



PLAY RUGBY in 2017 with the PENN LEGACY/HEMPFIELD HS & U-15 RUGBY TEAMS

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 KNIGHTMARES RUGBY FOOTBALL CLUB (EST 2006)

The Knightmares are a member of **Rugby Pennsylvania** and **USA Rugby**. **RugbyPA** is a state based rugby organization formed in 2012 and recognized by USA Rugby as the official youth and interscholastic rugby administrator in Pennsylvania. The Knightmares boys field a HS and U-15 side. The Knightmares girls field a HS/MS side for 7th through 12th graders. The Knightmares are a club team, open to all high school boys, girls, and middle school.

There are no residency requirements. No experience is required.

WINTER 2017- PRE-SEASON CONDITIONING - CONTACT COACHES LISTED BELOW

SPRING SEASON '17 - MATCHES

The Spring match Schedule typically runs from Early March thru Mid-May. Matches will be with teams who are current members of **Rugby Pennsylvania** (www.RugbyPA.org). 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 by the PA Rugby. Knightmares home matches are played at Centerville ES or the Hempfield HS stadium.

SPRING 2017 TOTAL CLUB PLAYER COSTS (HS BOYS/GIRLS & U15 BOYS) = \$215

Includes Socks, Shorts, mouthguard, Bus transport, trainer & referee fees

Spring 2017 Basic cost breakdown (HS):

Spring 2017's & Summer 7's-----	Included
Bus trips to away matches (spring 15's only)-----	Included
PENN LEGACY cost (HS Boys, U-15 Boys, and Girls)-----	\$150.00**
USA RUGBY & PA RUGBY cost-----	\$ 65.00*
TOTAL COST-----	\$215.00

**please pay directly to RugbyPA at:*

<http://www.rugbypa.org/page/show/1180945-registration>

****Online Registration and forms for the 2017 season is available at:**

<https://www.pennlegacy.org/rugbyfc/rugby-registration.html>

Contact your respective coach for 2017 registration meeting night info.

Contact Info:

Club Administrator:

Curt Walter

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Girls Head Coach:

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Boys HS Head Coach:

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Girls Asst. Coach

Kate Whiting

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Boys Asst. Coach

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Boys U-15 Head Coach - Chris Wenden

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Boys U-15 Asst. Coach - Ian Levasseur

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