

SUMMER 7'S

INTRODUCTION

Welcome to the wonderful world of Alliance Rugby Club (ARC) summer 7's program. Summer 7's is a great opportunity to either continue playing rugby if you or your player played with us during the fall/winter/spring 15's season or if you're new to the ARC and/or rugby, it is a perfect opportunity to come on out and "run the ball around" to see what you think of the sport so many of us think is the finest sport in the world. And keep in mind, we have a coed squad for the younger players and are working hard to start up girls' sides for the older age groups. For the first time ever, there is girls' competition in the Ft Worth area so we don't have to travel all over the state to find matches for the older girls.

So let me answer the first question: "What is 7's rugby?" Short answer, it is rugby union (vice rugby league which is a different animal) rules played with 7 players on the field ("pitch" in rugby parlance) vice the 15 players that are on the pitch during 15's rugby (pretty clever, eh?). 15's is what we play during the fall/winter/spring season and then we transition to 7's in the late spring and play until middle summer (mid July). In 7's, because there is so much more running, halves are only 10 minutes long (vice the 30+ minutes for youth in 15's) resulting in matches that are complete within 25 minutes. 7's rugby is also the version of rugby that will be played in the 2016 Olympics in Brazil when rugby is reintroduced to the Olympics (factoid: the reigning Olympic rugby champion is the U.S. who won the gold in the 1924 Olympics, the last time rugby was played in the Olympics; it was played as 15's). In addition, the U.S. is currently ranked #9 in the world for 7's rugby. We're anxiously awaiting the first ARC Black Knight to make the US Eagles, the US national rugby team (our 7's coach, Coach Mike Harvey, was a premier US Eagles player so we have the pedigree, experience, and leadership, we're just waiting for our first alumni to make the team). We're also looking forward to the first ARC Olympian.

SCHEDULE

The ARC calendar is located at

<http://www.calendarwiz.com/calendars/calendar.php?crd=alliancerugby&PHPSESSID=d5a860dd4f3731d15496106b57bc7980&jsenabled=1&winH=546> and can also be located via the link on the ARC web site home page at <http://alliancerugby.org/>. Be sure to click on a specific event to get all the details.

Under-15, JV, Varsity, Adult Sides: Our practice schedule for Under-15, JV, Varsity, and adult sides is Tuesday and Thursday evenings from 6:30-8:30 PM, starting Tuesday 4 May 2010. Currently all practices will be conducted at the Keller Middle School but we are in the process of changing the venue for 1 of the practices per week. Our matches will be at tournaments held throughout the spring and summer which we will enter as they become available and we have enough players to field a side for the competition (normally need at least 10 players). As they become scheduled, they will be put on the ARC calendar which is the place to go for the latest and greatest information on all ARC activities.

Under-13/11/9 Sides: We will start out with practices on Tuesday night in conjunction with the older player practices but plan to run from 6:30-8 PM. If there is interest, we will add a second practice on

Thursday and make it “match/fun” practice where coaches and players mix it up in touch rugby matches and other games (ie. no drills). Currently the plan for matches will be on Saturday’s in a round robin tournament. Keep an eye on the schedule and emails for updates as the season rolls along.

REQUIREMENTS

Costs

A great attitude and desire to enjoy, learn, and improve your rugby game (and get/stay fit!) are the primary requirements for playing ARC rugby. We have specifically designed the ARC summer 7’s program to be the most fun as well as most cost effective way for you to stay active over the summer. For **returning ARC players** already USA Rugby registered (referred to as CIPP: “Club & Individual Participation Program”), there is no cost except the “pay-as-you-go” tournament fee. For **players that are new to rugby or have not yet CIPP registered** this year, you will have to CIPP register with USA Rugby. For a step-by-step process on how to “Self CIPP”, please go to “Forms” link on the ARC web site home page and then select “How To Self CIPP/Register” (<http://alliancerugby.org/Forms/How%20To%20Self%20CIPP%20Register.pdf>). Don’t forget to print off a hard copy and turn it in to your team administrator. The CIPP registration cost is \$10 for Under-13/11/9 players and \$20 for Under-15 and high school players. The only other cost is if you don’t yet have ARC kit (shorts & socks), you will need to purchase these through the club (\$25 for Under-13 and up; \$15 for Under-11/9). And that’s all the costs! Nothing for returning players and \$25 total for new Under-11/9’s, \$35 for new Under-13’s, and \$45 for new Under-15 and high school players.

As I mentioned, we will pay for tournaments in a “pay-as-you-go” format, with the average participating player charge of around \$10/tournament for the Under-15 and high school players.

Paperwork

Again, for ARC players who played this past season, no paperwork is required. For new ARC players, we will need the following:

-Copy of USA Rugby CIPP registration form

-ARC Youth Waiver & Photo Release Form: This form is located under the “Forms” link on the ARC web site home page and is titled “ARC Youth Waiver & Photo Release Form” (<http://alliancerugby.org/Forms/ARC%20Youth%20Waiver%20&%20Youth%20Photo%20Release%20FormN.pdf>)

Please remember the form needs to be signed in 2 places: once for the participating waiver and once for the photo release.

-ARC Player Profile Form: This form is located under the "Forms" link on the ARC web site home page and is titled "ARC Player Profile" (<http://alliancerugby.org/Forms/ARCPlayerProfile.pdf>).

Gear

Another piece of great news, the only requirements are:

-cleats

-mouthguard

-ARC kit

The ARC supplies the jerseys, balls, and any other equipment.

So what are you waiting for? Come on out and "run" with us!