

2007-2008
KNIGHTMARES RUGBY FOOTBALL CLUB
MIDDLE SCHOOL (U-15) RUGBY

MISSION

To provide a dynamic Rugby program 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 the players are also 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 the Eastern Pennsylvania Rugby Union (EPRU). The EPRU is one of three Local Unions that comprise the Mid-Atlantic Rugby Football Union (MARFU). MARFU is one of the seven territorial unions that make up USA Rugby, the national rugby union. The Knightmares field both High School girls and boys under 19 sides. As well as a middle school boys side The Knightmares are a club team, open to all . **There are no residency requirements. No experience is required.** Knightmare rugby has no direct affiliation with any school district.

SPRING SEASON '08 - PRACTICES

Practices are full contact. Players without cleats and mouthpieces will not participate. Players must be registered and paid in full before stepping on the practice pitch. Practices are generally Wednesday & Thursday 4-6 pm starting in late February on the new Hempfield Quad practice fields. The Jr. High Boys team practices along side the Boys High school team.

SPRING SEASON '08 GAMES

The spring schedule typically runs from early March thru mid-May. Games will be with teams who are current members of the EPRU. There will be 4-6 regular season games. The games are typically on Sundays and follow the High School boys B side game. Make up games may be played on weekdays or Saturdays. The schedule is set up by the EPRU. The Knightmares home field will be either the Hempfield football stadium or Centerville Middle School - Upper field. Transportation to away games is via school bus with the High School Boys side.

SUMMER '08 7-A SIDE TOURNAMENTS

Following the spring 15-a-side season, the Knightmares will play in all available 7-a-side tournaments. 7's rugby is essentially the same game as 15's but with only 7 players on the field for each team. Games are two 7 minute halves, with typically 3 or 4 games in each tournament. Rosters are normally limited to 12 players. The Knightmare girls won the 2006 Harrisburg 7's tournament, while the boys side finished 2nd. There will likely be a one to two week break between seasons.

CLUB PLAYER COSTS

2008 Basic Fee \$75

(Includes Club Jerseys, Socks and Shorts Mouthpiece, EPRU fees, USA Rugby fees, Referee Fees, Coaching Fees, latest Law book, tournament fees. Bus Transportation will be extra. Cost to be advised once the schedule is set).

Pick up a Registration form at a Hempfield Middle School office or

On-Line registration is available at:

<http://www.hempfieldsoccerclub.org/rugbyregistration.htm>

Contact Info:

Club Administrator: Curt Walter, Ph# 629-8938 Email: curt.walter@verizon.net

Jr. High Boys head Coach: Milan Mitrovich Ph# 717-578-3828 Email: mrmitrovich@comcast.net