

2022 Fall Jays Women's Rugby Information and Registration

Welcome:

Welcome to the Liberty High School Jays Women's Rugby Football Club! The women's rugby program as a Liberty Public School District team in 2011. Founder and head coach, Krista Kastler, started Liberty United Girls Rugby Football Club. The club was initially made up of young women from Liberty High School and Liberty North High School. In 2014, the district team split to become the Jays and Eagles and building Jays Women's Rugby Club has been our objective ever since.

Coach Tracey Davies became the head coach of the Liberty United Girls in the fall of 2012. Davies has played for Truman State University Bullets, Heart of America All-Stars, West All-Stars, the Kansas City Jazz Rugby Club, and is a former USA Rugby National Team Player and Collegiate All-American. With our outstanding coaching staff including Joe Gaughran and Kevin Tilley, we have continued to build the program for these amazing young women. Our club's positive team culture is instrumental to our success. The coaching staff expect our Jays to be good ambassadors of rugby on the field, as well as in the classroom. We have a lot of fun and we work to build lasting friendships as well as expecting discipline, dedication and sportsmanship from our athletes. We are looking for young women who buy into our positive team culture which is based on the importance of camaraderie, family and sportsmanship. Please join us for an exciting season of rugby with the Jays Women's Rugby Club!

Player Checklist:

Each player is required to complete the applicable forms in this packet and sign them. Please check off everything on this checklist and return it to Coach Davies:

- Player eligibility is four years from when the player first enrolled in 9th grade.**
- All players are required to get and submit a physical through PRIVIT**
 - <https://libertybluejays-mo.e-ppe.com/index.jspa>
 - **Physicals are typically good for 2 years unless otherwise noted by the physician. Please make sure the expiration date is after the end of the rugby season.**
- Parent Waiver, Consent and Registration Form** (Packet Page 3).
- Code of Conduct** (Packet Page 4).
- Impact Testing Completed Print Out with LHS Athletic Dep** (directions on Page 5).
- Payment Form and Payment**-please do not turn in any money without a form (Packet Page 6).
- Receipt From USA Rugby** following online registration (WAITING FOR INFORMATION)

Fees (talk to Coach Davies if money is an issue):

- ★ When you register with USA Rugby, you will be charged \$90 (plus processing). Players must register with USA Rugby.
 - This fee covers referees, trainers, team registrations fees, state tournament expenses and MYR expenses.
- ★ You will owe the team \$40 in club fees and there is a payment form included in this packet.
- ★ Jerseys belong to the team and will be provided by the team at each game. Jerseys must be returned following every match.
- ★ Everyone is required to have solid black shorts (available for \$27) and solid black socks (\$6, or wear your own).
- ★ USA rugby has added major medical insurance to the benefits of membership but is only based on injuries resulting from practice and games. Go to www.usarugby.org for more detail on what the insurance covers and the deductible.
- ★ AGAIN, if payment is an issue — PLEASE talk to Coach Davies. Though complete non-payment is not an option, we may be able to negotiate payment plans and financial help. There will be a fee for returned checks from BJC for checks with insufficient funds.

Practice:

- ★ Players can attend but cannot participate in practice until they have completed PRIVIT.
- ★ Practice is mandatory and essential for the safety of yourself and your teammates. Players are expected to be at every practice and be on time for practice.
- ★ Practices are Monday, Tuesday and Thursday from 4:15 to 6:15 at Liberty Oaks Elementary. On time means cleats on and ready at start time. Rugby is a contact sport. If you are not at practice, the coaching staff cannot, with confidence, put you on the field. Attendance will be taken at practices.

Practice Rules:

- Always have a mouth guard at practice and bring your own water.
- Players are expected to come to practice in appropriate activewear to participate in an active, contact sport.
- Masks may become necessary to be able to complete the season depending on CDC guidelines.

Tournaments:

7's is played in tournaments because the games are 7 minute halves with 2 minute half times. We have four tournaments and the State Tournament.

Volunteers:

It is our goal to involve as many parents in our rugby club as possible. We invite all parents to attend each game and travel with us. We carpool to our matches so we need parent drivers. It is our mission to teach rugby properly so your daughters can enjoy a game that offers them camaraderie, fitness, a great community and commitment to being an ambassador for their sport. Proper training and coaching reduces the risk of injury, which is a possibility in any contact sport. As coaches and promoters of the game, we have your daughter's health and safety in mind at all times. We need several parents to volunteer to lead several duties, to allow the coaching staff to focus on coaching. If you would be interested in leading or working in any of the following areas please let Coach Davies know as soon as possible:

- ★ **Fund-raising:** To avoid an extreme rise in team dues, fund-raising is vital and all players are required to participate. The team needs a parent (or multiple parents) to plan and organize fundraisers.
- ★ **Jersey Duty:** We need parents who would volunteer to wash the jerseys after each match. They are to be washed and hung to dry and folded back in the boxes for the next match, preferably in numeric order.
- ★ **Water Bottle Duty:** We need parent volunteers to also take the water bottles home to wash them and bring them back full for the next match.
- ★ **End of the Season Social Organizer:** Organize the end of the season social.

Injuries:

Rugby is a contact sport, and like any other contact sport injuries happen on occasion. Your child's safety is of the utmost importance to our coaching staff and will always be valued more than any competition. If the injury is significant and they are required to seek professional medical attention, we want to make sure they are healed properly before returning to play. That means each player will be required to bring a signed doctor's note clearing your child for returning to play and will follow up with the trainers at LHS.

If your child is suspected of a concussion, it is required that professional medical personnel examine them and go through the trainers of LHS to complete the Return to Play protocol.

Your child is more important to us the rest of her life than for one game or even one season so their safety is paramount to us.

Parental Waiver, Consent and Registration Form

As a parent or legal guardian of _____, I hereby give my full consent and approval for my child to participate as a member of the Liberty Jays Womens' Rugby Football Club in practices, games, various camps and activities.

I understand that there are certain risks inherent in playing the sport of rugby, and I am willing to assume these risks on behalf of my child. I hereby certify that my child is healthy and has no physical or mental disabilities or infirmities that would restrict full participation in these activities, except as listed below.

In addition to giving my full consent for my child's participation, I do hereby waive, release and hold harmless the Liberty Jays Womens' R.F.C., coaches, sponsors, supervisors, volunteers, trainers, and any facilities hosting team practices or games for any injury that may be suffered by my child in the normal course of participation in the activities incidental thereto, whether the result of negligence or any other cause.

I give permission for myself and my child to be contacted by coaching staff via Remind.com for team communication: @jaysWRC22.

I give permission for my child to be transported to practice, games or events by a parent, guardian, and/or member of the team or coach of the Liberty Jays Womens' R.F.C. In an emergency, if I cannot be reached immediately, I authorize Tracey Davies or another member of the coaching staff or affiliated parent to give my insurance information on my behalf to have my child treated.

I give the administration, teachers and staff of my student's school permission to contact my child's coach in regard to their academic and behavioral performance at school in order to ensure a positive alliance for my student's success at school.

PLAYER INFORMATION (please print all information neatly):

Name: _____ Graduation Year: _____ School: _____

Date of Birth: _____ Home Phone #: _____ Cell Phone #: _____ T-shirt size: _____

Email: _____

Address: _____

City: _____ State: _____ Zip: _____

PARENT/GUARDIAN INFORMATION:

Parent/Guardian's full name: _____ Home #: _____

Email: _____ Cell #: _____

Parent/Guardian's full name: _____ Home #: _____

Email: _____ Cell #: _____

MEDICAL/ADDITIONAL EMERGENCY CONTACT INFORMATION:

Medical Insurance Information: _____

Policy Holder and Number: _____

Emergency Contact and Phone Number: _____

Please list any physical limitations (allergies, hearing, sight, etc.): _____

I have read the above information, agree to the parent waiver and assure that all information is correct.

PLEASE PRINT (Parent Name)

Parent Signature

Date

Player Code of Conduct

I agree to adhere to the following laws and regulations, always remembering the five finger contract to help build a strong team:
SAFETY. RESPECT. COMMITMENT. SUPPORT. FUN.

I agree to conduct myself, both on and off the field, in a manner that reflects positively upon my sport, my teammates, and my coaches. I understand my behavior in school reflects how people perceive rugby and that my parents, coaches and school staff are in partnership to help me succeed on and off the field.

I agree to do my best in school and realize that if I am suspended (in-school or out-of-school), I forfeit my right to attend practice for those days I am suspended.

I also understand that if I am suspended out-of-school, I forfeit my right to attend practice and will not play in games while I am suspended, as well as the first game after my suspension has been lifted. I may forfeit my right to be a member of the team, including dues paid for membership, depending on the offense.

I understand that if I am expelled for disciplinary reasons from school, I forfeit my right to be a member of this club and I am not entitled to reimbursement of any money paid to be a member of this team.

I understand that if I participate in underage drinking, or if I am found to have consumed any illegal substances, I will be suspended from practice or games at the discretion of the coaching staff and I may forfeit my right to be a member of the team, including dues paid for membership, depending on the offense.

I realize that rugby is a competitive contact sport and with that comes the risk of injury. As a responsible member of this team, I realize that practice attendance is mandatory both for my safety and the safety of my teammates. I agree to notify my coach when I will not be able to attend or will be late to practice for whatever reason, prior to the missed practice.

I agree to do my best in my sport and respect those trying to help me. I agree to make every effort to be a team player and help others enjoy the sport. I understand that the coaches and volunteers who help with the team are here because they are dedicated to the success of the sport of rugby, me, and my teammates. I fully understand that disrespect to those coaches and volunteers or foul language of any kind will not be tolerated and can be grounds for suspension or removal from the team.

Most importantly, I agree to have fun and learn what I can about the sport of rugby.

I have read the laws and regulations of the Liberty Jays Womens' Rugby Football Club and agree to follow them.

PERSON	PRINT NAME	SIGNATURE	DATE
PLAYER			
As a parent/guardian/coach of the above player, I will help my player understand sportsmanship, responsibility and commitment to his/her team and community by being a role model to my player. I also understand that my behavior and attitude reflects directly on this program and I will hold myself and my player accountable to this code of conduct.			
PARENT			
COACH	Tracey S. Davies		Fall 2022

Impact Test Directions

Website- www.impacttestonline.com/schools

ID Code- 61FC481460

Launch Baseline

-Fill out Personal Information and you can SKIP ADDITIONAL DEMOGRAPHICS

-Read the directions and do your best

-When finished print or screenshot the completed page and give it to Coach Davies.

If you have questions please email: hannah.lowrence@lps53.org

2022 FALL PAYMENT FORM

PLEASE PRINT!

Player(s) Name: _____

Write Check to: **BLUE JAY NATION** Circle Method of Payment: Cash or Check (# _____)

Name(s) on check: _____

Item	Price	Quantity		Total per line
USA Rugby Dues (Please print a copy of your USA Rugby receipt, and return to Coach Davies for proof of registration)	\$90 (plus processing) PAID ONLINE	Must be paid online via www.usarugby.org		Pay online via www.usarugby.org
Team Dues (covers some team expenses like team registration and other expenses incurred during the season)	\$40			\$
Team Rugby Shorts (custom shorts), required for new players, optional for returning players.	\$28/pair		Size Waist	\$
Team Socks (black) (If your player already has solid black soccer socks, those are fine).	\$6/pair		Shoe Size	\$
Total Payment				\$

PAPERWORK DUE ASAP!

If payment is an issue, please contact Coach Davies so that we can work out a payment plan and you will still be able to attend practice, just not do contact. If we do not hear from you, we need this payment at or before your first practice.

2022 Jays Women's Rugby Schedule

There may be some changes/additions to this schedule.

Updates will be made to: <http://www.bluejayrugby.com/schedule.html>

August 27 - Rugby Jamboree Hat Games - Flag Rugby - Location TBA

September 3 - Labor Day Weekend, No Rugby

September 10 - MYR Tournament - Liberty North High School

September 24 - MYR Tournament - Liberty North High School

October 8 - MYR Tournament - Springfield, MO (may travel October 7th for overnight stay)

October 22 - MYR Tournament - St. Louis, MO (may change to Kansas City if St. Louis doesn't field a side)

November 5 - MYR State Tournament - Liberty North High School

Sign up for important updates from Coach Davies.

Get information for LHS Women's Rugby 2022 right on your phone—not on handouts.

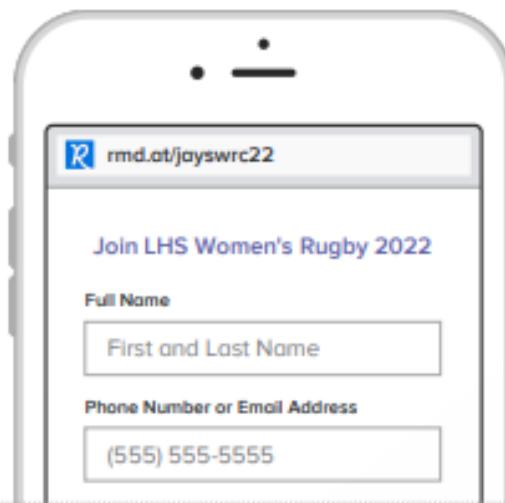
Pick a way to receive messages for LHS Women's Rugby 2022:

- A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/jayswrc22

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



- B If you don't have a smartphone, get text notifications.

Text the message @jayswrc22 to the number 81010.

If you're having trouble with 81010, try texting @jayswrc22 to (484) 241-4261.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/jayswrc22 on a desktop computer to sign up for email notifications.