

**Welcome to the
2017 NSCRO
California Cup Championship**
APRIL 1, 2017

**Pacific Coast Region Challenge Cup
Championship**
APRIL 1 – 2, 2017

Hosted by:



CSU Maritime Academy
Bodnar Field
200 Maritime Academy Drive
Vallejo, CA 94590

NATIONAL SMALL COLLEGE RUGBY ORGANIZATION



www.nscro.org

The Home of Small College Rugby in America



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The Home of Small College Rugby

Dear Competitor,

Congratulations on earning the right to participate in the next round of the NSCRO Playoffs. California Maritime Academy, the Men's Rugby Club, Northern California CRC, and NSCRO would like to welcome you to the 2017 California Cup and Pacific Coast Regional Challenge Cup Championships. The California Cup will be played on April 1st, and the Challenge Cup will be played April 1st and 2nd in Vallejo, CA on the campus of California State University Maritime Academy.

There will be a total of four teams involved in the California Cup and four teams in the Challenge Cup. Refer to the schedule for match times for both championships. The California Cup winner will advance to the Pac West Regional Championships on April 8-9, 2017 in Claremont CA. The Pacific Coast Regional Challenge Cup winner will advance to the Challenge Cup Semi-Finals on April 22, 2017.

The NSCRO Representative in charge of the Challenge Cup is Steven Hiatt. His phone number is 510-333-9501 and email is stevenhiatt@gmail.com. The NSCRO Representative in charge of the California Cup is Mike Gadoua. His phone number is 415-419-7829 and email is michaelgadoua@gmail.com. Be sure to coordinate the day, time and location for your Team Check-In with the correct representative

There are locker rooms and showers available on campus on the first floor of the Physical Education & Aquatics Center. Towels will NOT be provided.

We are all very fortunate for this competitive opportunity. Please be sure to keep our off-field standards at the same level as the on-field quality performance:

- Teams should clean up their trash and kits after each match and at the end of the tournament.
- With families present, athletes should monitor their language.
- Restrooms are located at the southwest corner of the field. Please clean up after yourselves.
- Water and ice will be provided for all players in all matches.
- There will be a concessions stand for the purchase of food and drink.
- Alcohol – absolutely no alcohol is permitted on the Cal Maritime campus. Be sure your fans know this.
- No cleats inside any of the buildings on campus.
- No pets allowed.
- No smoking allowed on campus.
- All players, coaches, and spectators shall abide by NSCRO Code of Conduct and Alcohol Policy.

Have a great rugby experience!

Yours Truly,

Marv Christopher, CSU Maritime Academy Athletic Director
Email: mchristopher@csum.edu Phone: 707-654-1050



CSU Maritime Academy Athletics Department is pleased to host the 2017 NSCRO California & Challenge Cups here at Cal Maritime's Bodnar Field. The Maritime Rugby Program is one of the very few that is part of an intercollegiate varsity program. With this distinction comes the honor and respect that is seldom attributed to club programs. The school is ideally situated in the San Francisco North Bay with all the local attractions and amenities to make the tournament a very enjoyable experience. Lodging and fine dining abounds in the surrounding areas with breathtaking views of the Bay and Napa Valley close at hand.

MATCH SCHEDULE

All times shown are Pacific Time Zone

SATURDAY, APRIL 1ST

Pacific Coast Region Challenge Cup Semi-Finals

10am – Point Loma Nazarene vs. University of San Francisco

12pm – Willamette College vs. Humboldt State

California Cup

2pm – Cal Maritime vs. Loyola Marymount University

4pm – Santa Rosa Junior College vs. Claremont Colleges

SUNDAY, APRIL 2ND

Pacific Coast Region Challenge Cup

11am – Consolation game

1pm – Final

CSU Maritime Academy Location

Google Maps: <https://www.google.com/maps/place/Cal+Maritime/>

Campus Map online at <https://www.csum.edu/web/about/campus-map>

(Refer to campus map in this Welcome Packet for Bodnar Field)



- **Cal Maritime Athletic Department Provides:**
 - ✓ Athletic Trainer and Training Facility (Visiting teams must furnish medical supplies and bring trainer, if possible.)
 - ✓ Water and Injury Ice
 - ✓ Shower Facilities (NO towel service)
 - ✓ Locker Rooms
 - ✓ Administrator on site
 - ✓ Intercollegiate style oversight
 - ✓ Public safety (Security)
 - ✓ Local Media Coverage
 - ✓ Daily Scores will be reported to local and rugby media
 - ✓ Courtesy Video Taping of all games

- **Webcasting**
 - ✓ Each game will be broadcasted on the internet and available to watch for \$7.95. Go to <http://portal.stretchinternet.com/csum/> .

- **Bodnar Field boasts**
 - ✓ Lights
 - ✓ Restrooms (Men's and Women's)
 - ✓ Training Room
 - ✓ Outstanding East-West Pitch
 - ✓ International padded goal posts
 - ✓ Digital scoreboard and time clock
 - ✓ Field markers and padded corner flags
 - ✓ Field barriers will border both sides of the field
 - ✓ Grand Stands (Seating 650)
 - ✓ Press Box
 - ✓ Concessions
 - ✓ Parking
 - ✓ Easy access to and from all major freeways

- **Local Airports**
 - ✓ San Francisco International Airport (41 miles to field)
 - ✓ Oakland International Airport (34 miles to field)
 - ✓ Sacramento International Airport (64 miles to field)
 - ✓ Mineta San Jose International Airport (67 miles to field)

- **Lodging**

See Local Hotels attachment.



- **Dining**

- ✓ The Front Room at the Wharf
295 Mare Island Way
Vallejo, CA 94590
(707) 649-8889
- ✓ Zio Fraedo's of Vallejo
23 Harbor Way
Vallejo, CA 94590
(707) 642-8984
- ✓ Chevys Fresh Mex – Gateway Plaza
157 Plaza Drive
Vallejo, CA 94591
(707) 644-1373
- ✓ Applebee's
1041 Admiral Callaghan Lane
Vallejo, CA 94591
(707) 558-0824
- ✓ Bud's Giant Burgers
3849 Sonoma Boulevard
Vallejo, CA 94589
(707) 642-3252
- ✓ Sac's Tasty Hot Dogs
2445 Springs Road
Vallejo, CA 94591
(707) 642-2442
- ✓ Mountain Mike's Pizza – Rose Center
2130 Columbus Pkwy
Benicia, CA 94510
(707) 746-7522
- ✓ Pizza Pirate
72 Solano Square
Benicia, CA 94510
(707) 745-1667



- **Entertainment**

- ✓ Century 14 Vallejo
109 Plaza Drive
Vallejo, CA 94589
(707) 553-1205
- ✓ Six Flags Discovery Kingdom
1001 Fairgrounds Drive
Vallejo, CA 94589
(707) 644-4000

- **Driving Directions**

From Sacramento:

- West on I-80 toward San Francisco.
- Exit Maritime Academy Drive (the exit after Magazine St. exit).
- Go straight across Sonoma Boulevard (at the stoplight) onto Maritime Academy Drive and follow road downhill to campus.
- Make a right on Faculty Drive. The field will be to your right as you approach the top of the hill.

From San Francisco:

- East on I-80 toward Sacramento.
- Cross the Carquinez Bridge (use right toll lanes). Toll is \$5.00.
- Immediately after toll plaza, exit right onto Sonoma Boulevard (Hwy 29).
- Make a left at first stop light onto Maritime Academy Drive. Follow Maritime Academy Drive downhill to campus.
- Make a right on Faculty Drive. The field will be to your right as you approach the top of the hill.

(A campus map is included at the end of this Welcome Packet. Bodnar Field is #9. The Physical Education & Aquatics Center is #32.)



Alcohol Policy

Possession and/or consumption of alcoholic beverages is not allowed by anyone (players, coaches, spectators, etc.) in attendance at an NSCRO-sanctioned match or event. The onus of responsibility for compliance is on the individual club they are associated with. League matches played under the jurisdiction of a local Union or Conference are not considered sanctioned by NSCRO with regard to this policy.

Teams are requested to refrain from evening gatherings involving consumption of alcohol during attendance at an NSCRO playoff match or event.

Failure to comply with this Policy as well as applicable laws may result in team and/or player disqualification and/or enforcement by either college/university or city police. Any breach of this Policy at this event, as witnessed and reported by any individual will be forwarded to the appropriate disciplinary committee for action as well as possible disqualification from future NSCRO playoff matches

Conduct of Players, Coaches and Spectators

Collegiate rugby players and coaches represent their colleges and are ambassadors of collegiate rugby in the United States. As such, collegiate rugby players and coaches are expected to behave with dignity both on and off the field. Collegiate rugby players and coaches should not tolerate rude or anti-social behavior of any sort which would reflect negatively on the image of NSCRO, USA Rugby or the student athlete's college/university, or the image of collegiate rugby as a serious and disciplined athletic endeavor. Any breach of this Code of Conduct will be forwarded to the appropriate disciplinary committee for action.

Players, coaches and spectators are not to use foul language or make threatening remarks before, during or after the match. Such behavior whether directed at a teammates, opponents, match officials, spectator or even part of a pre-match "chant" or play call (such as for a line out) is unacceptable. Doing so will be considered a violation of the Code of Conduct and disciplinary action will be taken as appropriate by the appropriate Organization.



Cal Maritime Rugby

On behalf of the California Maritime Academy and the CMA Athletic Medicine team, I would like to welcome you all to Bodnar Field April 1st and 2nd as we host what promises to be an action packed weekend of collegiate rugby.

Throughout the day the athletic training coverage will be provided by the Cal Maritime Athletic Training staff. This hand out will hopefully serve as a means to acclimate you to the area and the policies that will be in place. We ask that any injuries sustained during play first be brought to our attention, so that we may assist your team with the proper referral procedures. Please let me know of any questions or concerns that you may have and feel free to utilize the medical tent for all treatment and taping needs. We ask that you bring your own taping supplies with you should your players need to be taped.

Medical Tent

This area is designated for any treatment, taping, or evaluations your athletes may need during the day. This area will house 1-2 certified athletic trainers throughout the day. A few things to remember about the athletic training coverage for this event:

- Please remember to bring a stocked medical training kit for taping.
- Taping should be done during halftime of the previous game.
- In the absence of the team's athletic trainer, a written letter stating treatment protocols should accompany the team.
- Please remember to send with your team insurance forms and emergency contact information for all athletes in the event referral to a medical facility is required.
- Medications will not be distributed.
- The supplies available in the athletic training tent will serve to supplement any additional needs you may.
- Emergency supplies/ First Aid supplies provided.
- Injury ice/ flexi-wrap/ ice bags provided.

Hours of Athletic Training Coverage at Field

On Saturday, April 1st, a certified athletic trainer will be on the field and available from 9:00 a.m. and will stay 30 minutes after the last game ends. On Sunday, April 2nd, a certified athletic trainer will be on the field and available at 10:00 am and will stay 30 minutes after the final game ends.



Bench Supplies

Each bench will have 1 full (10 gallon) cooler, 1 six pack of water bottles, and injury ice prior to the start of their game. This will be refilled after each game. Under no circumstances is a team to take the lids off these coolers. A host athletic trainer will be located at the medical tent while games are being played. If you have an athletic trainer we will not intervene on your behalf, unless you have given prior permission.

Concussions

Concussions will be managed as follows:

Day of Injury - An athlete who exhibits any signs or symptoms of concussion will be removed from play and may not return to physical activity on the same day.

If deteriorating mental status, suspected cervical spine injury, neurological deficit, or loss of consciousness longer than 1 minute, athletes should be transported by EMS to appropriate hospital setting for further evaluation.

The athletic training staff will re-check a concussed athlete every 20 minutes or until team leaves the complex to determine worsening of symptoms.

Give head injury precautions to person in charge of monitoring athlete for the remainder of the day/night (i.e., coach, athlete, family member).

Best wishes to you and your team. Should you need any further assistance, please do not hesitate to contact the Cal Maritime Athletic Training staff. We will do our best to accommodate your needs.

Best Regards,

Jeff Ward, ATC
Head Athletic Trainer
California Maritime Academy
200 Maritime Academy Drive
Vallejo, Ca 94590
707-654-1055 (office)
707-654-1056 (fax)
707-592-4265 (cell)



Directions to Local Hospitals from Cal Maritime

- Sutter Solano Medical Center
300 Hospital Dr.
Vallejo, Ca. 94590
Emergency Room – (707) 554-5201
Insurance – PPO or non-Kaiser HMO
 - Maritime Academy Drive to Sonoma Blvd
 - Turn Left onto Sonoma Blvd
 - Turn Right onto Magazine Street
 - Magazine Street to Interstate 80 East
 - Exit Redwood West & bear right
 - Take Redwood St. to the right over freeway to Tuolumne Street
 - Turn Right onto Tuolumne Street
 - Turn Right onto Hospital Drive

- Kaiser Permanente Hospital
975 Sereno Drive
Vallejo, Ca. 94590
Emergency Room – (707) 651-1030
Insurance – Kaiser Only
Maritime Academy Drive to Sonoma Blvd
 - Turn Left onto Sonoma Blvd
 - Turn Right onto Magazine Street
 - Magazine Street to Interstate 80 East
 - Exit Redwood West & bear right
 - Take Redwood St. to the right over freeway to Tuolumne Street
 - Turn Right onto Tuolumne Street
 - Turn Left on Sereno Drive

- New MD Urgent Care
3431 Broadway St. #A8
American Canyon, CA
Urgent Care – (707) 731-1108
Mon-Fri 10:00am – 8:00pm, Sat-Sun 10:00am – 6:00pm
Insurance – PPO or non-Kaiser HMO, call prior for authorization
 - Maritime Academy Drive to Sonoma Blvd
 - Turn Left onto Sonoma Blvd
 - Continue on Sonoma Blvd / CA 29
 - Continue onto Broadway
 - U-turn at Donaldson Way



Emergency Plan: Bodnar Field Rugby Venue

Emergency Personnel: certified athletic trainer on site for competition.

Emergency Communication: certified athletic trainer carries mobile telephone (Jeff Ward 707-592-4265); additional direct line to public safety located on east wall of Bodnar field house.

Emergency Equipment: supplies maintained inside Bodnar field house; additional emergency equipment (trauma kit, splint kit, crutches) accessible from Mayo Hall training room.

Roles of First Responders

1. Immediate care of the injured or ill student-athlete.
2. Activation of emergency medical system (EMS).
 - a. 911 call (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested).
 - b. notify campus public safety at 654-1111.
 - c. have public safety notify front gate notify staff that ambulance is in route, which venue it has been directed to (Bodnar Field), and where the injured person is located.
3. Emergency equipment retrieval.
4. Direction of EMS to scene.
 - a. open appropriate gates.
 - b. designate individual(s) to “flag down” EMS and direct to scene.
 - c. scene control: limit scene to first aid providers and move bystanders away from area.
 - d. a member of the sports medicine team / athletic department should accompany student – athlete to hospital.
5. Notify head athletic trainer as soon as possible (Jeff Ward, 707-592-4265), after situation is safe and controlled.

Driving Directions:

Take Sonoma Blvd / CA-29 to Maritime Academy Drive. Proceed through campus gate; turn right on Faculty Drive. Bodnar Field is located at top of hill.