



NADO



RUGBY

CORONADO RUGBY 2026-27



Ethos, who are we?

We are a brotherhood/sisterhood of fast, fit players that aggressively attack and defend with intelligence, timing and precision. We run hard and tackle well. We are far better than our opposition because we show up prepared, always move forward with support and never do anything to dishonor ourselves, our families or the team. In difficult moments we bind together supporting each other and work to improve our position. We play Islanders Rugby to be with our friends, to have fun and just like our predecessors to be just a *little bit different*.



MOH Mike Thornton



What is Coronado Rugby?

It's a Navy SEAL inspired leadership program designed to build future leaders within our community. Our players are selected based on character as well as talent, which means some of the most promising players may never pull on the jersey because their inclusion would be detrimental to our Whanau (Maori term for family). Our leadership through rugby philosophy simply means finding incremental ways to do more – in the gym, on the field, in school, at home and for the team.

Our coaches serve as mentors and focus on continual improvement, the creation of a continual learning environment, and a willingness to support your teammate. In short, we train for adversity using triggers to help players aim to achieve clarity and accuracy, so they can perform under pressure as teenagers and adults. Throughout our program coaches and players guide each other with references to keeping a Blue Head to maximize performance and be a good teammate.

Only contact sport offered to Women in middle school, high school and college.

Winter Sport. Part of the Islanders Sports Foundation. Season starts in November.



What is Leadership Through Rugby?

It's a Navy SEAL inspired leadership program designed to build future leaders within our community while providing collegiate athletic opportunities. Our players are selected based on character as well as talent.

Our leadership through rugby philosophy simply means finding incremental ways to do more – in the gym, on the field, in school, at home or for the team.

Our coaches serve as mentors and focus on continual improvement, the creation of a continual learning environment, and a willingness to support your teammate. In short, we train for adversity using triggers to help players aim to achieve clarity and accuracy, so they can perform under pressure as teenagers and adults. Throughout our program coaches and players guide each other with references to keeping a Blue Head to maximize performance and be a good teammate.



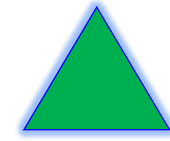
Champions Do Extra

Former All Black Brad Thorn's mantra, 'Champions Do Extra', helped him become one of the single most successful players in rugby history.

The philosophy simply means finding incremental ways to do more – in the gym, on the field, in school, at home or for the team.

A focus on continual improvement, the creation of a continual learning environment and a willingness to support your teammate.

Note: One of our goals is to help players learn to think like ***Chess Players*** vice Checkers. Thinking more than one step ahead is very important to being successful and the game of Rugby develops this skill.



Triangle of support



Legacy Video

<https://www.youtube.com/watch?v=yWgEX4ee8Mw>

Keep a Blue Head

Following their arguably premature exit at the 2003 World Cup, the All Blacks worked with forensic psychiatrist Ceri Evans to understand how the brain works under pressure. They wanted to overcome their habit of choking.

Richie McCaw stamps his feet, literally grounding himself, while Kieran Read stares at the farthest point of the stadium, searching for the bigger picture. Using these triggers, the players aim to achieve clarity and accuracy, so they can perform under pressure.

Red Head is the negative state, when you are heated, overwhelmed, tense and not in complete control of your actions. Your emotional engine is smoking, your perceptions are slow, the game feels too fast, and your decision making is rushed.

Blue Head, on the other hand, is the precise opposite: the cool, controlled, pattern-seeing state, when you retain your awareness and your decision-making power, when you stay flexible and deliver top performance.

The key is doing three things:

- 1) seek to stay in Blue Head as your default setting
- 2) sense cues when you are entering Red-Head mode
- 3) use a physical or mental trigger to get yourself back into Blue Head.



Coronado Rugby Four Players Types

- **Superstar Players-** The Superstars are the remarkable players we all love — the ones who “do the right thing” always maintaining a “Blue Head” with above average Rugby Skills. They work hard both on and off of the field, play in a manner that supports the players around them while leading the team through challenging moments and moments of great accomplishment.
- **The Up-and-comers-** They play with heart and they are constantly working to improve themselves. They generally do things the right way but whose skills need further maturation or enhancement. They are supportive of other players and with training, time, and support, these players will become our future Superstars.



Coronado Rugby Four Players Types

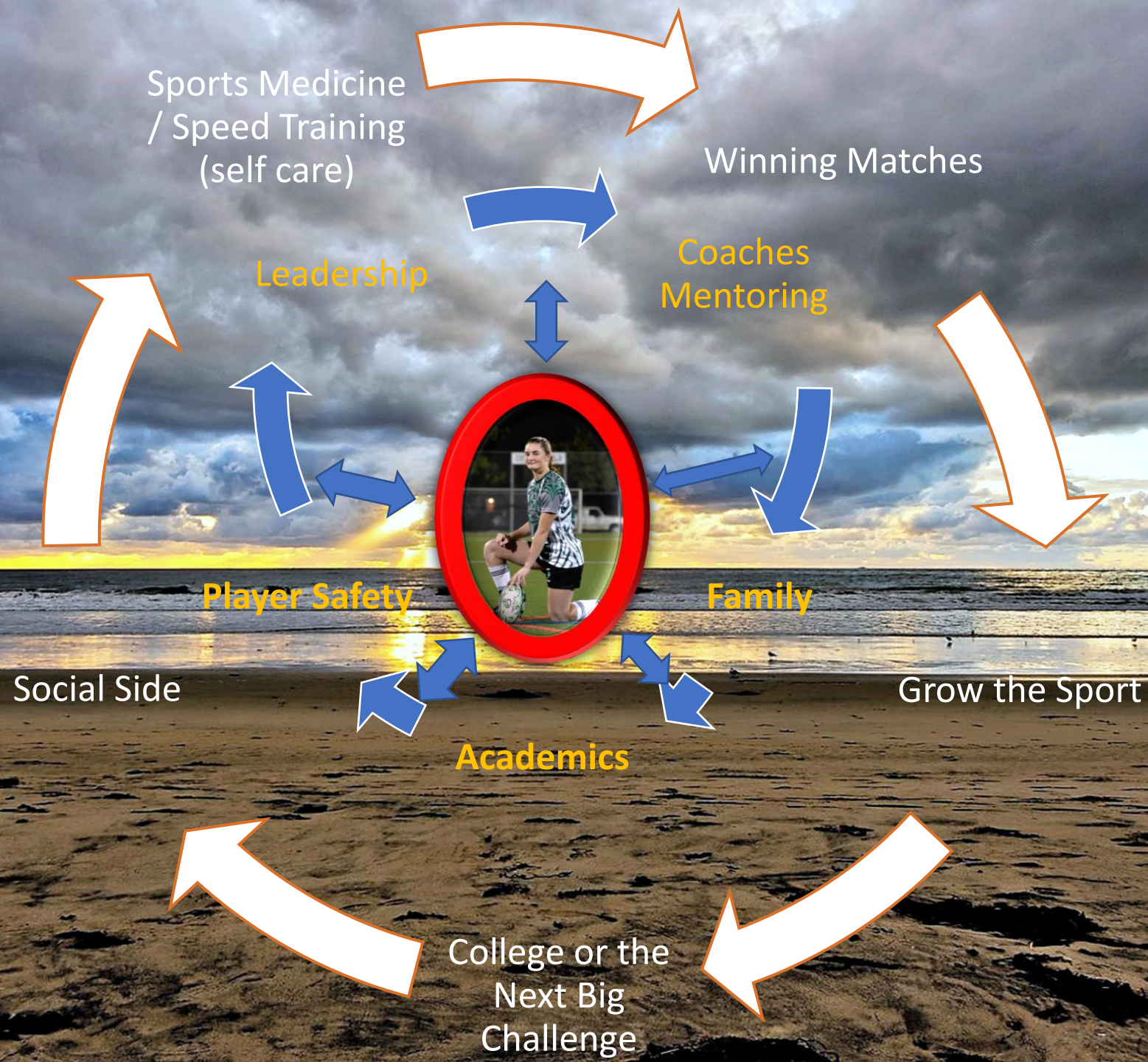
- ▶ **Zombie Players-** The Zombies fail on both counts. Their behavior doesn't align with supporting their fellow teammates and their performance is mediocre.
- ▶ They are the proverbial dead wood. But their ability to inflict harm is mitigated by their lack of commitment.
- ▶ On a team with only 24-30 players their lack of effort steadily infects others causing resentment and anger. We work with these players helping them become a productive part of the team.



Coronado Rugby Four Players Types

- ▶ **Vampire Players-** The Vampires are the real threat. These players perform well but in a manner that is against our team culture with little regard for their fellow teammates. Vampires are hypercritical and have trouble maintaining a “Blue Head.” Because they have great potential as athletes or rugby players, they instantly acquire power and influence. But over time they will acquire zombie player followers who begin to share a different set of values and lose their desire to better themselves or their team.
- ▶ **Without intervention,** soon there’s a small army of vampires and zombies attacking the Superstars, Up-and-comers and leaders who are trying to better themselves and those around them.
- ▶ We have never finished a season with a Zombie or Vampire player.





Registration with input from Kristen Guymon

Email · Thursday, 1 October 2026, 3:12 p.m.



REGISTRATION PATH

CMS Rugby uses its own Active.net link, not the CMS Winter Sports link. Build it the same way as prior seasons.

DIVISIONS

Set up two CMS divisions, as last year: COED U12 and U14. Do not fold rugby into the general winter-sports form. Also ensure Boys and Girls available for CHS Registration.

SEASON WINDOW

Dates track CMS winter sports, but rugby starts earlier and runs later. CHS dates follow the CMS rugby window.

AFTER CLOSE

Prior to December 3rd league minimum number deadline, transfer all Active.net receipts into the Rugby account so the club can pay expenses.

LAST SEASON FEES

\$300 Military
Discounts Available
\$230

CMS · U12 / U14
Extra covers required insurance

CHS last year. Dates align with CMS rugby.

OPEN ITEM FOR THIS MEETING

Confirmed CMS lowers to \$300 this season. With \$50 military discount. Costs covered by Rugby Coaches not receiving a stipend. Rugby has a surplus in past years.

Coronado Rugby Club



The Islander Sports Foundation is a California certified 501 [c] [3] non-profit, Federal Tax ID #33-0584000. The mission of the foundation is to responsibly raise funds to sustain Coronado School Sports. The foundation began as the Coronado All Sports Booster Club in 1994 by a group of supportive parents. The Foundation encourages all community members to assist the Foundation to fulfill its mission.



Coronado Rugby Club is a California certified 501 [c] [3] non-profit, Federal Tax ID #XXXX funds to sustain leadership development

- Registration \$
- <https://www.matchfacts.app/en-US/register/548/p/98/527>

The screenshot displays the Match Facts Rugby Explorer web application. The top navigation bar is green with the Match Facts logo and the user name 'Test By Santos Trujillo'. The left sidebar contains navigation links: Dashboard, Schedules, Scores & Reports, My Matches, My Registrations, My Injuries, My Profile, and Help. The main content area is titled 'Player Pays' and shows settings for 'Coronado Tritons'. A modal dialog titled 'Update payment method' is open, showing three options: 'Player Pays' (selected), 'Auto payment', and 'Manual payment'. The background interface shows a table of registration payments with columns for Invoice Number, Invoice Club, Date Due, Total, and Status. The table is currently empty, showing '0 registration(s)' and '\$0.00'.

Match Facts Organization Test By Santos Trujillo

Test By Santos Trujillo

Dashboard Schedules Scores & Reports My Matches My Registrations My Injuries My Profile Help

RUGBY EXPLORER

Club Admin, Coronado Tritons

Club Admin Coronado Tritons

DASHBOARD

ADMINISTRATION

PAYMENT SETTINGS

My Account Details

Registration Settings

Payment Settings

Fees Breakdown

Entity Card

Custom Questions

Discounts

Referee Payments

MEMBERS

COMPETITION MANAGEMENT

ENTITIES

WEBSITE

Player Pays

Registrations are paid by player

Change

Current Month

0 registration(s) \$0.00 View

Show 25 entries

Search:

Invoice Number Invoice Club Date Due Total Status

Showing 0 to 0 of 0 entries

Previous Next

Update payment method

Player Pays

Registrations are paid by player.

Auto payment

Registrations are paid by the entity's saved card.

Manual payment

Registrations are paid by the entity.

Save

Version: 1.3.0-RC

77°F Sunny 9:52 AM 10/2/2026

OPTION 1



Rugby Equipment

