

# PLAY RUGBY !!



## Aurora Youth Rugby Information Sheet

This year marks the **THIRTY THIRD** year of Aurora Youth Rugby introducing rugby to young kids. We started with a high school team, and ten years ago we joined up with about 20 other Youth Teams and the thirteen hundred kids that were already playing rugby in metro Denver and started up our own Youth team for kids age 5-14 . And we'd love to have you give it a 'TRY' !

**Dates:** May 1- June 22

**Practice Days:** Wednesdays & Saturdays, Location TBD. Highline Park (50 S. Peoria). and/or Aurora Sports Park.

**Practice Time:** 5:30-7:00pm Wednesdays; 10am Saturdays

**Game Days:** Every Saturday, May 18 through June 22.

**Game Time:** Varies by age group

**Cost:** \$95. *Financial assistance is available through our organization. No one is turned away.*

### Why play rugby?

Rugby is an exciting, fun and *easy to learn* game that uniquely rewards teamwork and good hard effort, while allowing opportunities to play for all body types and athletic abilities. It's easy to pick up and kids love it ! It's the second most popular sport in the world, and is growing wildly in the US. Thousands of people are earning a living at it throughout the US and the world. Many colleges, as well as our High School Team, award scholarships. And it promotes a level of sportsmanship and respect that seems to be lacking in some sports today.

'Check our website at **AuroraYouthRugby.com**. "Youtube" '**Rugby Sevens Highlights**' to get an idea of what the game is like.

### Is it safe?

As someone that played it for twenty some years, my answer would be '*Much* safer than it may appear to you ! ' As with any sport, injuries can arise, but our coaches focus on safety being the highest priority. Studies show rugby to be significantly safer than football, with injury rates similar to basketball, lacrosse, and hockey. We have not had one significant injury in the ten years we've been running our TRY program.

## Who will be coaching?

There will be several coaches certified to coach young players by US Rugby. This means that the coach has gone through specialized training which covers rugby skills, coaching techniques, safety precautions, and overall management of programs.. In addition, we will be making sure that each coach will be paired with a small group to ensure constant supervision and attention for all. Our particular coaching staff will be manned by recent members of 'Rugby Colorado Coaching Staff of the Year', and a winner of the US Olympic Committee's 'National Volunteer Coach of the Year'.

## How will the practice and competition be organized?

Youth players will be separated into appropriate age groups and compete against players their approximate age and size. Practice will be on Wednesday evenings and 'Jamborees' will be hosted at central locations on Saturdays where the kids will get to play games against other teams.

Teams are coed up to the age of 12, and kids under 8 will only play Touch.

## How do I get Started and What do We Need?

Just show up at the field on any scheduled Wednesday or Saturday. (hopefully the first one !). The only equipment needed is a pair of athletic shoes (tennies or cleats are fine) shorts and a mouthguard. Another benefit of rugby—low cost equipment!

## Deadlines

You ***must*** be registered before you can play in a game. You register on line and the link on our website will soon be activated by Rugby Colorado.. First game is 5/18. And the sooner you get registered, the sooner USA Rugby insurance program kicks in (It's of limited value with a high deductible, but it's something)

## Communication—Announcements will be made through TeamApp & Facebook

***Download 'TeamApp' and sign up with 'Aurora Youth Rugby'—this is our primary way of communicating***

As it's hard to maintain the accuracy of an email list, we will not be using email as our standard way of communicating. Weather cancelations, location changes, etc. will be posted on **TeamApp** and if possible, Facebook. Or please feel free to call us any time.

## A Note About Our High School Team—The Aurora Saracens

If you go on to play for our High School team, you will be playing for one of the most successful programs in the State. We stress sport, community and academics, and offer academic tutoring and \$5,000/year in post HS academic scholarships for college or trade school.

**For more information, please contact:**

Dave Farmer

303-588-1809

[farmerdave532@comcast.net](mailto:farmerdave532@comcast.net)

***Thanks ! And we hope to see you out there ! !***

