC coaching staff
  - U-15 Head Coach and assistant
  - Fitness & Performance Coach
  - Trainer/Medic
  - Nutrition consultant
6. Start up girl's side (repeat from 2008-09)
7. Increase ARC presence & awareness in local schools
  - Start rugby club in multiple high schools
  - Brief rugby to local elementary schools & PE programs
8. Develop a second varsity/JV side
9. Establish ARC alumni tracking & "Hall of Fame" (repeat from 2008-09)
10. Permanent pitch plan (repeat from 2008-09)
11. Complete outfitting of ARC trailer

### **2012**

1. Develop a "serious" men's side along with a social/"old boys" side
2. Completed dedicated rugby pitch in north Tarrant
3. International club trip
4. Multiple U-17, U-15, U-13, U-11 and U-9 sides

### **2014**

1. 2 complete varsity sides
2. 2<sup>nd</sup> dedicated rugby pitch in north Tarrant
3. Clubhouse



## **OK, So What, Exactly, Is Rugby?**

How about I start with the fact rugby is the second most popular sport in the world. Not yet 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.

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: <http://www.geocities.com/myirugby/whatisrugby.htm>

Then go to Youtube for “Rugby 101” at: <http://www.youtube.com/watch?v=IEQyCcageGg>  
followed by “Rugby 101 Pt 2” at: <http://www.youtube.com/watch?v=PvGMDEOOp8k>

## **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). 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. It’s also what makes the ARC a rugby “family” 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 have realized the benefits of the sport, fitness, camaraderie, sportsmanship and 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 and HS teams. The club was formed as a 501(c)(3) organization, giving contributions to the ARC a tax deductible status.

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 we 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 had several free Youth Rugby Clinics in nearby communities that are less fortunate than ours. A number of ARC youth players have attended rugby national rugby clinics and we have had one player attend the USA national youth side camp. 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. We support parents' efforts to keep their kids in school and getting good grades. We currently have several former HS players attending colleges throughout the country and still 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 and we hope to see our kids getting some of those benefits.

## **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 *Texas Youth Rugby Association (TYRA)*, (<http://texasrugby.org/>) which was formed in the spring of 2007 and is the organization responsible for the growth and playing of youth rugby in Texas. Adult and collegiate rugby in Texas is governed by the *Texas Rugby Union (TRU)*, (<http://66.33.76.253/template.php?sid=HOME>) which in turn works through the *Western Regional Rugby Union (WRFU)*, (<http://www.wrfu.org/>), then through USA Rugby (<http://usarugby.org/>), and finally to the international ruling body for rugby, the *International Rugby Union (IRU)*, (<http://www.irb.com/>).



## New Player Requirements

### Equipment

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

- cleats (no toe cleat allowed unless the cleats are molded)
- mouth guard
- kit (jersey, shorts, socks).

We will need your player's shorts, and sock sizes for ordering their kit as soon as possible. We use team jerseys and 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 ([http://www.glsportsonline.com/Rugby\\_c9.htm](http://www.glsportsonline.com/Rugby_c9.htm)) in Keller, TX. Normally we will get the shorts and socks sizing information when we receive the players completed "ARC Player Profile Sheet" located at the "Forms" link on the home page of the ARC's web site under "ARC Player Profile" (also, attachment 1 of this document)

Other gear that is not required but are 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

The following information is the part of the online registration packet on the ARC web site under the "Forms" page.

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

#### Overview

There are 3 forms we will need for each new player:

- USA Rugby CIPP registration form
- ARC Youth Waiver and Youth Photo Release form (attachment 2)
- ARC Player Profile form (attachment 1)

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 "Self CIPP",



please go to the "Forms" link on the home page of the ARC's web site and open "*How To Self CIPP/Register*". Don't forget to print off a hard copy and turn it in to your team administrator.

-Note, there is a fee with registration, \$35 for U-19, and U-17 players and \$10 for the U-15, U-13 and U-11 players (U-15 players that "play up" on either the U-19/varsity or U-17/JV side will need to register under the " " in order to be eligible to play for the TX state 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 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.

### **ARC Player Profile Form**

This form is located at the "Forms" link on the home page of the ARC's web site under "*ARC Player Profile*" and we will need the information as soon as possible but NLT the first match.

### **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.

## **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/marking, club administration costs, and advertising. *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 on overnight trips.*

The resultant annual dues structure for 2009-10 is as follows:

- U-19/17: \$95
- U-15: \$85
- U-13/11: \$75

Dues can be paid 2 different ways:

- Pay directly to the club
- 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) paid a minimum of \$25 towards their dues (through either direct payment or credit in their player account). In the case where the dues are not paid in full by the first match, the player needs to have a plan presented to the team administrator for getting the dues paid (timeline & action). Remember, with the player account, any player can pay their dues



through efforts with the club. In the past, we have had a number of players pay all their dues and fees through t-shirt sales and club jobs.

**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 slightly less than 75% of the full dues. For this season, late joining dues are:

- U-19/17: \$70
- U-15: \$60
- U-13/11: \$50

Additional fees are:

- CIPP registration fee mention in the "Required Forms" section (\$35 for U-19/17 and \$10 for the rest of the youth)
- kit purchase of \$25 (*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]*)

Bottom line costs New Player/Returning Player:

- U-19/17: \$155/\$130
- U-15: \$120/\$95
- U-13/11: \$110/\$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. 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. Varsity and JV players see ARC Varsity VP for Special Events (for 2009-10 it is Ryan Melkert) for order forms and U-15/13 players see ARC Player Accounts Rep for the order forms.

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](mailto: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](mailto: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. Please request your keychain card from Jacque Bachman at registration or by e-mail at [jacque.bachman@fedex.com](mailto:jacque.bachman@fedex.com) and she will get you one. You can also print out the attached .pdf page with our barcode (Attachment 6 in this package) and scan it. That works as well.

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 program 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 at the end of the school year.

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.)
- Participation in camps/clinics/etc. (for graduating senior awardees)

## **KNOWN RUGBY CAMPS/CLINICS**

### **USA Eagles Camp (by invitation)**

Ages: High School & Under 20

Dates: 1<sup>st</sup> 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](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](http://www.esurugby.com/rugby_camp.htm)

## **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*** ( 817-881-5182 [tuckf15@aol.com](mailto:tuckf15@aol.com); [alliance@alliancerugby.org](mailto:alliance@alliancerugby.org))

**Alliance Rugby Club (ARC) President & U-11 Coach**

**2009 Texas State U-19 Champion**

**2008 Texas State U-19 Runner Up**

**2007 Texas State High School Champion**



## **COACHES' CODE OF ETHICS**

As a coach of youth rugby, a member of USA Rugby and the Texas Rugby Union, I pledge to uphold the following guidelines.

- I will place the emotional and physical well being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing environment for my players.
- I will promise to review and practice basic first aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship.
- I will be knowledgeable in the laws of rugby, and will teach these laws to my players.

## **PARENTS' CODE OF ETHICS**

As a parent and supporter of the Alliance Rugby Club, an organization that is committed to fostering the growth of its youth and rugby in the North Texas area, I will abide by the following guidelines. I understand that deterring from these guidelines could result in a revocation of my rights as a member.

- I will be responsible for my conduct while at practice and games.
- I will be responsible for the conduct of others who attend team functions in my behalf (friends, relatives, etc.).
- I will follow all rules pertaining to the facilities that hold team functions.
- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, and event.
- I will place the emotional and physical well being of the children ahead of a personal desire to win.
- I will remember that the game is for youth, not for adults.
- I will ask my child to treat other players, coaches, fans, and officials with respect.
- I will honor the rules, ethics, and code of conduct for rugby, the Alliance Rugby Club, the Texas Rugby Union, and USA Rugby.



## ARC PLAYER PROFILE

Name: \_\_\_\_\_ Age: \_\_\_\_\_

DOB: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, & Zip: \_\_\_\_\_

Phone:(\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

**In case of Emergency Contact: Name** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Relationship to player:** \_\_\_\_\_

\*\*\*\*\*

### Parents

Father: \_\_\_\_\_ Employer/Occupation: \_\_\_\_\_

Address: \_\_\_\_\_ (If different from above)

City, State, & Zip: \_\_\_\_\_

Phone:(\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

Mother: \_\_\_\_\_ Employer/Occupation: \_\_\_\_\_

Address: \_\_\_\_\_ (If different from above)

City, State, & Zip: \_\_\_\_\_

Phone:(\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

\*\*\*\*\*

### Athletes Information (specify adult or child on sizes)

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Ht: \_\_\_\_\_ Wt: \_\_\_\_\_ Sizes: Shirt \_\_\_\_\_ Shorts/Waist \_\_\_\_\_ Sock/Shoe \_\_\_\_\_

List any athletic experience, positions, and athletic accomplishments/awards (Include other school sports): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



+++++  
**MEDICAL HISTORY**

PLEASE CIRCLE NO OR YES AND LIST DETAILS AS REQUESTED. ALL INFORMATION WILL REMAIN CONFIDENTIAL AND APPLIED ONLY TO EMERGENCY CARE SITUATIONS. USE THE BACK OF THE PAGE IF REQUIRED FOR MORE WRITING SPACE.

**Do you have any food or medicine allergies? (list)** **Yes    No**

\_\_\_\_\_

**Do you take over the counter and/or prescription medications? (list)** **Yes    No**

\_\_\_\_\_

**Have you been diagnosed with Asthma or exercise induced Asthma?** **Yes    No**

List medications: \_\_\_\_\_

**Have you ever been diagnosed with any major diseases or conditions?** **Yes    No**

Diabetes, Epilepsy, Heart Disease, etc? Please list: \_\_\_\_\_

**Do you have or have you ever had a hernia or rupture? List dates if Repaired:** **Yes    No**

\_\_\_\_\_

**Have you ever been knocked out or had a concussion or other closed Head injury? List Dates:** **Yes    No**

\_\_\_\_\_

**Have you ever injured the bones, ligaments, nerves, or discs of your neck and back that disabled you for a week or longer? List injury and dates:** **Yes    No**

\_\_\_\_\_

**Have you ever had a broken bone or fracture? (Right or Left)** **Yes    No**

List bones/dates: \_\_\_\_\_

**Have you ever had a shoulder/elbow or wrist injury that disabled you for a week or longer? R or L List injury/dates:** **Yes    No**

\_\_\_\_\_

**Have you ever injured the ligaments in your knee? R or L List injury/dates:** **Yes    No**

\_\_\_\_\_

**Have you ever had an ankle injury that disabled you for a week or longer? (dislocation, sprain, separation, etc.) Right or Left List injury/dates:** **Yes    No**

\_\_\_\_\_

**Do you presently have a rod, pin, screw, or plate anywhere in your body? Where? List injury/dates:** **Yes    No**

\_\_\_\_\_

**Do you wear contact lenses or removable dental appliances while participating in your sport? List items:** **Yes    No**

\_\_\_\_\_



Have you experienced any major surgery? List: \_\_\_\_\_ Yes No

Are you current on all immunizations? List special considerations: \_\_\_\_\_ Yes No

Do you have any other conditions you wish to make us aware? Please specify and give details: \_\_\_\_\_ Yes No

THE ABOVE QUESTIONS HAVE BEEN ANSWERED COMPLETELY AND TRUTHFULLY TO THE BEST OF MY KNOWLEDGE. SIGNING THIS DOCUMENT RELEASES ALL INFORMATION TO ASSIST IN THE APPLICATION OF NECESSARY EMERGENCY CARE.

\_\_\_\_\_  
PLAYER NAME/SIGNATURE DATE

\_\_\_\_\_  
PARENT/LEGALGUARDIAN NAME/SIGNATURE DATE



**YOUTH RELEASE AND INDEMNIFICATION AGREEMENT**

Name of Child: \_\_\_\_\_

**CONTACT INFORMATION (For Parent/Guardian)**

Parent/Guardian's Name: \_\_\_\_\_

Home Phone Number: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_

The above-named child and the undersigned parent and/or guardian of the above named child, understand and acknowledge that the sport of rugby entails both known and unknown risks, including, but not limited to, physical and emotional injury from falling, tackling, and colliding.

Knowing these risks, the undersigned assume full responsibility and voluntarily participate in the sport of rugby. The undersigned, individually and on behalf of the above-named child, hereby voluntarily and expressly release, indemnify, forever discharge and hold harmless the Alliance Rugby Football Club (including its coaches, administrators and referees), and the United States Rugby Football Union (the "Released Parties) from any and all liability, claims, demands, causes or rights of action, whether personal to the undersigned, to the above named child, or to a third party which are in any way connected with the above-named child's participation in the sport of rugby, including those claims allegedly caused by the sole negligence, recklessness, or gross negligence of the Released Parties.

In consideration of the above-named child being permitted to participate in the sport of rugby, the undersigned further agree to indemnify the Released Parties from any and all claims which are brought by, on behalf of, or through the above-named child, including those claims allegedly caused by the sole negligence, recklessness, or gross negligence of the Released Parties.

The undersigned child further agrees to abide by any safety-related instructions given by the coaches and administrators of the Alliance Rugby Football Club with respect to participation in the practicing and playing of the sport of rugby.

\_\_\_\_\_  
Signature of Child Date

\_\_\_\_\_  
Signature of Parent/Guardian Date

**ARC YOUTH PHOTO RELEASE**

I do/do not (*please choose one*) hereby grant permission for Alliance Rugby Club to use pictures of my son/daughter, \_\_\_\_\_, for the express purpose of promotion of Alliance Rugby Club Youth programs and to post pictures of my son/daughter, on the Alliance Rugby Club website.

\_\_\_\_\_  
Printed Name & Signature of Parent Date  
Attachment 2