



Castle Rock Pirates Rugby

Passion + Integrity + Respect + Attitude + Trust + Strenth

Welcome to Pirates Rugby!!

Rugby is a wonderful game, with a rich tradition around the world. It is the contact game of choice for countries such as England, Australia, New Zealand, Ireland, Japan, France, Scotland and Wales. Throughout the world people play Rugby from grade school through adulthood. In fact, Rugby is truly a "Life Sport" because, unlike football, players continue to participate in the game of rugby long after they leave school. Players continue playing competitive rugby for years and years by joining local clubs that can be found in pretty much every corner of the world!

Castle Rock Pirates Rugby Club is part of and plays in league matches organized by Rugby Colorado. Rugby Colorado has been governing Youth and High School Rugby in Colorado since 1985. It is a volunteer organization working in partnership with the World Rugby Board and USA Rugby. Rugby Colorado has non-profit 501c3 status, as well as being one of a handful of organizations in the nation to obtain State Based Rugby Organization (SBRO) level 3.

It is Rugby Colorado's mission *to provide instruction and training in a safe environment with the fundamentals, skills, and strategies associated with the sport of rugby*. Their motto is "*Building Character*". Rugby is now recognized as *THE* fastest growing sport in the USA. Rugby was reintroduced into the Olympics in 2016. It is now common for the top graduating HS Rugby players to be offered full scholarships. I've no doubt more players from Colorado will be offered similar opportunities in the years to come!

Castle Rock Rugby has grown from sporadic year to year High School boys and girls teams formed when there were enough players, to an organized Club with several qualified and experienced coaches, supporting parents and a growing number of players.

The HS Boys and Youth teams are achieving a great amount of success. The HS Boys play from January to mid May and the Youth season runs from April through July. Practices start many weeks earlier. There are opportunities to attend high performance training camps outside of the club as well as try outs for the Colorado All State program. We have had several representatives from Castle Rock selected for this team over the last few years at both Varsity and Junior Varsity level.



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BECOMING A PIRATE!!!!

You are receiving this packet of information because your son has expressed interest in playing rugby. Fear not, many parents and athletes consider it to be the best sporting experience of all. Athletes all over the world play this game. In fact, rugby is often seen as a "game for life" with welcoming doors and opportunities all over the world. There is no other sporting community that can boast such global camaraderie.

This is intended to help you better understand the game of rugby and lay to rest any fear or doubt you may have about your child's participation.

Rugby features elements of physical contact, but is no more intense than other popular sports. In comparison to football, some experts even consider it a safer game. This logic is justified by several reasons including the fact that rugby allows neither blocking nor rigid protective equipment. This eliminates the incidence of athletes striking each other with hard helmets and shoulder pads or encountering blind side contact. Also, dangerous play is treated as a serious offense and not tolerated by officials or coaches. Players may be ordered off the field or even suspended, as rugby places equal importance on sportsmanship and fair play. Here are some other reasons rugby is appealing:

Possession: Rugby is a game of possession, not necessarily yardage. Coaching technique emphasizes passing before being tackled and other skills aimed at retaining possession. This is in place of struggling to gain yards while opponents attempt to stop players at all costs.

Evasion: The myth that rugby is less safe because it does not include blocking is simply untrue. As mentioned, players are less likely to fall victim to unexpected defensive hits. In other sports, space is created by brute force. Rugby encourages the use of evasion and misdirection that creates opportunities to run plays and score points. Nearly all collisions can be anticipated, allowing athletes to better prepare and brace for contact situations.

Tackling: Tacklers must wrap their arms around an opponent. Absolutely no tackling is allowed above the chest. If it occurs, it is strictly penalized. This not only makes for safer play, but for higher success rates in completing tackles. Coaches instruct players on how to tackle safely as well as how to receive a tackle.

Rugby players are all unique individuals who are unafraid of taking on a new challenge. This legendary game mixes strength, speed, agility, and welcomes athletes of all shapes and sizes. Be proud that your son wishes to stand out as a person as well as an athlete.

Welcome to your new sport!



Castle Rock Pirates Rugby

PLAYER & PARENT CODE OF CONDUCT

Rugby Colorado and Castle Rock Pirates Rugby expects all teams, coaches, players and parents to abide by the following code of conduct:

1. Players who represent their teams are ambassadors of their club, Rugby Colorado, USA Rugby, as well of the game of rugby in general. As such, each player is expected to be on good, responsible behavior at all times, both on and off the field.
2. Players should not exhibit obnoxious, impolite or antisocial behavior (dangerous play) of any sort that would adversely affect the image of the game as a serious and disciplined endeavor. This includes verbal abuse of opponents or referees by coaches, players, parents or their supporters.
3. A player or parent must not before, during or after a match under the jurisdiction of an affiliated Union or Society threaten or address a referee or touch judge in insulting terms, or act in a provocative manner towards a fellow player, parent, spectator, referee or touch judge.
4. Referees and touch judges must likewise treat coaches, players and parents with equal respect.
5. All players, parents and supporters must respect the ground rules that are in effect at any particular match, such as prohibitions against having alcohol on school grounds and in public parks.
6. AT NO TIME WILL ALCOHOL OR DRUGS BE ALLOWED AT ANY CASTLE ROCK RUGBY MATCH EITHER BY PLAYERS OR TEAM SUPPORTERS.

Violations of this Code of Conduct will be immediately addressed by the Rugby Colorado Disciplinary Committee. All sanctions by the Rugby Colorado Disciplinary Committee will be enforced by the committee and appropriate coaching staff.



Castle Rock Pirates Rugby

Club Contact Information and Social Media

Email: info@castlerockrugby.com

Website: www.castlerockrugby.com

On the website, we will have links to registration along with great information on the game of rugby including rules and laws (<https://www.castlerockrugby.com/rugby-resources>)

Coaching Staff / Officers:

Head Coach/President Jeff Bredehoeft (303) 525-6719

Coach/Vice President Robbie Winter (719) 232-2310

Coach/Secretary Joe Conti (303) 349-8628

Coach Tim Hochstetler: (574) 238-0318

Coach Paul Lund (720) 998-6064

Coach Bryan Paulson: (303) 880-7712

Coach Brian Perna (720) 453-3405

Facebook:

Castle Rock Pirates Rugby

<https://www.facebook.com/CastleRockPiratesRugby/>

Instagram:

pirates_rugby_castle_rock

https://www.instagram.com/pirates_rugby_castle_rock/



Castle Rock Pirates Rugby

Communications

We always do our best to communicate directly with players at the conclusion of each practice on important items as we feel it helps them take responsibility. That said, we do have plenty of follow up!

Email: We will send emails periodically about games, events and the like. If you are not receiving emails, you can sign up to receive them on our website.

TeamApp: We use this app for time sensitive / direct communication with players. We ask that ALL PLAYERS and Parents sign up on Team App. Detailed instructions are here <https://www.castlerockrugby.com/communications>



Castle Rock Pirates Rugby

2023 Spring Season Game and Practice Schedule

Attendance for ALL practices and games is REQUIRED. For the benefit of everyone involved, the Club expects 100% participation. Please try to schedule vacations, doctor's appointments, family events, etc. outside of the dates and times listed. If your player cannot make practice or a game, please have them notify one of the coaches with as much notice as possible.

High School Practice

Prior to Daylight Savings Time (March 12th), weekday practices will be held from 4:00pm until dark, Tuesdays and Thursdays. We will also hold Saturday practices around midday (time is flexible given the weather/snow cover) until the season starts.

For the months leading up to the regular season, practices will be held in a small variety of locations including the Miller Activity Complex, Butterfield Park and Meadow View Elementary. Practices will be on Tuesdays, Thursdays and Saturdays until the season begins. On Tuesdays and Thursdays, practices will start at 4:00 p.m. and finish at dark. On Saturdays, practice will begin at 11:00 a.m. and end at 2:00 p.m.

Once the regular season begins and daylight savings time starts, we will still practice on Tuesdays and Thursdays, but will start at 5:00 p.m. and end at 7:00 p.m.



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High School Games (Varsity)

<u>DATE</u>	<u>OPPONENT</u>	<u>LOCATION</u>
February 11 th (Saturday)	East Invitational (pre-season friendly)	Denver
February 25 th (Saturday)	vs Pikes Peak Falcons (friendly)	TBD
March 4 th (Saturday)	vs. Eastside	TBD
March 11 th (Saturday)	BYE	
March 18 th (Saturday)	@ Grand Junction	Grand Junction
March 25 th (Saturday)	vs. Ft. Collins	TBD
April 1 st (Saturday)	vs. Summit	
April 8 th (Saturday)	vs. PAC	TBD
April 15 th (Saturday)	vs. Aspen	Breckenridge
April 22 nd (Saturday)	vs. North	TBD
April 29 th (Saturday)	BYE	
May 6 th (Saturday)	State Playoffs (semi-finals)	TBD
May 13 th (Saturday)	Sate Finals	TBD



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8th/Fresh/Soph

<u>DATE</u>	<u>LOCATION</u>
March 20 th (Monday)	TBD
March 27 th (Monday)	TBD
April 3 rd (Monday)	TBD
April 10 th (Monday)	TBD
April 17 th (Monday)	TBD
April 24 th (Monday)	TBD

Youth (TRY) Season: Starts in May and runs through June

Age Groups:

2021 Summer CoEd Rookie U8 (5,6,7)

2021 Summer CoEd U10 (7,8,9)

2021 Summer CoEd U12 (10,11)

2021 Summer Boys U14 Open/Light (12,13)

2021 Summer Girls U14 Open/Light (12,13)



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Registration and Dues

Registration:

Registration links will be posted on the team website. For a player to participate, they need to be registered with USA Rugby and Rugby Colorado (those are covered in the registration process).

Fundraising:

Each year the club organizes fundraising events to help offset season costs or raising funds for special events / club needs.

Scholarship Opportunity:

Each year, graduating seniors have the opportunity to apply for a scholarship (min of \$1,000) to use towards continuing education post high school. This includes College, Military and Trade School (or similar).

Player Equipment:

- Proper cleats/boots (not football style; cannot have a toe cleat)
- Mouth guard is mandatory at every rugby practice and game
- Proper rugby shorts (provided by the club)
- Bring water to every event!
- Any personal medical necessities: Epi pens, inhalers, etc.
- No hard style braces are allowed for knees, elbows, etc. Soft supports are allowed (neoprene sleeves).

Injuries/Medical:

Have insurance ready at the time of registration; supplemental insurance coverage through USA Rugby/Rugby Colorado.

Concussions are the number one issue in contact sports; what are we doing to mitigate concussions and keep kids safer?

- Proper warm-up with neck and core strengthening
- Proper tackling techniques
- Proper ball-carrier responsibilities (going the ground safely without the “whiplash effect”