



The Morris LadyLions Girls High School Rugby Team

Welcome Letter - 2009 Season

Dear Players & Parents:

As we begin the 2009 season, we would like to welcome you to the Morris LadyLions U19 Rugby Program, affiliated with the Morris Rugby Corporation. This letter will introduce you to our Program and provide details regarding how our program is administered.

The Girls U-19 team, the LadyLions, is open to all interested players who are currently in 8th through 12 grades regardless of where they go to school or what county they live in. Homeschoolers are welcome also as long as they meet the age criteria for a high school attendee.

In the Fall there are introductory and “refresher” clinics for new and returning players. These clinics, held on Sunday afternoons for 6 weeks are not mandatory for new players but are offered as a way for interested age-eligible girls to give rugby a try. If they like it, they can sign up for the team at any time. For returning players it's an opportunity to get on the field after the summer break! The clinics are held at the Rugby field at Mennen Arena on East Hanover Ave in Morris Plains. The first session will be on Oct. 19, 2008, at 2pm. Clinics will continue each Sunday through Nov. 24. These sessions culminate in taking the girls to a Seven-a-side (7s) Rugby Tournament in NYC on the Saturday after Thanksgiving where they will play against other U19 teams.

After the Thanksgiving break we will offer indoor training once a week at the Indoor Sports Pavilion in Randolph. These weekly sessions will start on Thursday, December 4, 2008, and run through February 19, 2009 from 7-9pm (except 12/25/08 and 1/1/09). These indoor sessions are not mandatory since many of our players will be involved in winter school sports but we encourage you all to come to as many of them as you can.

If the weather cooperates, we will begin outdoor practices on Monday, February 23 at 6:30pm. From then on, training will be held every Mon. and Wed. from 6:30-8 PM at the Morris Rugby pitch at Mennen Arena. This year league play concludes on April 26 with regional playoffs following on May 3 and the HS Nationals over the weekend of May 15 – 17, 2009. Friendly games will be scheduled into June and our end of season party will be held on Sunday, June 7, 2009. Also available are MetNY Select Side tryouts and practices. The Select Side team travels to Albany around the 3rd week in June to participate in the Northeast Rugby Union (NRU) U19 Select Side tournament. This year we hope to have expanded our coaching staff to include Danny Marain, currently head coach of the Montclair State University Men's team, Jim Fedich, former rugby player and now a practicing chiropractor, and Andy Fitch who has been our forwards coach in the past and hopes to have more available time this year!

Starting in Mid-March, matches will be scheduled for both league and non-league play, continuing through early June. Most matches will be held on Sunday afternoons. Additionally, we are hoping to participate in a tournament sometime in the Spring. A more detailed game schedule will be handed out in January or February as it is finalized.

Registration fees for 2009 are set at \$200.00 per player, with checks made out to Morris Rugby. The fee is due and payable with your application/registration form. Families with more than one girl playing on the



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LadyLions team pay \$200 for their first player and \$170 for each additional. Please fill out the 2009 application in its entirety, including all required signatures and contact information. The contact information is used for our email distribution lists only. Additionally, each new player must submit a "Kit Order Form" with your application. If a returning player needs replacement kit attire, they should also fill out the Kit Order Form. The attached application and kit order form should be returned to Coach Pam Laura or to the Morris Rugby Club address listed on the form. All fees should either be mailed to the address on the registration form or made via our Paypal link on our webpage. Any players that join the club after training has commenced must submit their registration, kit order form and fees before being allowed to participate in any sanctioned activity.

The registration fee covers the cost of providing each player with their kit - shorts and socks - as well as a rugby ball and a team t-shirt. It also covers payment of the required USA Rugby Club and Individual Participant Program (CIPP) registration fee (\$20) and the Morris Rugby Club Member Fee. Morris Rugby will handle CIPP registration of all players online and will then submit the forms to the USA Rugby office on your behalf. No additional funds will be required for the CIPP application nor is a separate check needed as the CIPP fee is included in your registration fee.

Your registration fee also helps offset expenses for our post-match socials (food and drink) at home games – a wonderful tradition unique to rugby, as well as referee fees for home games, field rental & maintenance, rental of vans for travel to away games, and other expenses incurred in running the team.

In addition to your kit (shorts, socks, rugby ball), you will need a water bottle, and a kit or gym bag to carry your gear, all players will need a MOUTHGUARD and a pair of molded soccer cleats and training shoes (sneakers). The mouthguard is mandatory equipment and must be worn at all practices and games. You will not participate in any contact drills or any games if you do not have a mouthguard.

We really encourage parental participation. You are welcome at any practice and encouraged to attend all the matches. We are looking for parents to coordinate several activity areas for the team. Please see the Application packet for a list of the positions available and a brief description of the "jobs". Please help support your girls by volunteering your time.

The best avenue we have to growing this sport is through these young players. Please spread the word that high school rugby is here in Northern NJ!!

If there are any questions please feel free to contact me directly either on my cell at 973-801-6662, at home 908-850-8086 or by email: plaura@verizon.net. We look forward to a great 2009 season!

See the attached tentative schedule of events as we know it today for more dates.

Yours in rugby,
Your coaches