



# CORONADO RUGBY

## 2022 Parents Meeting



NADO



RUGBY



# 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*.

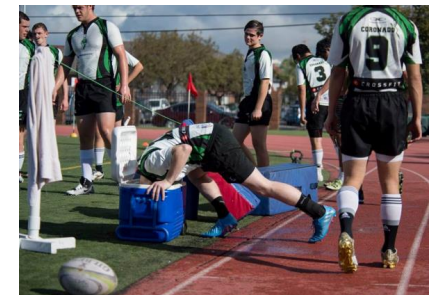


MOH Mike Thornton



# What is Coronado Rugby?

- 501c3 Non-profit Leadership based program designed to build future leaders while providing collegiate athletic opportunities. **We have been very successful with transitioning players to colleges, military and in the near future police officers.**
- 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.
- Going into our seventh season with division titles in both the Girls and Boys High School Divisions. **CMS Tridents were in the Final last year**
- Offering U8, U10, CMS 5/6<sup>th</sup> 7/8<sup>th</sup> Grade, CHS Girls and CHS Boys JV & Varsity
- Coaching experience includes former players from New Zealand, England, Scotland and Kenya. Collegiate players from the Coast Guard Academy and the Naval Academy. Navy SEAL Team Involvement. All our coaches are outstanding mentors.



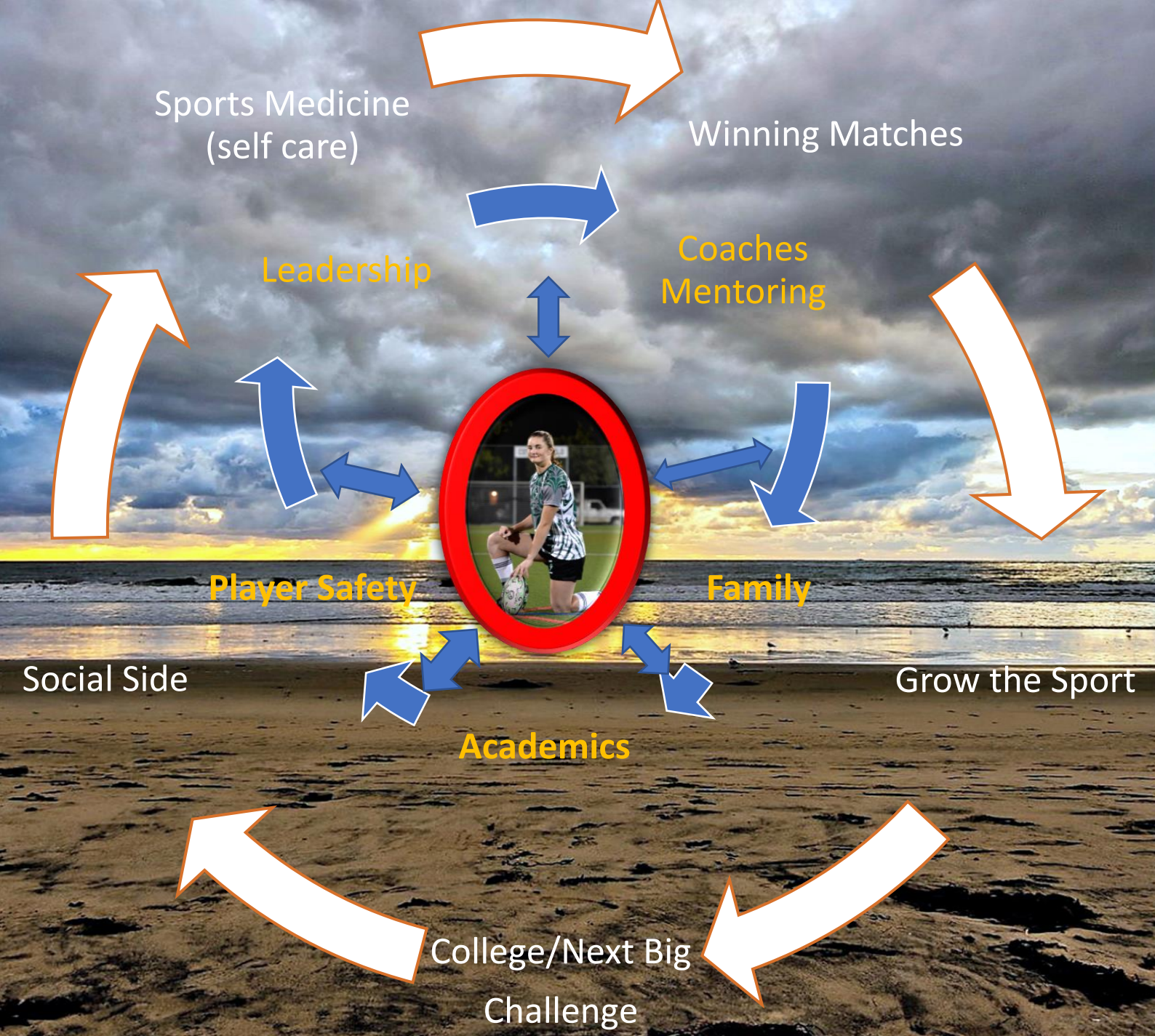
# What is Leadership Through Rugby?

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.





# Schedule

	HIGH SCHOOL			CMS & Youngers
	HS 15s	HS 7s / 10s		U8, U10, CMS (U12, U14)
<b>Week 1</b>	January 13	January 13	<b>Week 1</b>	January 14
<b>Week 2</b>	January 20	January 20	<b>Week 2</b>	January 21
<b>Week 3</b>	January 27	January 27	<b>Week 3</b>	January 28
<b>Week 4</b>	February 3	February 3	<b>Week 4</b>	February 4
<b>Week 5</b>	February 10	February 10	<b>Week 5</b>	February 11
<b>Week 6</b>	February 17	February 17	<b>Week 6</b>	February 18
<i>Resched or bye</i>	<i>BYE February 25 - LA 7s</i>	<i>BYE February 25 - LA 7s</i>		<i>BYE February 25 - LA 7s</i>
<b>Week 7</b>	March 3	PostSeason Tourney March 3 or 4	<b>Week 7</b>	March 4
<b>Playoffs/Championship</b>	March 10 or 11		<b>EOS Tourney</b>	March 11
<b>HS State Title</b>	March 17 or 18	March 18, if NorCal has competition		

# Rugby Costs and Registration



- **Coronado Tritons U8s \$125 / U10s \$150**, 2 Part registration, Register with USAR and then SCYR Coronado Tritons
  - USAR: <https://usa.rugby/members>
  - SCYR Coronado Tritons - <https://www.matchfacts.app/en-US/register/548/p/71/455>

## **Coronado Middle School Rugby (5/6<sup>th</sup> 7/8<sup>th</sup> graders) \$245.00 Player**

- First register through ISF <https://campscui.active.com/orgs/IslanderSportsFoundation?orglink=camps-registration#/selectSessions/3231038>
- USAR: <https://usa.rugby/members>
- SCYR Coronado Tritons - <https://www.matchfacts.app/en-US/register/548/p/71/455>

## **Coronado High School Boys**

- **\$125- Register with ISF First**
- Paid during SCYR registration. Include ISF fee, socks, shorts, warmup shirt (jerseys are issued at the game).
- Registration instructions at <https://islandersportsfoundation.com/cmswinter>
- High School Players also need to register with USAR/SCYR: <https://usa.rugby/members>
- SCYR Registration at Coronado HS - <https://www.matchfacts.app/en-US/register/548/p/76>

## **Coronado High School Girls**

- \$125 Kit to purchase shorts, socks, warmup shirt and kit bag. Jerseys are provided during the game.
- **Register with ISF First** <https://islandersportsfoundation.com/cmswinter>
- SCIRF Registration <https://cifrugby.sportngin.com/>





# Coronado Rugby Volunteer Coaches

CHS  
Boys  
Varsity

CHS  
Boys  
JV

CHS  
Girls

CMS  
7/8<sup>th</sup>  
Grade

CMS  
5/6<sup>th</sup>  
Grade

Under  
10

Under  
8

Santos Trujillo  
Buck Martin

Bill Reiter

Coach Kristen  
Coach Kiwi

Patty O'Mahoney  
Coach Dan Free  
Coach Sean  
Coach Hanna

Tony Souder  
Coach Hanna

Deryck Dickerson

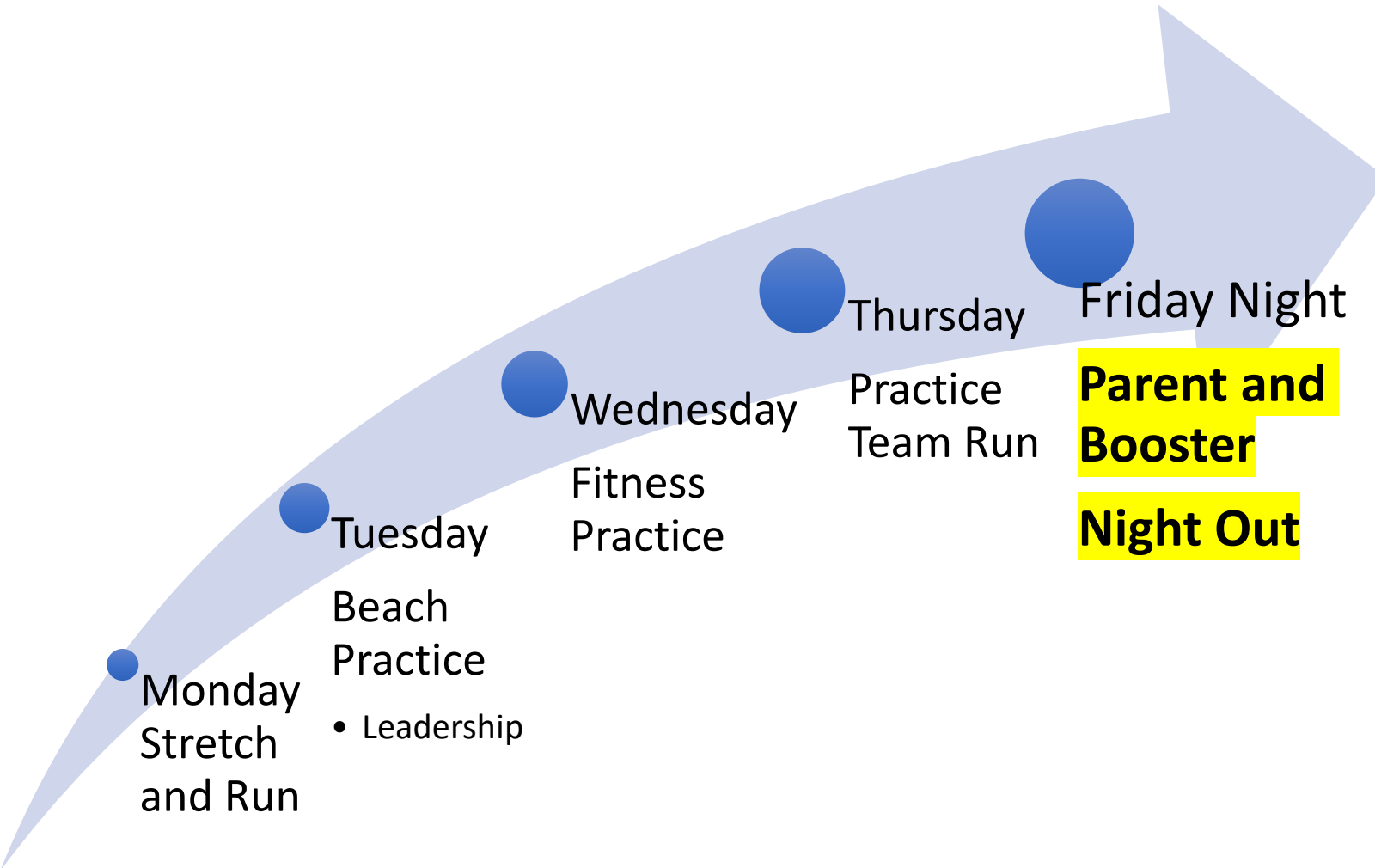
Brian Schmidt

Team Admin  
Erin Valdivia

Player Coach / Referee  
Coach Elias Valdivia  
Coach Gia Hernandez



# HS Rugby Weekly Schedule

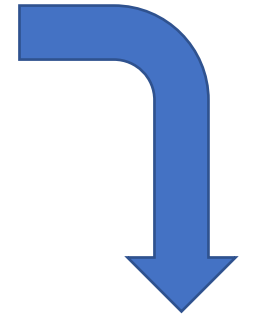


**Parent and  
Booster**

**Night Out**

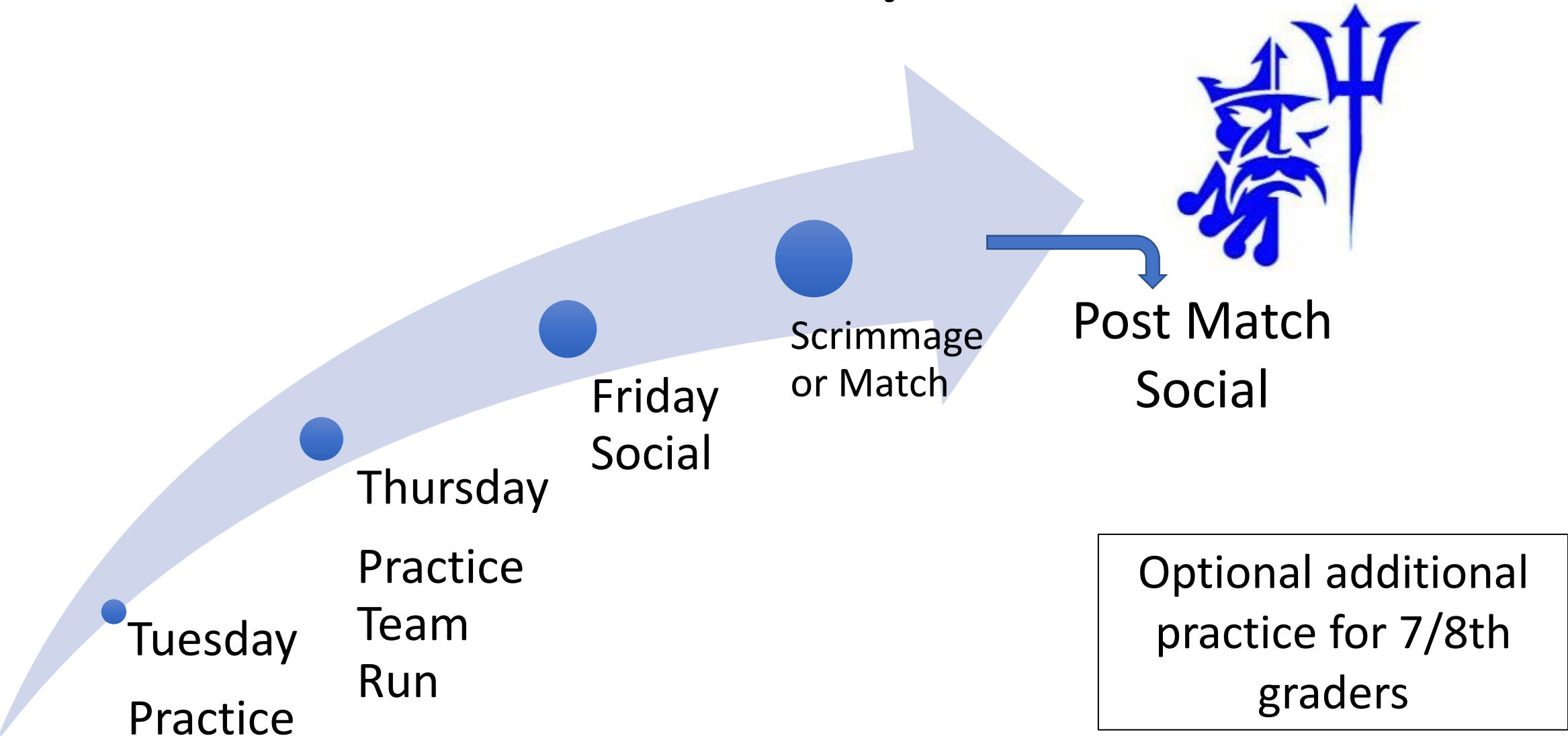


Saturday  
Match

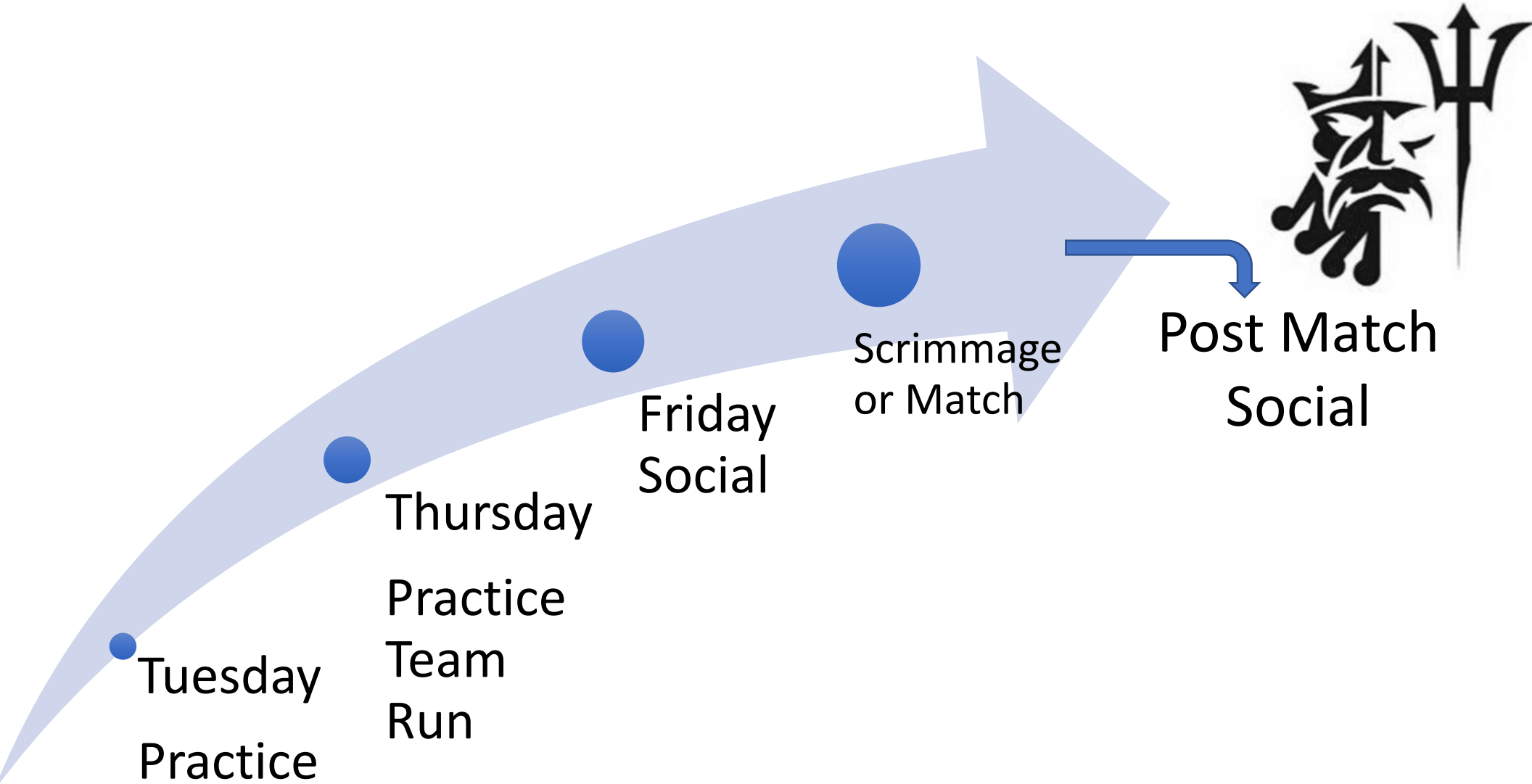


**Post Match  
Social**

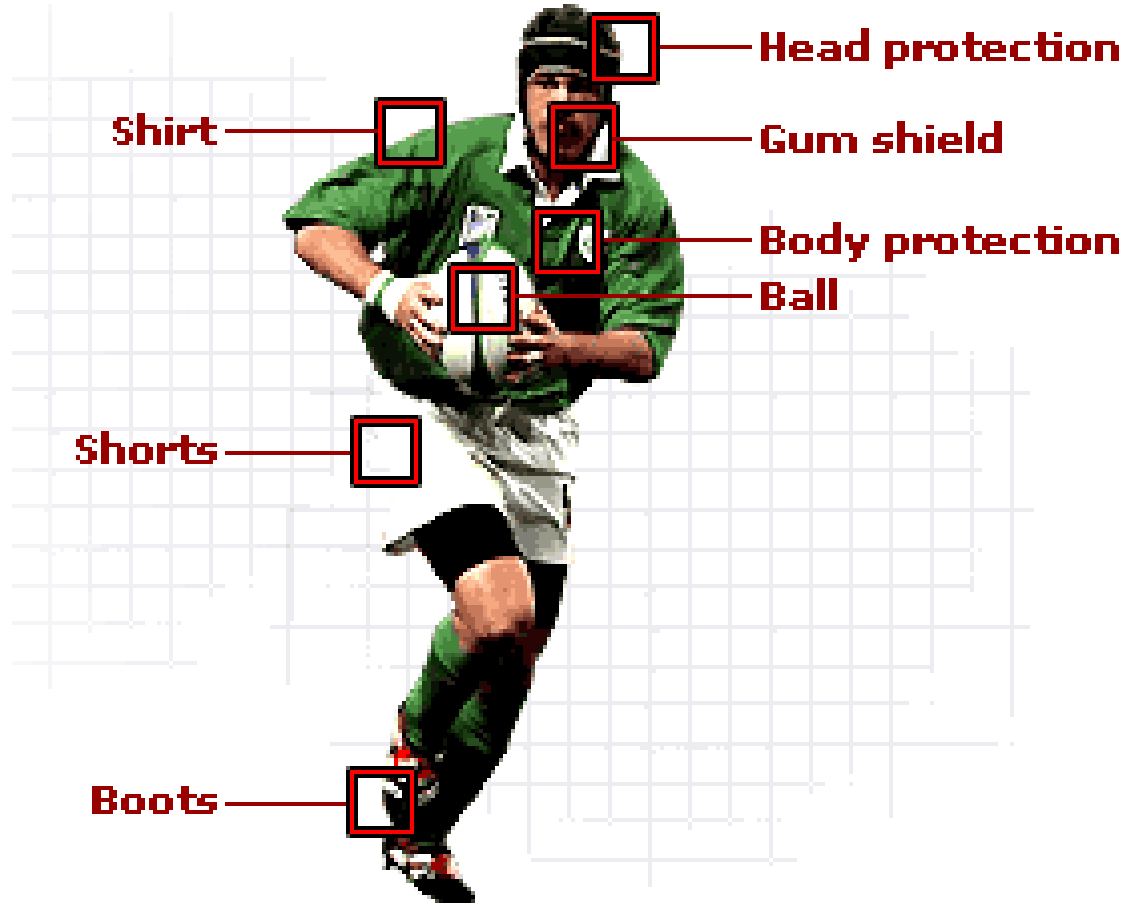
# CMS Weekly Schedule



# U8 / U10 Weekly Schedule



# Rugby Equipment



# WE ARE SOCIAL

## Coronado Rugby Newsletter

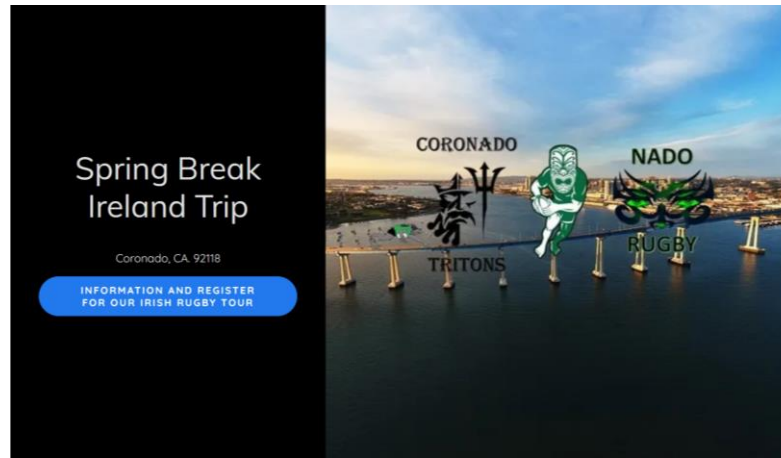


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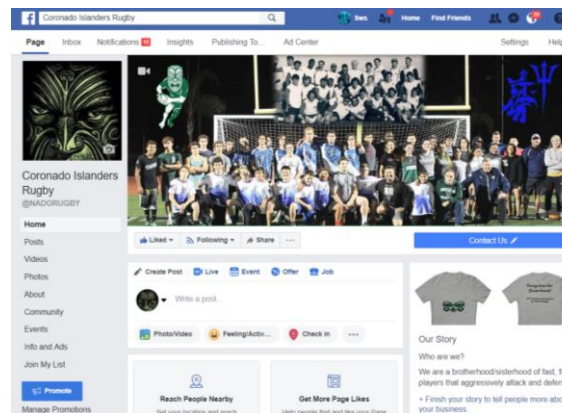
<https://islandersportsfoundation.com/teams/2462183/boys/rugby/varsity>

ISF site is managed separately but we can still post content under our sections

## Coronadorugby.com



<https://www.facebook.com/NADORUGBY/>



## YouTube and HUDL Videos





Why our  
program is  
working...

# Modeling Excellence/Constantly Improving

Tricks and tactics, borrowed from the New Zealand rugby team, that will lead you to success whatever your chosen career.



Dedicated to Safe and Effective Tackling using the MVP Tackle Robot with Level-1 Tackle Test (everyone must pass prior to contact).



Click for video

<https://www.youtube.com/watch?v=5csjNklr5Uc>

## CORONADO RUGBY



## COMBATIVES

**CORONADO RUGBY COMBATIVES DEFINITION:** A NAVY SEAL INSPIRED CONTROLLED VIOLENCE OF ACTION TECHNIQUE USING STRENGTH, SPEED AND AGGRESSION TO OVERCOME DEFENDERS AND ADVANCE THE BALL. AN ADVANCED RUGBY TECHNIQUE DESIGNED TO ACHIEVE PHYSICAL AND MENTAL DOMINANCE OVER DEFENDERS.

# Humble Philosophy “Sweep the sheds”

Before leaving the dressing room at the end of the game, some of the most famous names in world rugby – including Richie McCaw, Dan Carter and Mils Muliana – stop and tidy up after themselves. They literally and figuratively 'sweep the sheds'. Former All Black Andrew Mehrtens describes it as an example of personal humility, a cardinal All Blacks value.

Though it might seem strange for a team of impervious dominance, humility is core to their culture. The All Blacks believe that *it's impossible to achieve stratospheric success without having your feet planted firmly on the ground. Coronado Rugby follows this same philosophy.*

*“How can you expect to do advanced things in life when you haven’t mastered the basic.”*

*“You don’t have to be fastest or the strongest, but you do have to do your best!”*

*Coach Santos Trujillo*





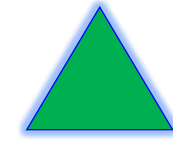
# Champions Do Extra

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.



# Honor the Jersey and leave it in a better place

The All Blacks have long had a saying: “leave the jersey in a better place.” Their task is to represent all those who have come before them. Understanding this responsibility creates a compelling sense of higher purpose. We honor the jersey as well by never letting it hit the ground unless they are being worn by an Islander player.

We always play inspired honoring our family and friends who are cheering for us in the stands. It's a good lesson for us all: if we play a bigger game, we play a more effective game. Better people make better Islanders – but they also make better doctors and lawyers, bankers and businessmen, parents, brothers, sisters and friends.





# Coronado Rugby Ireland Trip Fund Raising



- We are live with our gofundme account for the Ireland Trip and launch a bunch of fundraising events. Please review the site and offer feedback before we go live. <https://gofund.me/561560cd>
- On November 13th, we will need 25 volunteers for the Silver Strand Half Marathon. They need some people to work the entire race (5:30-11:30am) and others to work the water station at the Shores. I think that time slot is shorter. ISF is planning to give each volunteer \$10/hour which is good for a volunteer event.
- In November/December we will have a wine tasting fundraiser at Wine-A-Bit.
- In November/December we will have a silent auction fundraiser at the VFW. Erin, can you help us with finding a good date that doesn't conflict with the holidays
- In January we will have our Winter Rugby Ball Fundraiser at the Golf course of the Cays.
  - JJ Gentry has already agreed to play, and I am going to speak with the orchestra to see if they are willing to join him and maybe play a song together.

We have lofty goals but it's worth the effort. I appreciate your help and I'm looking forward to the trip.

# Rugby Sponsorship

## PLATINUM SPONSOR \$1200 AND ABOVE

- Advertising logo on front of a team jersey
- Display of your logo placed on our website and on our videos for a year
- Advertising on the Team website with a link to your website
- Logo placed on one side of our merchandise cups and sold at our home matches
- Logo displayed on one of our canopies

## GOLD SPONSOR \$700

- Advertising logo on back of team jersey
- Display of your logo placed on our website and on our videos for a year
- Display of your business banner on the playing field
- Advertising on the Team website with a link to your website

## SILVER SPONSOR \$300

- Display of your logo placed on our website a year
- Advertising on the Team website with a link to your website
- Logo displayed on one of our canopies

## TEAM DONATION BOOSTER

Any amount of money or other donations such as fundraising support

- Display of your logo placed on our website for a year





# Rugby Equipment Needed

Direct Support for Strength and Conditioning.

We are in need one sled w/weights and harness (\$550.00)

- Push/Pull Power Sled \$160.00
- 2x Barbells
- Pair of 45lb plates \$175.00
- Pair of 35lb plates \$150.00
- Pair of 25lb plates \$110.00
- Sled harness \$40.00
- Sponsored Rugby ball
- Speed Clinic



# CORONADO



Questions?

