



EST. SYC 1977

WESTEND

• RUGBY •



West End/SYC Rugby

- Established as WSHS Rugby in 1977
- First Girls' High School team formed in 1981
- Renamed West End Rugby in 1985
- SYC Rugby formed in 2000
- West End merged with SYC in 2008
- Teams and players at all levels that Rugby VA and Chesapeake Conference offer
- Our coaches are focused on building a supportive environment, helping players get better, and competing for championships.
- At the end of tonight's meeting, we're hopeful that you'll understand our expectations and have all your questions answered.

Getting Better (how you can help your player)

1. Priorities are family, school, rugby
2. Nutrition: players need to eat before and after practices and matches and Recover!
3. Model respect for referees.



Benefits of Rugby

- Rugby will make you a better athlete
- Allow you to play a college sport
- *IS* a lifelong sport
- Potential path to professionalism



Schedule

- HSG and HSG First Scrimmages, 17 Feb
- FREE Kicking Clinic and Rugby Demo, 24 Feb
- U14 and Younger First Scrimmages, 16 Mar
- Community Service at Americana Drive, 23 Mar
- Off Weekend, 30 & 31 Mar
- Senior Day, TBA
- Season Wraps, 11 & 12 May
- Annual BBQ and Alumni Matches, 18 May



1. We strive to keep the calendar current at westendrugby.org (&.com).
2. Follow us on Instagram, https://www.instagram.com/syc_westendrugby/.
3. Add rugby@sycva.com to trusted emails.

Notes

- Your coach should be your first stop for communication.
- Add mailer@demosphere.com & rugby@sycva.com to trusted emails.
- You should have a ball at home. If not, ask your coach.
- Volunteers needed...
 - Videographer for matches
 - Hosting after matches
 - Coordinating Athletic Trainer support
 - Setting and closing pitch for matches
 - **We need referees!**



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