



## PLAY FALL 7s RUGBY IN 2019 with the PENN LEGACY/HEMPFIELD HS & U-15 RUGBY TEAMS

**MISSION:** To provide a dynamic Rugby program for boys and girls of various age groups to develop skills, ability and promote interest in the sport by linking them with certified coaching. Along with the rules of the game, technical skills, and tactical play, players are taught rugby ethics and the value of teamwork in a disciplined environment. The sport of Rugby offers competition, fun, friendship, and playing time. The game promotes self-esteem, pride and teamwork. It teaches goal setting, strategic thinking, and cooperation and develops leadership skills. As coaches, we will take the time to teach you the basics, find the right playing position to suit your physical size, get you fit and have you playing confidently and safely.

**ABOUT THE KNIGHTMARES RUGBY FOOTBALL CLUB (est 2006)** The Knightmares are members of **Rugby Pennsylvania** and **USA Rugby**. **RugbyPA** is a state based rugby organization formed in 2012 and recognized by USA Rugby as the official youth and interscholastic rugby administrator in Pennsylvania. The Knightmares boys field a HS and U-15 side (8<sup>th</sup> thru 12<sup>th</sup> grade). The Knightmares girls field a MS/HS side for 5<sup>th</sup> through 12<sup>th</sup> graders. The Knightmares are a club team, open to all high school boys, girls, and middle schoolers. **There are no residency requirements. No experience is required.**

### PLAYER INFO

First name: \_\_\_\_\_

Last name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Player cell phone# \_\_\_\_\_

Player date of birth \_\_\_\_\_ Grade \_\_\_\_\_

School \_\_\_\_\_

Player Email Address \_\_\_\_\_

Has registering player played rugby before?

Briefly detail other sports registering player has participated in if any. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### PARENT INFO

First name: \_\_\_\_\_

Last name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Parent cell phone# \_\_\_\_\_

Parent email address: \_\_\_\_\_

Registration info below.

Two registrations are required, first to Penn Legacy, second to Rugby PA (Sept 1)

**Register online with Penn Legacy at <http://pennlegacy.org/rugbyfc.html>**

**\$50 (cash, check or credit) is payable to Penn Legacy.**

**A separate fee to Rugby PA will be advised. Rugby PA registration opens Sept 1<sup>st</sup>.**

**Rugby shorts and socks are available for \$35.**

**Mouthguard is supplied and required for all players during all practice and matches.**

**Girls team coach -Joseph Capp 717.413.8549 [jcapp15.jc@gmail.com](mailto:jcapp15.jc@gmail.com)**

**Boys team coach - Chris Knarr 484.332.8196 [knightmarerugby@gmail.com](mailto:knightmarerugby@gmail.com)**

**Fall 2019 7s tournaments are played on Sundays, Mid-Sept. thru the end of October.**

**Practice and Tournament schedule for boys and girls teams to be advised.**

**Practice for both teams to be at 901 Centerville Rd Lancaster pa 17601**

**Contact specific teams coach for practice dates and times.**

**Complete this page along with medical release and code of conduct found on Penn Legacy website and bring to first practice.**