



Welcome to West Houston Rugby Club

Season 2019-2020

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President Welcome Letter

Welcome to the West Houston Rugby Club – Youth & High School divisions. We are really looking forward to a great season. This season sees the introduction of our new 30-acre facility with planning for 5 full sized pitched, parking and a clubhouse in development. Over the summer many good-hearted club volunteers worked hard to make ready the first 2 pitches. We have parking for 150 cars and plan to double the parking space by the end of the 2019.

The Youth & High School division is one of the most successful in the region. We are always looking to welcome new players and to build on what has been achieved in previous seasons.

Whilst the Rugby is focused on the children learning and having fun, it is crucial that we have your commitment and that you feel part of the club. Using the snacks bar and club food facilities on a game days and Sunday's is one of the best ways you can support your club.

As you are aware, volunteers are essential to the running of the club and we are always grateful for any help that can be given. Within the club structure there are areas that require various levels of input, so if you feel that you are able to donate a little or lots of your time, please contact either myself or Natasha Lord to see how you can help.

If you have any queries, please contact your team coordinators or coaching team and we look forward to all of us having an enjoyable season.

Best regards

Nigel Saunders

Club President

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Season Information

This section sets out some club procedures and frequently asked questions.

1. Practices – Rugby is a team sport, so we encourage for your child not to miss practice.

- a. Held 2pm to 4pm every Sunday at the club grounds starting November 3, 2019 through the end of season April 2020.
 - Club address 38510 House Road, Brookshire, 77423
- b. Midweek practice starts every Wednesday in January 2020 at (LIH) **Lycée International de Houston**.
 - Cubs - Grade 1/2 & 3/4 start time 6.30pm to 8.00pm.
 - Grade 5/6 – 7/8 & HS start time 7.30pm to 9.30pm.
 - Mid-week practice address is LIH, 15950 Park Row, Houston, TX 77084

2. Tournaments

- Feb 1 Austin
 - Feb 22 Brazoria
 - March 14 Woodlands Come and Take it
 - April 4 Dallas
 - April 25 Gareth Jones - Texas A&M
- a. Usually day trips that are for a full day.
 - b. Parents are responsible for getting your child to the tournament, usually by 8 a.m. in the morning.
 - c. For events requiring overnight stays (Dallas and possibly Austin) our club travel coordinator will block out a group of rooms for the club members who have reported back to him. This will only happen when enough members plan to stay overnight.

3. Uniforms

- a. Practice Uniform - Upon registration, a practice uniform of training Tee, playing shorts, socks and either a backpack bag or for those having previously registered, a club water bottle instead of a backpack are available. These will be provided to you in the size you ordered upon registration. To ensure your children have the kit to train in we urge you to register as soon as you can so to place your order. We also ask that you make sure sizes are as close to the real size as we order specifically the uniform in the size requested, we do not



have extras! Uniforms for sizing are with Nok during the first few Sunday practice sessions.

- b. Game Jerseys – Jerseys are held by the team coordinators and remain the property of the club. These will be issued on game day by your team coordinator and will assign the player the shirt to be worn on the day. At the end of the game be sure to give back to coordinator to be washed and prepared for next game day. You must wear the shorts and socks provided with your practice uniform.

c. Cleats - **Cleats cannot have front cleat or metal blade cleats!**

We have a large selection of donated used cleats available. Any member can select from the cleats available. Usually located at the merchandise tent with Nok Saunders

Cleats, Boots, Shoes and Footwear

- o Whatever you call them, Cleats, Boots, Shoes, etc. for rugby are more varied than ever. Please familiarize yourself with the law around this. Here are just a few examples of allowed and illegal cleats. Referees should ALWAYS check each players footwear for compliance and sharp studs. Toe studs are legal in footwear, it is the consistency of the stud that should be checked.



No metal blades of any kind.



Molded soccer cleats with 'blade' style are permitted.



No American Football 'Screw in' cleats where the screw in stud consists of multiple materials (i.e. part metal and part plastic). The screw in stud must be made from EITHER metal or plastic but not both.

*American Football Cleats are legal if screw in studs comply.



Rugby cleats of all brands are usually permitted as long as the screw in stud length falls within the law and the studs are made of a single material.



Same as above, American Football Cleats must have the screw in studs replaced with studs of a single material, either metal or plastic.



Game day warm weather gear – leggings allowed when below 35° for GR 5/6 and below ONLY.

PROTECTIVE EQUIPMENT AND CLOTHING GUIDELINES 2015

Shirts and Tights

- Shirts can be worn under a rugby jersey with short or long sleeves. If the sleeve extends below the arm of the rugby jersey, the garment must be snug to the arm of the player (like a spandex).
- NO shirts with hoods may be worn during a contact rugby match.



- Athletic Tights of any length are not permitted in contact rugby for men and women. This includes when playing on turf or grass and in any temperature or weather condition. Tights can be a competitive advantage and are never allowed under any circumstances.
- Wearing tights but pulling them up over the knee is not permitted, they must be removed.
- ***Only Cotton tights with a single inseam are permitted for women for religious modesty. If a female player wishes to wear these kinds of tights during a match, they should alert the referee and allow the referee to visually inspect the garment.





Allowable Knee/Ankle/Arm Braces

PROTECTIVE EQUIPMENT AND CLOTHING GUIDELINES 2015

Braces and Protection:

- Hinge plastic or metal knee brace covered with padding are not permitted.
 - Knee braces that feature metal or plastic are not be permitted, this also applies to braces with metal or plastic that is covered by padding or tape. Any soft brace or a neoprene sleeve is permitted.





Mouth-Guards

Mouth Guards should be worn by every player, every time they play contact rugby. There are several mouth guards on the market that can work for rugby; comfort and protection should be key in choosing a mouth guard. Contact your dentist or opro.com for a custom mouth guard option.

Mouth Guards should not have any pieces extending outside the mouth, such as an attachment for a football helmet.



4. **Communication** – Mostly through your team coordinators

a. Ensure you download Sports Engine App –

- i. This will have upcoming events on the calendar
- ii. Make sure to register in app if you will attend an event or not, this is used to create teams and gives the coaches the chance to place your child within the team roster.
- iii. Can have 1 communications port for multiple children
- iv. Can send messages to coaches and coordinators

b. Emails

- i. Game information will come from coordinators via email or the West Houston Youth & HS Facebook page. Please join the page.
- ii. All tournaments require paperwork for your child participation. The coordinators will handle this for you. Just help them by signing the documents and getting them back.
- iii. Provide a copy of the front and back of your child's health insurance card
- iv. Provide a copy of a birth certificate or passport to your coordinator (proof of age).



5. USA Rugby CIPP Registration – Required by December 15, 2019

- a. Registration through USA rugby (CIPP number) is required prior to West Houston youth team registration.

6. Codes of Conduct

Code of conduct for Coaches

- I. Consider the well-being and safety of the children before the development of performance.
- II. Be on time and prepared for your practice sessions.
- III. Develop an appropriate working relationship with the children, based on mutual trust and respect.
- IV. Make sure all activities are appropriate to the age, ability and experience of those taking part.
- V. Promote the positive aspects of the sport (e.g. fair play)
- VI. Display consistently high standards of behavior and appearance.
- VII. Follow USA Rugby safe sport guidelines.
- VIII. Never engage in arguments with parents or spectators.
- IX. Never condone rule violation, rough play or the use of prohibitive substances

Code of Conduct for the Children

- I. Participate for the fun of it, not just to please your parents or coach.
- II. Play by the laws of the game.
- III. Accept all the referee's decisions.
- IV. Control your emotions – you and your team will benefit.
- V. Keep trying and be the best you can be at sport.
- VI. Treat all players as you yourself would like to be treated.
- VII. Co-operate with your coach, referee, teammates and opponents.
- VIII. Do not 'over celebrate' after scoring.
- IX. Work equally hard for yourself and the team.
- X. Show respect and appreciation for your opponents & match official's at the end of each game.



Code of Conduct for Parents

- I. Foster enthusiastic participation.
- II. Respect the coaches, referees and line judges. They are volunteers not professionals. Do not publicly question their decisions or honesty.
- III. Do not force an unwilling child to play.
- IV. Children learn best by example. Always applaud good play by either team.
- V. Always encourage your child to play by the laws of the game.
- VI. Encourage your child if a mistake has been made during the game – never ridicule.
- VII. Never intimidate opposing teams, spectators or the referee.
- VIII. Use appropriate language not abusive or swearing.
- IX. Please keep off the pitch during matches.
- X. Teach your child that honest effort is just as important as victory, so defeat is less disappointing.
- XI. Appreciate the value and importance of volunteers, coaches and referees. They give up their time and resources to provide Rugby for your child.

7. **Social Events** – Held throughout the season

The club has a social committee and will host various social gatherings throughout the season in order to build relationships, raise funds for the club and have some fun. The social committee is currently working to finalize the specific events as below

- i. Christmas party (Date and time TBD-December)
- ii. Sunday BBQ held at the club grounds (start of season in January)
- iii. Quiz Night (Date and Time TBD-Early Spring)
- iv. End of Season Dinner (Date and Time TBD- May)
- v. End of Season Award Party

Fundraisers

The Club will host multiple fundraising activities throughout the season to help raise money for the club. This money helps cover the extra costs associated with tournaments, equipment, the new fields and additional undetermined expenses. The intention of these fundraisers is to minimize the out of pocket expenses to members. We hope that you encourage your friends, family and colleagues to participate in these fundraisers to help support our team. The social committee is



currently working to finalize the specific event details but here is a snapshot:

- vi. Team Super Bowl Squares
- vii. Quiz Night
- viii. End of Season Dinner Auction
- ix. Other TBD

8. Volunteering – Don't hold back!!

As with all Clubs and Societies the future success of our club will only be maintained by the valued help of the Volunteers. We are always keen to have more people help us with the many tasks involved each week.

Upon becoming a member, it is expected that you will do your bit. Should you have any questions or want to become more involved then please contact Natasha Lord or Jane Onslow. Details of volunteer involvement can be viewed on the Youth & HS Facebook page. We welcome and appreciate volunteers to participate in any of the above. If you are interested in helping with these and other events, please share your interest with your team coordinator.

Enjoy the season and we look forward to seeing you on game days and every practice day.