



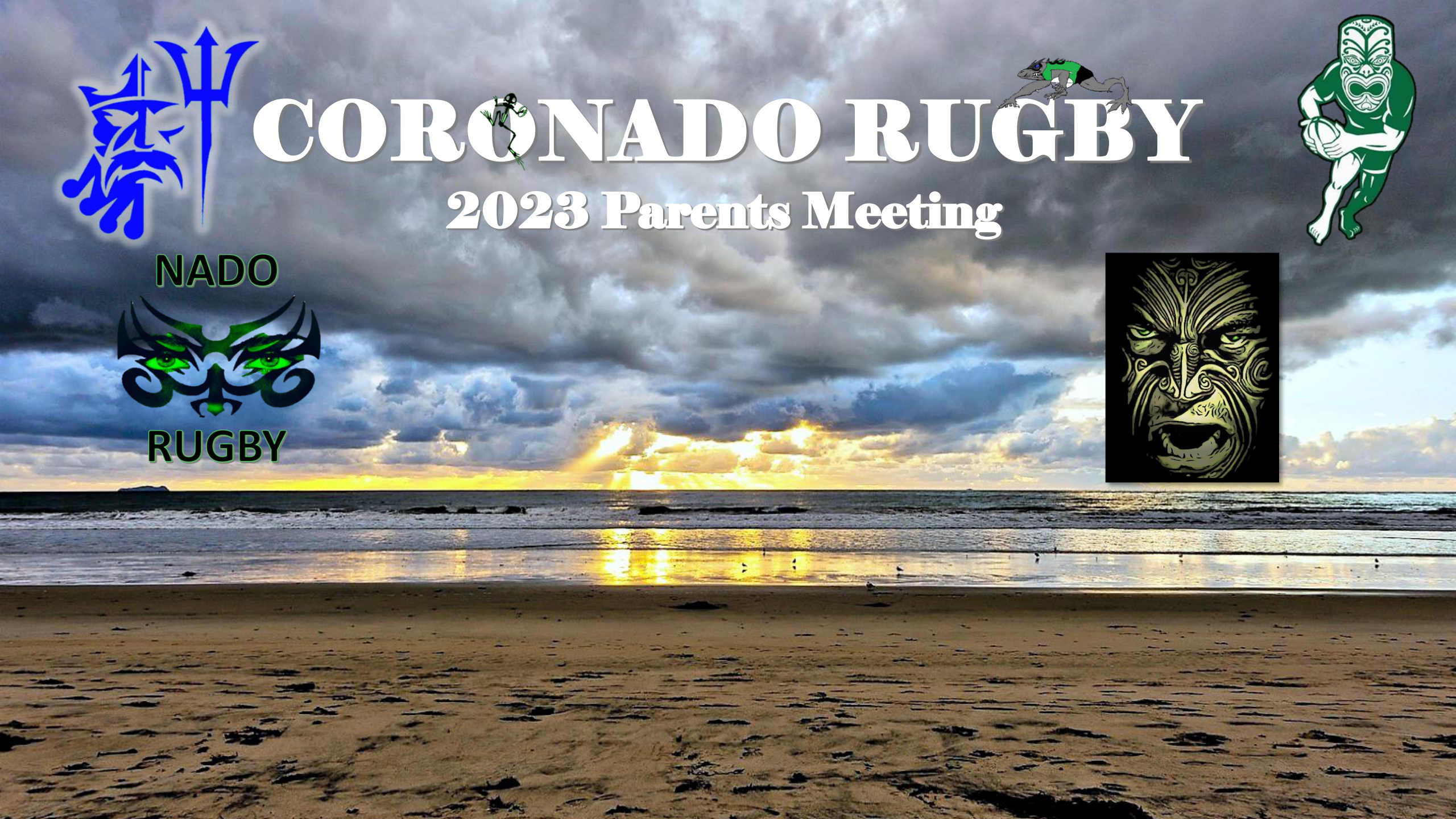
# CORONADO RUGBY

2023 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, Police and Fire department. Our goal is to make good people first.**
- 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 ninth season with division titles in both the **Girls and Boys High School Divisions. CMS Tridents were in the Finals the last 2 seasons.**
- Our CHS and CMS generally practice together on the same pitch.
- Our CHS Boys and CMS Tritons play in a SCYR league and our CHS Girls play in a SCIRF league.
  - SCYR: Higher costs but they provide referees and trainers
  - SCIRF: Lower costs but we have to provide referees and trainers
- **High School Rugby is trending to be a CIF sport in the next 1-2 years**



# 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.



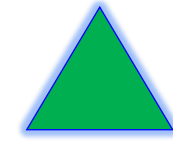
# Champions Do Extra

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.

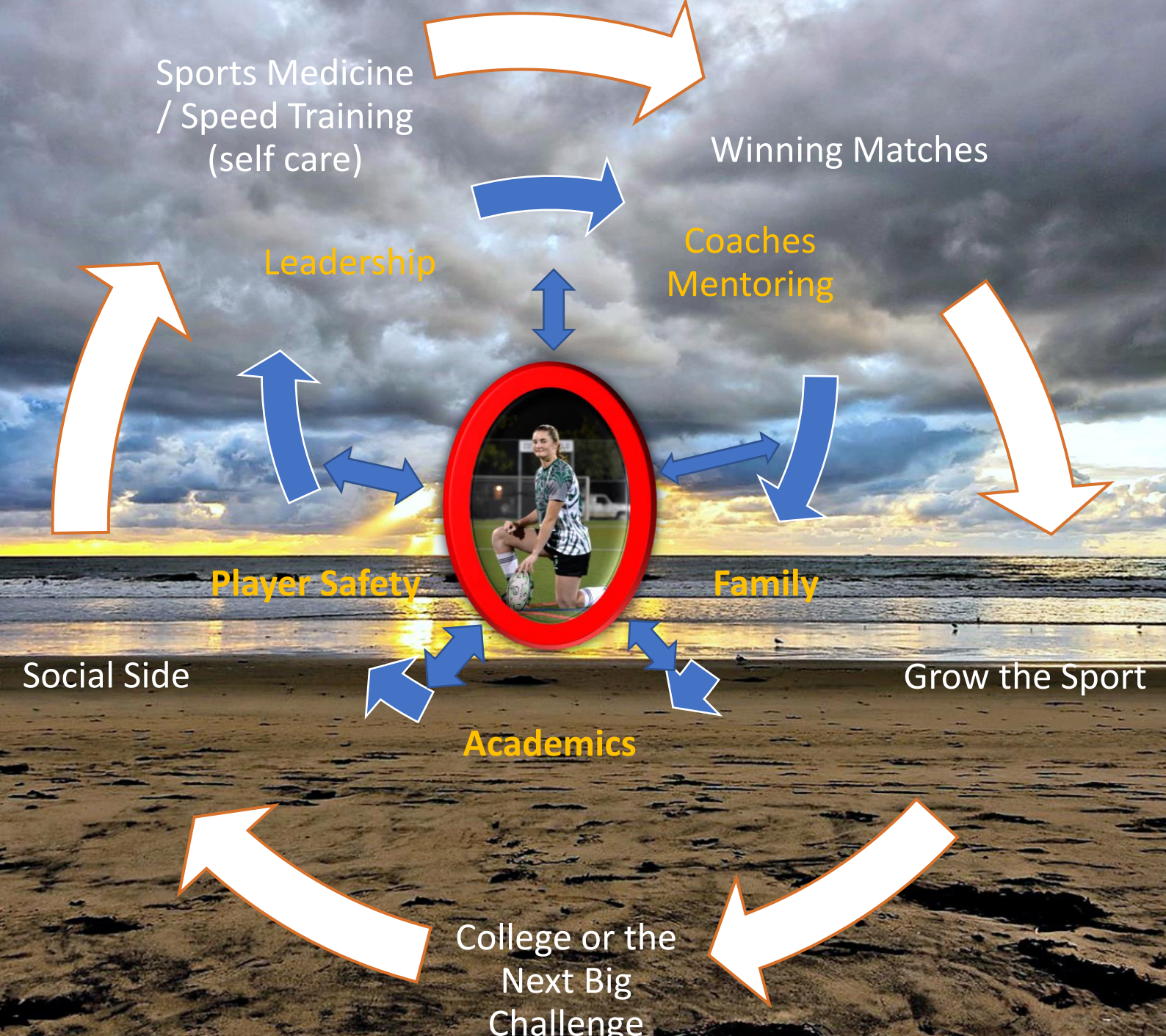




# Coronado Rugby Four Players Types

- ▶ **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.





# CHS BOYS SCHEDULE

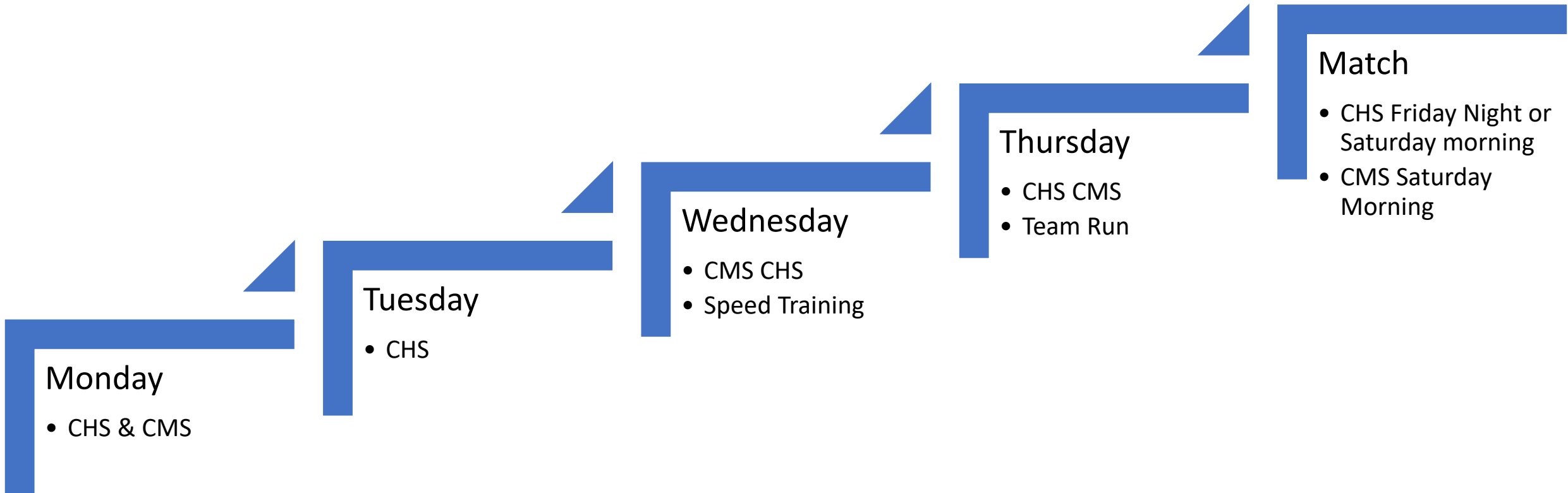
|                                   | <b>HS 15s MS*</b> |
|-----------------------------------|-------------------|
|                                   | November 17       |
|                                   | November 24       |
|                                   | November 26       |
|                                   | December 1        |
| <b>pre-season</b>                 | Dec 8             |
| <b>Week 1</b>                     | Dec 15            |
| <b>Week 2</b>                     | January 5         |
| <b>Week 3</b>                     | January 12        |
| <b>Week 4</b>                     | January 19        |
| <b>Week 5</b>                     | January 26        |
| <b>Week 6</b>                     | February 2        |
| <b>Week 7</b>                     | February 9        |
| <b>MS Championship Tournament</b> | February 16       |

| <b>WINTER U14 COED MS</b>         |             |
|-----------------------------------|-------------|
|                                   |             |
| <b>Minimum Roster or Bond</b>     | November 24 |
| <b>Final Minimum or lose Bond</b> | December 1  |
| <b>Draft Schedule Shared</b>      | December 1  |
| <b>Final Schedule</b>             | December 8  |
|                                   |             |
| <b>Week 1</b>                     | January 6   |
| <b>Week 2</b>                     | January 13  |
| <b>Week 3</b>                     | January 20  |
| <b>Week 4</b>                     | January 27  |
| <b>Week 5</b>                     | February 3  |
| <b>Week 6</b>                     | February 10 |
| <b>Week 7</b>                     | February 17 |
| <b>Week 8</b>                     | February 24 |
| <b>EOS Tourney</b>                | March 2 & 3 |

## Southern California Interscholastic Rugby Federation High School Girls - Schedule 2023 - 2024

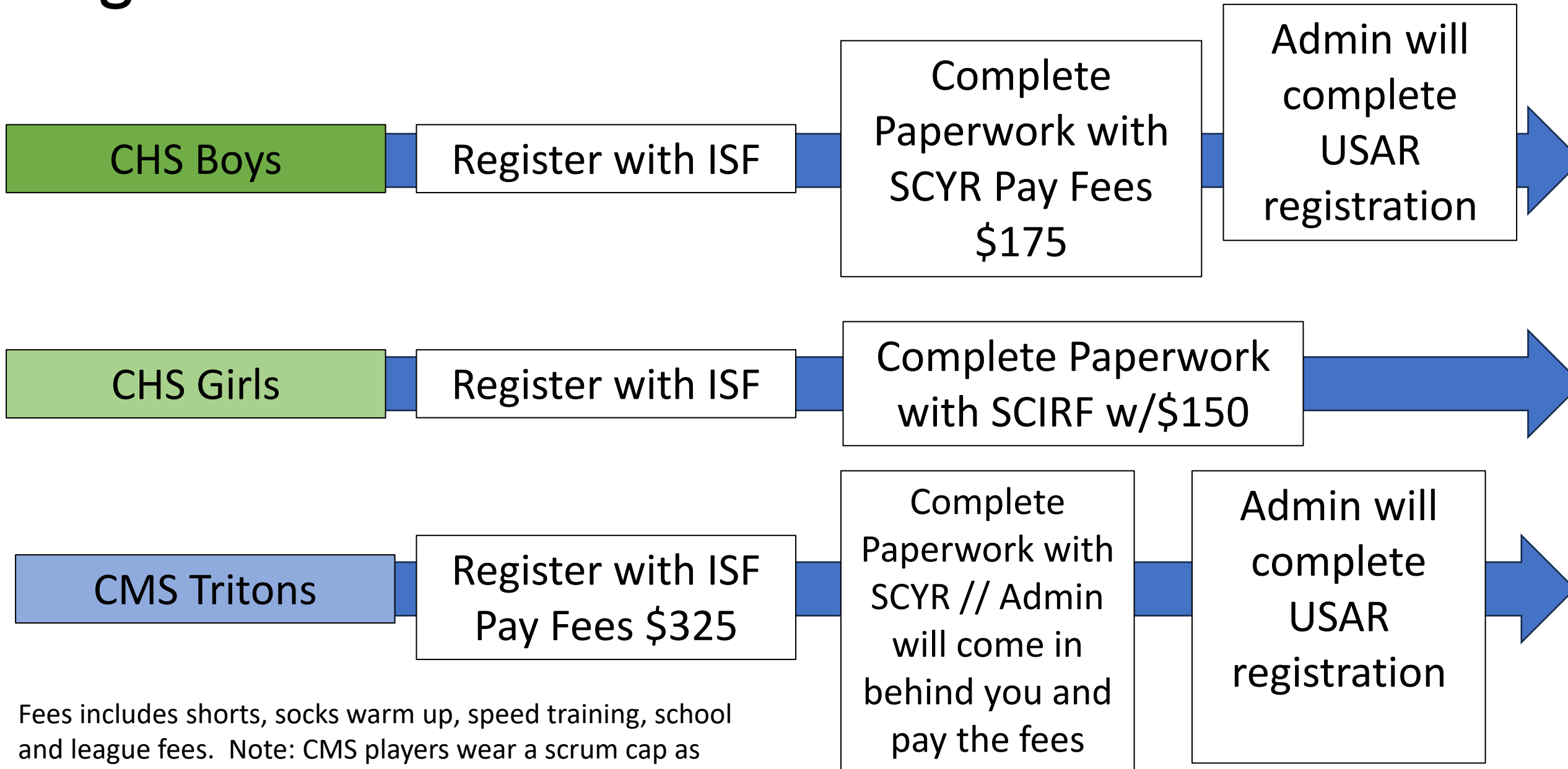
| Match      | Dates                             | Hosting     |
|------------|-----------------------------------|-------------|
| <b>M1</b>  | November 11                       | Coronado    |
| <b>M2</b>  | November 18                       | Mira Costa  |
|            | <b>November 25 break</b>          |             |
| <b>M3</b>  | December 2                        | Warren HS   |
| <b>M4</b>  | December 9                        | Mission Bay |
| <b>M5</b>  | December 16                       | LCC         |
|            | <b>December 23 break</b>          |             |
|            | <b>December 30 break</b>          |             |
|            | <b>January 6 break</b>            |             |
| <b>M6</b>  | January 13                        | Coronado    |
| <b>M7</b>  | January 20                        | LCC         |
| <b>M8</b>  | January 27                        | Mira Costa  |
| <b>M9</b>  | February 3                        | Warren HS   |
| <b>M10</b> | February 10                       | Warren HS   |
|            | <b>February 17 - Championship</b> | LCC         |

# Typical Weekly Schedule



**We share our fields with each other, and we generally have later training field times**

# Registration



Fees includes shorts, socks warm up, speed training, school and league fees. Note: CMS players wear a scrum cap as well. (included)

# CMS Middle School Age / Novice / Expert Parameters

## CMS Tritons

U14 - Ages 12, 13, 14 (if female and in MS)

Age 12: will play U14. No weight restrictions at U14. SoCal Board will determine if club plays Novice or Experienced.

Age 13: will play U14. No weight restrictions at U14. SoCal Board will determine if club plays Novice or Experienced.

Age 14 female: may play U14, if in Middle School

-- If female, 14 yrs old and in HS – must play HS

13 and 14 y/o girls can practice with CHS and CMS

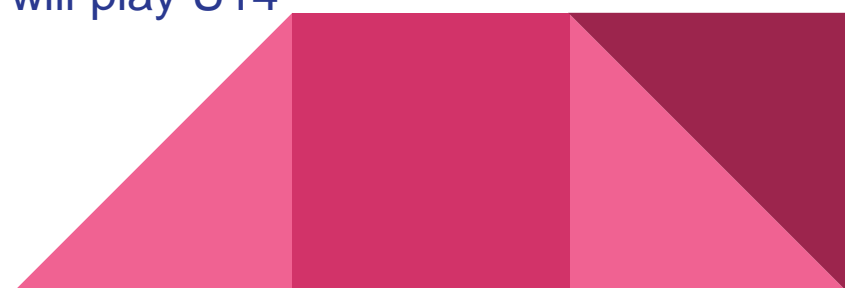
## Coronado Rugby Club U12

U12 - Ages 10, 11, 12 (if under 100 lbs)

Age 10: will play U12 with no weight restrictions

Age 11: may play U12 as long as weigh 165 lbs and under. If over 165 lbs, will play U14

Age 12: may play U12 if weigh 100 lbs and under



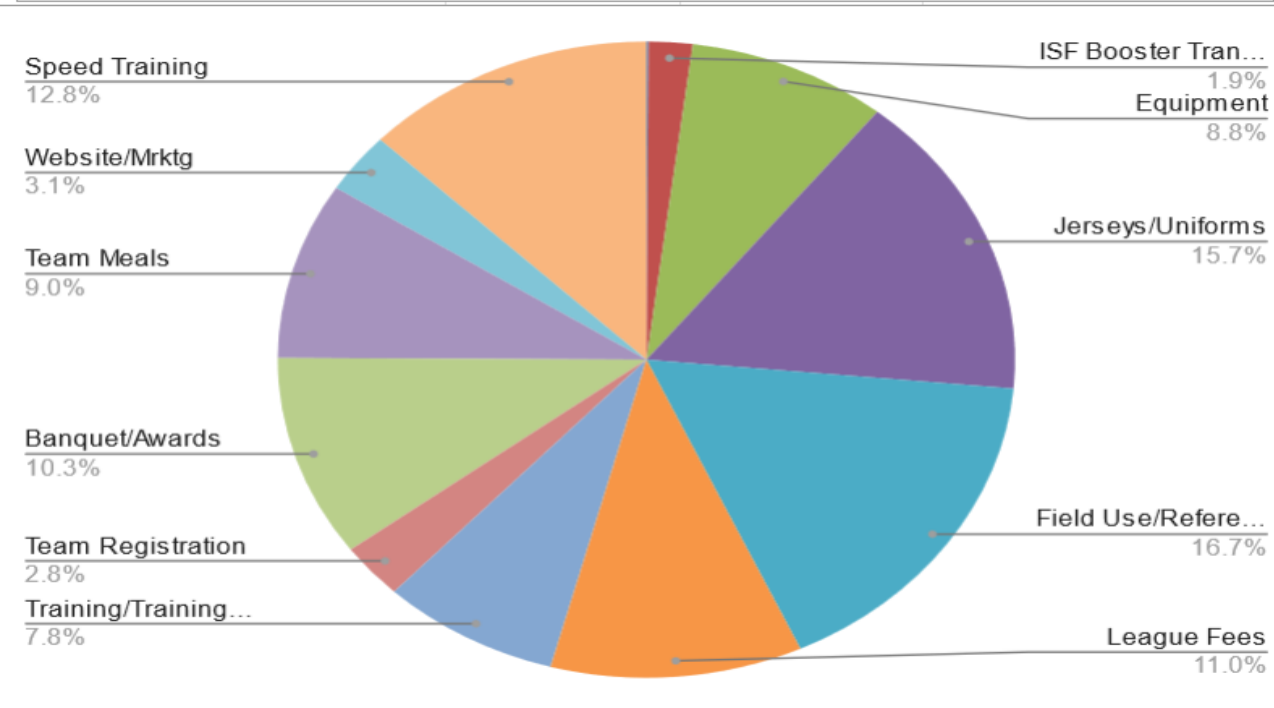
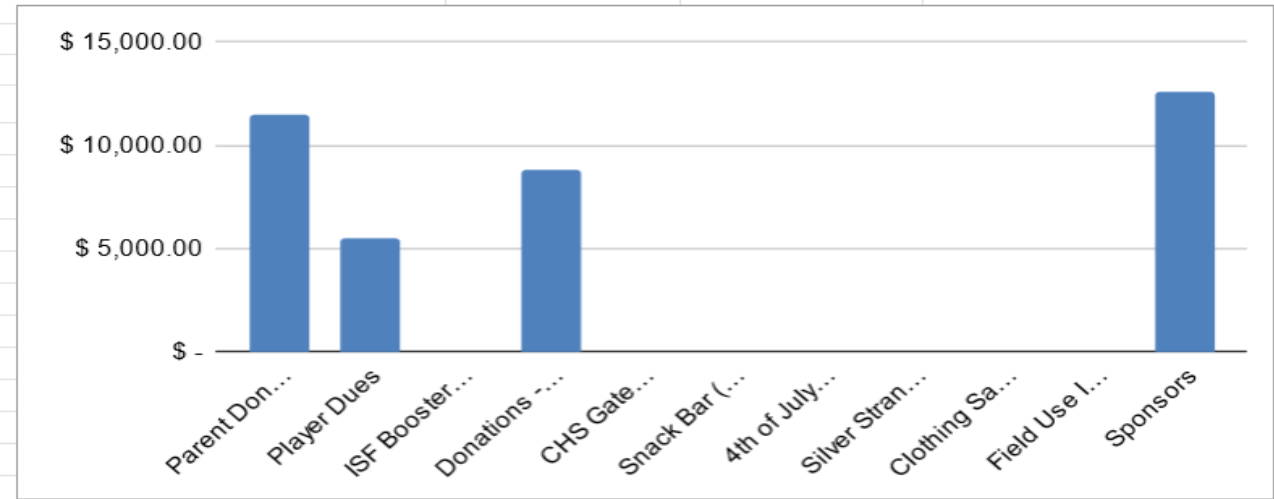
# CHS CMS BUDGET

## Income

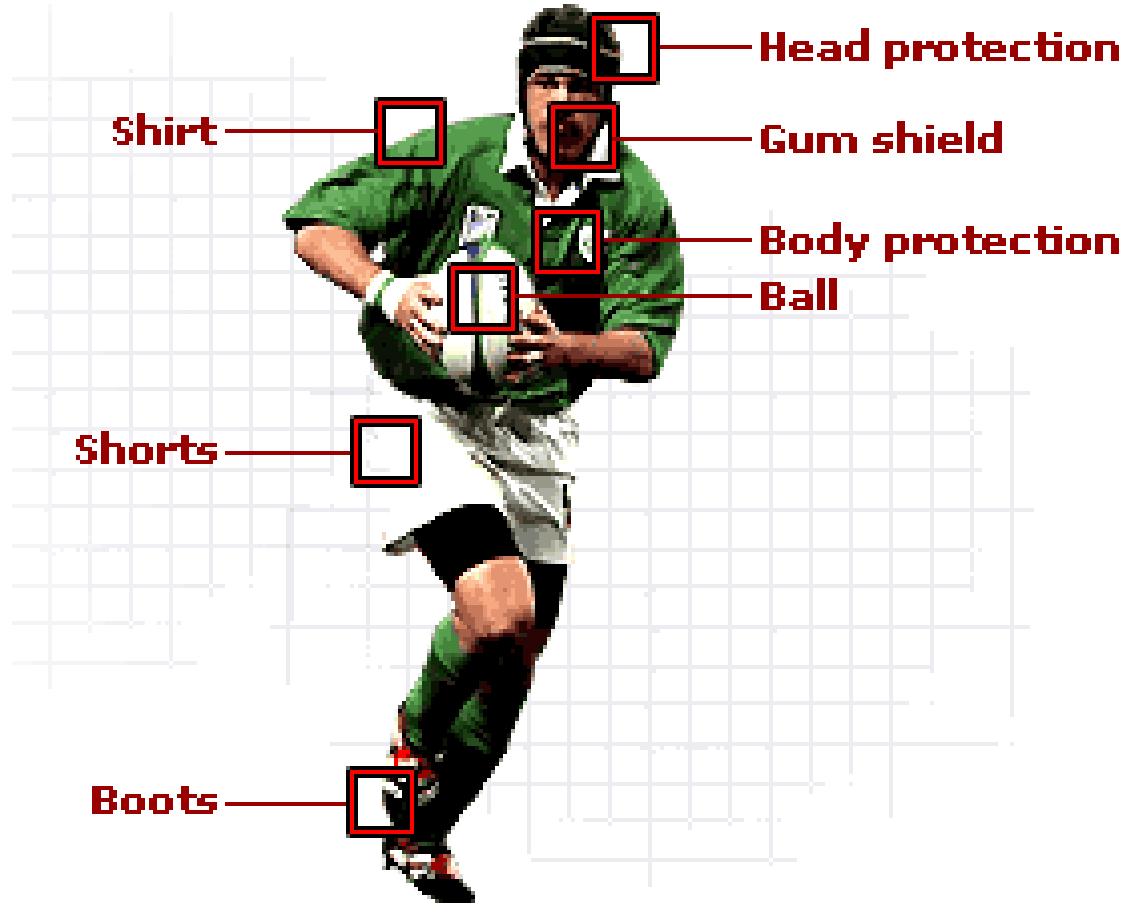
|                                     |    |                  |
|-------------------------------------|----|------------------|
| Parent Donations                    | \$ | 11,500.00        |
| Player Dues                         | \$ | 5,500.00         |
| ISF Booster Refund                  | \$ | -                |
| Donations - Fund Raising            | \$ | 8,800.00         |
| CHS Gate Distribution (ISF)         | \$ | -                |
| Snack Bar (ISF)                     | \$ | -                |
| 4th of July Race Distribution (ISF) | \$ | -                |
| Silver Strand Half Marathon (ISF)   | \$ | -                |
| Clothing Sales                      | \$ | -                |
| Field Use Income                    | \$ | -                |
| Sponsors                            | \$ | 12,600.00        |
|                                     | \$ | <b>38,400.00</b> |

## Expenses

|                             |    |                  |
|-----------------------------|----|------------------|
| Bank Fees                   | \$ | 33.98            |
| ISF Booster Transfer        | \$ | 750.00           |
| Equipment                   | \$ | 3,411.59         |
| Jerseys/Uniforms            | \$ | 6,102.73         |
| Field Use/Referee Fees      | \$ | 6,500.00         |
| League Fees                 | \$ | 4,300.00         |
| Training/Training Materials | \$ | 3,039.00         |
| Team Registration           | \$ | 1,100.00         |
| Banquet/Awards              | \$ | 4,000.00         |
| Team Meals                  | \$ | 3,500.00         |
| Website/Mrktg               | \$ | 1,200.00         |
| Speed Training              | \$ | \$5,000.00       |
|                             | \$ | <b>38,937.30</b> |



# Rugby Equipment





# Booster Volunteers / Events

- Hosting home matches
- ISF Events-End of season silent auction. volunteer opportunities
- End of season Banquet
- Wine tasting Parent and supporter Night Out
- Coronado Rugby Game Show (Rugby History, Rules etc.)
- Crown City Classic Tournament



# Coronado Rugby Ireland Trip

Your Rugby Tour Destination - Ireland Belfast

**Ulster**



**Derry**



**Donegal**



**Kilkenn**



**Wexfor**



**Galway**



**Limerick**



**Dublin**



# CORONADO



Questions?

