



2017 AURORA SARACENS RUGBY FOOTBALL CLUB 'Standard Procedures & Programs'

Rugby is a Team Game, and Everyone is Responsible for our Success

Welcome to the **Thirty First** Season of the Aurora Saracens Rugby Club. We wanted to take this opportunity to get you up to speed on some of our Programs, and get us all in compliance with our three governing bodies, Rugby Colorado, USA Rugby and the International Rugby Board (IRB)

History & Potential

- This is the Thirty First year of Aurora Saracens Rugby. We've been in eight of the last ten Final Fours in our 26 team league and won State in Sevens three out of the last eight years. We've been ranked in the top 25 nationally the last three years.
- We are a serious group with serious potential. Others take us seriously. How seriously you guys apply yourself will decide whether we can get over the hump to State 15 Champs. We can, but it's up to you.

Goals

Your Teammates and Coaches have identified the following Paths to Success.

1. **Discipline and Concentration at Practice**
 - Rugby is the ultimate team game. *Practice is where good individual athletes, become a great **Team**!* Every minute has to be productively used to this goal.
 - Every player has to come to every practice committed to making sure he and the team is better at the end of that practice.
2. **Attendance**
 - The more people at practice on time, the more we can do. Your buddy and the team is dependent on you being there for them to improve.
3. **Fitness**
 - Fitness is a requirement of good rugby. If you want to reach the top, you will have to work on your off days. An hour workout is great, but if you only can do 20 minutes of intervals, that's a big step and worth the effort.
4. **Recruiting**
 - More players is key to better practices and better rugby. Get your buddies out here. They'll thank you for it.

Programs

The Coaches and this select group of Players designed the following programs to reach the above goals. Some are new, some are old. We wanted to list them all here so you are aware of them.

1. **Scholarship and Academics**

- All our Coaches and our Organization value Education and recognize how essential a good education can be to leading a good life. That's why we support and maintain the following programs in our organization.
 - The James W. Reed Scholarship Fund—The Aurora Saracens have initiated a fund that will distribute **\$4000/year** in scholarships for attendance at college, trade school, junior or community college. The recipient will be chosen by the Coaches, and the award will be based upon the players academic record, Leadership on the game *and practice* pitch, and Respect for the game.
 - Rory MacWilliam--**\$1000** towards a player's first year of post HS study.
 - Tutoring--If a player comes to us with a need for help in an academic subject, we will work with them to get them the help that they need.
 - Counseling—Help with finding schools that provide rugby scholarships.

2. **Attendance**

- We will again keep attendance.
- Awards (Saracen Swag) will again be given for the two attendance leaders at the end of the first half of the season, and for the second half. If it's close, we'll give out swag for third thru fifth place too. Scoring system is: 3 points for kitted up and ready to go on time; 2 points for within 10 minutes of start, 1 point for arrival in second half of practice.
- Calling ahead with a good explanation to a coach why you're missing or late for practice *may* get you some points awarded towards selections.

3. **Selections**

- Selections to start are made based on performance at practice *and* attendance.
- There is a minimum Attendance standard. If you don't have at least 5 points during the week of the game, you can't be selected to start. Our Players Group is real strong on enforcing this standard.

4. **Discipline and Concentration at Practice—Yellow Card-Red Card**

- Just like a game. If you're goofing around, you'll get one warning. Next infraction is a Yellow Card. You're out of the drills and will be doing 10 minutes of Fitness. Another infraction and you're Red Carded from that practice. You're out and any Attendance/Selection points you earned that day are removed.

5. **Recruiting**

- Your success on the field is very dependent on you guys bringing your friends out. We all need to be working at this very hard. Do a friend a favor and introduce him to this great sport—he'll thank you for it. To encourage your efforts in this field, the following Recruiting Awards program will be in place.
- You'll receive two Cici's cards for every recruit that you bring out who makes it to at least four practices. The leader in points at the end of the year gets 'double cards' (i.e. four for every player he brings).
- The first and second place recruiters at the end of February, get serious Saracen Swag. At that point, we'll start the competition over and the two leaders at the end the year also receive Saracen Swag.

6. **Man of the Match**

- The Captains and the Coaches will select the outstanding player from each match and the Man of the Match will receive a classic Saracen Jersey or Saracen logoed ball.

7. **Practice Plans**

- Practice plans are always written out before the practice by the Coaches. If you'd like some input in the plan, let us know ahead of time.
- The Practice Plan/Schedule will be shared with captains before practice.

8. **Uniforms**

- We provide Saracen warm up jerseys, shorts and socks to everyone as soon as they register. This year we will also be providing a Saracen logoed backpack/kitbag. It's your responsibility to maintain these from year to year. It is to be worn at every game from the moment you get to the pitch. If a player forgets it, they don't start.
- If you rip, wear out, or you outgrow it, turn it in and we'll replace it. If you lose it, you need to buy a replacement item. Warmup jerseys are \$20, Shorts \$12, Socks \$6.
- We'll provide laundered jerseys every game.

9. **Practices**

- Starting 1/16, regular practices/scrimmages will be Sat., Mon., Tuesday, & Thurs. until the League season starts on Saturday 2/28. Saturdays will be at Parkfield Turf (Montbello), and Tuesday and Thursday (4:15-6) will be at Lowry Turf. These are practice start times. Monday locations TBD. You need to be kitted up and ready to go at that time.

10. **Communication**

- Most of our Communication will be done through **Team App & FaceBook**. Sign up on Team App and find us under 'Aurora Saracens'. On FB, we have a 'Group' and a 'Page'. Notices will be place on the Page but not the Group.

- Please tell a coach--via text, or phone call, if you are going to miss a practice or a game.
- Calling or texting Scott or Farmer is your best chance to make quick contact if you have a question or comment but feel free to try any of the others too.

11. **Fields and Transportation**

- We understand many of you would prefer a practice field located to the southeast. We've tried to work something out with Aurora Parks, Aurora Schools and Cherry Creek Schools but none of them were open to the idea. If you have any contacts you'd like to try, please do. Expo will continue to be our practice field. We encourage you to put some effort into organizing car pools. We should note that Vuni and Iniki used to ride the bus to practice. Iniki only became a U-19 Eagle, so that can't be too damaging !
- In an emergency, call a coach *as early as possible* and they will try to provide a ride.

12. **Community Efforts**

- Your Community Efforts in year's past with **Children's Hospital** and **Cops, Coats and Kids** was awesome. You did a lot for the reputation of Rugby and the Aurora Saracens. Well Done ! We will continue such efforts.

Registration, Costs and Dues

Budget. Costs and Expenses

Union Dues

- \$110/player goes directly to USA Rugby and Rugby Colorado at registration.

Club Expenses to the Club this year are as follows:

- \$ 2852 in field rentals, including Turf Fields, and charges to Aurora Parks.
- \$ 2231 for Kitbag/backpack, warmup jerseys, shorts, socks & replacement fund for jerseys.
- \$ 917 for new balls, pads, miscellaneous equipment, and first aid materials.
- \$ 850 for food, pop, pizza, popsicles for gatherings like orientation meeting, banquet, occasional hosting of other clubs
- \$ 750 for Miscellaneous other purposes
- **Total Club Expenses this year are approximately \$7600, not including Union Dues or the Scholarships.**

- **Costs and Dues.**

- *Club **Costs** per Player* this year are approximately **\$245 ea. (not including registration)**
- As many of you know, that is still way below the cost of many Club sports in the area. If you can afford it, we would ask people to pay that total cost. Many of you did last year. **Thank You !**
 - What is a fair minimum to require this year in Club dues ? ? (plus registration fees). Club decision was \$50.
 - In cases of true financial hardship, we will work with a player to get fees paid. *Talk with us asap about this.*
 - Rugby Colorado has 'financial need' scholarship money. Start with them.
 - You can try to get this through Aurora Youth Options, but they will not be working with any full teams this year. Talk to Scott or Farmer first, then Contact Natalie Kaiser 303-617-2613)
 - We will expect players to work with us on several fund raisers this year to replace the funding that dried up with AYO.
- Registration payments should be made via Visa through the process listed below. Club dues payments can be made by PayPal on our website, cash or check.
- Deficits will be made up by coaches and fundraising efforts.
- None of the money discussed above goes towards the Scholarships. That \$5000 is raised/donated above and beyond the sums discussed above.

REGISTRATION

Permission Slips, OnLine Registration and Paper Work

- No more paperwork should be necessary. Everything should be electronic.
- **You must register with Rugby Colorado/USA Rugby before you can scrimmage, or play a game.** This is all done at one website. Details below.
- The Union is monitoring our paperwork this year and players won't be allowed to scrimmage or play without completed paperwork and online registration.
- You receive supplemental injury insurance provided by USA Rugby when you register. It is not available until you do so.

Registration with USA Rugby & Rugby Colorado—instructions

- ***Go to Rugbycolorado.com or AuroraYouthRugby.com***
- ***The AuroraYouthRugby page has a link to click right on the top after you open the 'High School Rugby' page.***
- ***On the RC home page, click on the 'Registration' tab on the upper right, choose High School Boys then on the next page click on 'Aurora Saracens Club', then fill out the form.***
- ***Have a credit card available to pay the \$110 registration fee, plus processing fee. If a credit card is not available to you, you can pay us cash, but it is much easier to do this on line.***
- ***Please, do this NOW .***

General Info

Safety / Head Injuries

- 90% of injury can be avoided by dedication to fitness, stretching, match day preparation and performing the contact skills in the ways we coach them.
- For 6 years, Rugby Colorado has followed the World Rugby/IRB (International Rugby Board) Laws for U-19 competition, and we will continue that practice. Rugby Colorado and Colorado State Law (Jake Snakenburg Act) adhere to regulations that will allow you to play in approximately 21 days **if** the player follows and certifies the IRB 'Gradual Return to Play' protocol **and** gets a doctor's note. Coaches will not deviate from this protocol, it is not negotiable.

Spirit of the Game

- The World Rugby (formerly IRB), Rugby Colorado and the Aurora Saracens respect and enforce sportsmanlike behavior from players on the field or on the sidelines, and their fans. If a ref catches you in foul play, he'll red card you and you'll be suspended. If the ref doesn't see you, and the coaches do, *we'll pull you off and suspend you if appropriate. If you're japping at a ref, we'll pull you off.*
- *This is the world's best game, partly because of its culture of sportsmanship. **Respect your Opponents. Respect the Refs. Respect the Game***

SWAG

- We've increased our line of SWAG to include Saracen Logoed Balls, T-shirts, Hoodies, Golf Shirts, Fleecees, Lined Jackets, Stocking Caps and Ball Caps and will make it available to all—either as incentive prizes or purchases.
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Recommendations/References

- If you need a Recommendation or a Reference for a job or college, please feel free to contact one of the coaches. We would be happy and proud to write a letter for any qualified candidates.
- If there is any other way in which we can help you, again, please ask. We'd like to help.

Questions or Comments

- If at any time, now or during the season, anyone has any questions, concerns, comments or suggestions about how we're running things, **please** talk to one of the coaches. *Man up* and talk to us ! We value everyone's ideas and input and we want to address any of these things quickly and make sure we are all on the same page.

Now Let's Get on With the 2017 Season

TIDE—TEAM, INTEGRITY, DISCIPLINE, EXCELLENCE

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SARACENS
Aurora Rugby

Basic Principles of Winning Saracen Rugby

Winning Teams are Built at Practice

- **Ball Control** is the Most Important Part of Winning Rugby. Turnovers are the *opposite* of Ball Control and lose Rugby games. In High School Rugby, 84% of Turnovers are the result of Bad Passes, Knock-Ons and Dropped Balls; most of *these* are from Bad Passes. *We must make sure our Ball-Handling Skills and Decision Making are Rock-Solid.* A 'Non-Pass' and a tackle is better than a 'Bad Pass'
- Rugby is a game of many situations—Scrum, Lineouts, Attacking, Defending, Restarts, Rucks, Mauls etc. Each player on the field has **Specific Responsibilities** in each situation and must know what those are—like on a called football play.
- **Team Defense** is the way we cause Turnovers for our Opponents and Defend our Goal. Everyone must know their individual responsibility on the field in Team Defense, and be able to make good Rugby tackles.
- **Rucks and Mauls** are key to maintaining Ball Control or stealing possession. Form in Tackle—taking or giving—is key to winning these.
- We must win our **Set Pieces**—Scrum and Lineouts. Our forwards must work as a Unit to win these, and our backs must take advantage of these opportunities. These set pieces (and Penalty Plays) give us the best opportunity to run our Set Plays and the opportunity to make attacking moves—either from the back of the scrum or back play (or combined).
- **Restarts** (Kick offs & 22's) are moments of possible loose play that create excellent opportunities to score or be scored against. Know your responsibility. *Get those balls !*
- **Penalties** on our part can result in giving up cheap points. Know the Laws and don't let unchecked enthusiasm hurt your Team.
- We're Fierce Competitors, and good Sportsmen. The two are compatible. **Respect the Game, Your Opponents and the Refs.**

"The highest compliment that you can pay me is to say that I work hard every day, at every practice, that I never dog it."—Troy Polamalu

INDIVIDUAL WORKOUTS

Everybody wants to win on game days. It's what you do at practice and the "off" days that will make the difference !

Conditioning/Fitness

Conditioning/Fitness and Heart are what wins Rugby games !

1. People that want to be exceptional will do more, but at a **minimum**, we can all do a few 30 minute workouts per week. Workouts on the following page all fit into that time frame.
2. Ideally, counting practice and games, you should be getting in 5-6 running workouts per week. So if we have 2 practices and one game in a week, you should do 2-3 independent workouts. Even if you can only get one workout in, it will be a **huge** benefit to you and your Team. Do it with your friends if you like.
3. Strength training and running are both important, but if your time is limited, do more strength training in the off season, and more running leading up to and during the schedule.

Individual Rugby Skills

- Team Practice Time needs to be devoted to mostly 'Team Skills'. Get out on your own and work on your 'Individual Skills'.
- Whether it's Kicking, Line-Out Throws; Grub-Kicking; Goal-Kicking; Scrum Half Passes, or just Regular Passing and Ball-Handling, get out there on your own or with a friend and get better ! !

What you do in these sessions can take your play and the team's to where we'd all like to be.

Do you want to be just 'good' or 'great'? It's up to you !

SARACEN RUGBY— Heart, Fitness, Teamwork



THIRTY MINUTE WORKOUTS

Any of the following workouts done a few times a week will take you and the team a **long** way towards getting better as an individual and as a team. **High Intensity Intervals are the Key!** This means for every interval of 'work', you should get about one to two intervals of 'rest' Think about pairing up with a partner or creating 'workout groups' with your friends.

1. 'Track Intervals'. Sprint the straights and jog (walk a bit if you have to) the curves for 4 laps. Then sprint half the track and jog half for 4 laps. Then do one lap at full speed.
2. The 'Track Intervals' can be simulated in a park or in your neighborhood. Sprint 15 seconds, jog 30-45 seconds-repeat 8 times. Sprint 40 seconds, jog a minute to a minute and a half. Repeat 8 times. Sprint 90 seconds.
3. Add in short 10-40 yard sprints with the same '1 interval of work' to '1 or 2 intervals of rest' pace.
4. With a workout partner or two, do 'random intervals'. The first guy runs as far or short as he wants—then walks/jogs. Then the next guy runs until he catches up to him. Then the next guy (if there's a third) catches up. Then the first guy starts out again and chooses another distance. Repeat for 25 minutes.
5. Kick a ball, chase it. Repeat. Roll a ball out, chase it and pick it up, sprint. Do a 'Hooker' pass. Do a scrumhalf pass. Chase it. Etc. etc. Repeat for 30 minutes. Believe us—you can get really fit and really improve your foot speed and hand skills chasing a ball around the field for thirty minutes !
6. **Plyometrics** Power Exercises. Set up 4-6 stations around a field. Sprint from one to the next, and do some type of strength/power exercise there—Squat Thrusts, Star Jumps; Push Ups; Lunges; Jumping on to a Picnic Table, etc. etc.
7. Switch Intervals. Instead of one interval work to two rest, go one to one for about 4 minutes. Studies show one intense session of four minutes performed at a 50-50 interval, can be an effective drill to fit into your workout.
8. You guys know plenty of other drills to fit in—shuttles, relays, high-legs, striders, etc., etc. The key is intervals. Sprint, jog, sprint, jog, sprint, jog, rest, sprint, etc.,etc. Mix up the distances and the rest periods and do it for 25-30 minutes and we'll be doing great.
9. A light workout the day after a game can help healing. Just a slow jog for a mile or two to get the blood flowing.
10. Weight lifting is great too, but in the season, running is **way** more important. If you only have time for one or the other, **choose running**.

Are these kind of 'simple & basic'? Yep, you're right. But that's the point. They'll accomplish 99% of what some fancy drill at a Sports Academy will do, so just do them and we'll reap the rewards !!