



## PLAY FALL 7s 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 7<sup>th</sup> through 12<sup>th</sup> 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.**

### Player info

FirstName: \_\_\_\_\_

LastName: \_\_\_\_\_

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

City/State/zip \_\_\_\_\_

Phone# Home \_\_\_\_\_ Cell \_\_\_\_\_

Date of birth \_\_\_\_\_ Current Grade \_\_\_\_\_

School \_\_\_\_\_

Email address \_\_\_\_\_

Has registering player played rugby before? \_\_\_\_\_

Briefly detail other sports registering player has participated in \_\_\_\_\_  
\_\_\_\_\_

### Parent info

FirstName: \_\_\_\_\_

LastName: \_\_\_\_\_

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

If address is different than Player, please fill in address:

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

City/State/zip \_\_\_\_\_

Phone# Home \_\_\_\_\_ Cell \_\_\_\_\_

Email address \_\_\_\_\_

If so what team? \_\_\_\_\_

**Total cost is \$115.** Register online with Penn Legacy at <http://pennlegacy.org/rugbyfc.html>

\$50 (cash, check or credit ) is payable to Penn Legacy, the other \$65 is payable (online, credit card only) to Rugby PA

at: <http://www.rugbypa.org/page/show/1180945-registration> The **\$65 Rugby PA membership fee will be in effect until 8.31.2018.** **NOTE: Rugby PA registration opens Sept. 1.** Rugby shorts and socks are available for \$35. Mouthguard is supplied and required for all players.

Girls team coach - Joseph Capp 717.413.8549 - [drdaitcapp@comcast.net](mailto:drdaitcapp@comcast.net)

Boys team coach - Chris Knarr 484.332.8196 - [knightmarerugby@gmail.com](mailto:knightmarerugby@gmail.com)

Fall 2017 tournament schedule for boys and girls teams to be advised.

Boys Practices Tuesdays and Thursdays 6:00pm to 8pm

Girls practices Tuesdays and Thursdays 5:00pm to 7pm,

both at Centerville ES – 901 Centerville Rd Lancaster pa 17601