



# The Morris LadyLions Girls High School Rugby Team

**RESPECT ALL, FEAR NONE!**

## Welcome Letter - 2010 Season

Dear Players & Parents:

As we begin the 2010 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 8<sup>th</sup> 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.

### Pre-Season Activities

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 Wednesday, December 2, 2009 and meet every Wednesday through February 24, 2010, except on 12/23 & 12/30/09. The sessions will run from 8 - 10 p.m. 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 6:30-8:80 PM at the Morris Rugby pitch at Mennen Arena.

### Playing Season

Our playing season runs from March through June. The High School/U19 Jersey Cup tournament (hosted by Morris Rugby!), and our end-of-season party! There is also the possibility of going to the Northeast Rugby Union (NRU) U19 Girls Playoffs and even the HS/U19 National Championships, both of which happen in May. League games start in late March and are held on Sunday afternoons. A more detailed game schedule will be handed out in January or February as it is finalized.

### Beyond the Playing Season

Besides the HS/U19 Jersey Cup tournament, our local Rugby Union, Metropolitan NY (MetNY), has a Girls U19 Select Side. Tryouts are usually held in May with practices continuing into June. The Select Side team travels to Albany around the 3<sup>rd</sup> week in June to participate in the NRU U19 Select Side tournament.

### Registration

Registration fees for 2010 are \$225.00 per player, with checks made out to Morris Rugby. Families with more than one girl playing on the LadyLions team pay \$225 for their first player and \$175 for each additional. Payment should be made by January 31, 2010 to confirm that you will be playing this season. Players must also have completed and handed in their 2010 registration form prior to their first game. Players may join at any time during the season and pay their registration fee at that time. Registration fees are not prorated and cover the player for any team-expensed activities



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through December, 2010. Please fill out the 2010 application in its entirety, including all required signatures, contact information, and health care info. The contact information is used for team and Club email distribution lists only. The registration fee covers the cost of providing each player with shorts, socks and a team t-shirt. Rugby balls are available for players to purchase if desired. It also covers payment of the USA Rugby- required 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, and other expenses incurred in running the team.

In addition to your kit (shorts & socks), you will need a water bottle, and a kit or gym bag to carry your gear. All players are required to wear a MOUTHGUARD at all practices and games. You will not participate in any contact drills or any games if you do not have a mouthguard. A mouthguard without a strap is standard. A pair of molded soccer cleats is fine for most rugby games and practices. Always bring sneakers, too, in case we decide to go for a run or have to practice on a hard surface.

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 the coaches. Our contact information is:

Omar Rivera, Head Coach 973-864-7321 or [omarrugby@optonline.net](mailto:omarrugby@optonline.net)

Donna Waliky, Assistant Coach 973-229-4134 or [dwaliky@verizon.net](mailto:dwaliky@verizon.net)

We look forward to a great 2010 season!

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

Yours in rugby,

*Omar & Donna*

Your coaches  
Omar & Donna