



ST. LOUIS WARRIORS YOUTH & ROOKIE RUGBY CLUB

Interested in playing rugby? Youth rugby for all levels

YOUTH RUGBY

10-14 years
(Grade 5-8)

Contact

ROOKIE RUGBY

Boys & Girls 5-10 years

Non-Contact

www.facebook.com/WarriorsYouthRugbyClub/

Why Play Rugby?

USA's fastest growing sport!

- Create friendships
- Adopt rugby's core values
 - Teamwork
 - Discipline
 - Respect
 - Sportsmanship
 - Enjoyment
- Health Benefits
 - 60+ minutes of exercise
 - Muscle strength development
 - Bone strength development
- Player Safety
 - Qualified & certified coaching staff
 - Concussion education certified
- Life-long Connections

Practices Sunday 10-11:30am at Kochanski Sports Field, Legacy Park, Cottleville

If interested, contact Colin Heath (colin9174@gmail.com; 314-265-8729)

or Doug Reckamp (douglasreckamp@yahoo.com; 636-485-6230)



Welcome to Warrior Rugby

Introduction:

Newly formed rookie Rugby and Youth rugby club. Mission to develop the game of rugby in the Saint Charles County area by building a love for the game in our youth. There will be a non-contact co-ed "rookie rugby" aspect for U10 age groups. This will be touch rugby. We will also have a 5th-8th grade contact youth rugby team.

Coaches

Coach and Director: Doug Reckamp

Former player and coach. Married to Tara, a RN. Father to Olivia (14) Charlie (11), Lucy (9) and Ted (7) all of whom attend Saint Joseph in Cottleville. Started Rugby career in 1992 in high school at DeSmet Jesuit high school. Continued playing career for men's clubs KCRFC in the Heart of America Union the Saint Louis Bombers, SLU, and the Saint Louis Rambler RC in the Missouri Rugby Union. Former assistant at DeSmet Jesuit and SLU. Current member of Rambler Rugby Club. Level 200 certified coach with USA Rugby. Also certified CYC coach and certified SLYSA and US Soccer coach.

douglasreckamp@yahoo.com

636-485-6230 mobile

Coach and Director: Colin Heath

Semi-retired player and current head coach of the St Louis Rambler Rugby Club. Starting playing rugby at the age of 8 years in the United Kingdom and have played pretty consistently into my early 40s. Am currently a level 300 certified coach and have been coaching men's rugby for almost 10 years.

I am married to a teacher in the Orchard Farm School District and have 4 kids, Jake (21), Sam (9), Ella (7) and Olivia (5). Both Sam 'n' Ella (The Germs) have played Rookie Rugby and wish to continue, with Sam desperate to tackle!

Colin9174@gmail.com

314-265-8729 Mobile

Uniform/Protective Gear

- Mouthguards are required for tackle games or tackle practice. No mouthguard = no tackle play. (usually around 99cents at Walmart or sporting goods store). The player is required to provide their own mouthguard.
- Information on protective gear you may wear per USA Rugby guideline: <http://usarugby.org/documentation/refereeing/protective-equipment-clothing-guidelines.pdf>
- We are still researching the most cost effective Uniform solution. I will have options and ideas available shortly.

Game/Practice Locations

Games can be hosted throughout the Saint Louis area. We will notify a week prior to games.

Most of our practices will be at *Kochanski Sports Field, Legacy Park, Cottleville* from 10-11:30am

Team Fees/Dues:

Majority of expenses will be picked up by sponsorship of the Saint Louis Rambler Rugby Club and generous donors including the United States Rugby Football Foundation which was founded to promote the game among our youth and build the foundation for the future of USA Rugby.

Non-contact U10 Rookie Rugby: Online registration CIPP with USA Rugby. \$5.00

5th-8th grade youth rugby: online registration CIPP with USA Rugby \$20.00

Uniforms TBD

USA rugby membership:

USA Rugby Registration (CIPP)

It is a requirement that every player is registered (CIPP) with USA Rugby on an annual basis.

A player cannot play in any scrimmage or competitive game without an active CIPP on file.

A player may attend practice without a CIPP during the time they are assessing to see if the game is a fit for them.

Be sure to select the correct group for your child.

- Youth Tackle (U12) or
- Youth Non-Contact – Rookie Rugby (for U8, U10,)

Further Instructions on this will be communicated after the first couple of practices.

Benefits if membership in USA Rugby (why should I register my child?)

MEMBERSHIP BENEFITS

- **Insurance:** Within any contact sport there is the chance of somebody getting injured, but with your USA Rugby Membership, we have you covered. Liability and Accident Insurance reduces liability for registered members, covers rugby-related accidents at sanctioned events and more. See the Insurance tab for more information.
- **League and Tournament Participation:** A membership with USA Rugby gives you access to join one of over 3000 clubs and participate in tournaments around the country. USA Rugby is in charge of over 400 youth teams, 1,200 High School teams, and 900 College Teams and 700 Senior Teams.
- **Opportunity to Compete in a National Championship Series:** With 30 National Playoff and Championship events each year, a USA Rugby membership creates opportunities for rugby members to compete at an elite level.
- **Structure:** One of the key benefits of a membership with USA Rugby is the structure provided by the governing body. This includes keeping the league referees current with their training, providing coaching staff background checks, communicating recent medical updates and information and creating a strong foundation for the game.
- **Staying Connected:** Staying up-to-date with USA Rugby is easy with your membership. With access to E-News updates, you will have the latest rugby news and resources at your fingertips. This also includes live coverage of tournaments and popular rugby matches to keep you current on everything rugby.
- **Affiliation:** We are proud to support rugby players across the United States and strive to create value for all our members. A USA Rugby membership signifies your affiliation with this increasingly popular sport and genuine love for the game.

Recruiting and Inclusiveness

Recruits are welcome to come to practice for free to check out rugby and to see if it is a fit for them. Players are accepted throughout the entire season.

Thank You

We appreciate interest and investment in both your child and youth rugby. Please sign contact sheet at first practice to ensure you are notified of upcoming events and practices.

Check us out on Facebook at @Warriorsyouthrugby or Twitter at @Warrior_Rugby or email us at WarriorYouthRugby@gmail.com