



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 Youth 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.
- Our Youth Teams most often play with our Middle School Team
- Most of our coaches are volunteers.
- U8s play Flag / 6-8 side
- U10 Play Tackle / 10 aside
- U12 Play Tackle / 12 Aside
- All our youth teams are COED



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.



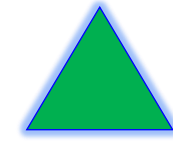
Champions Do Extra

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

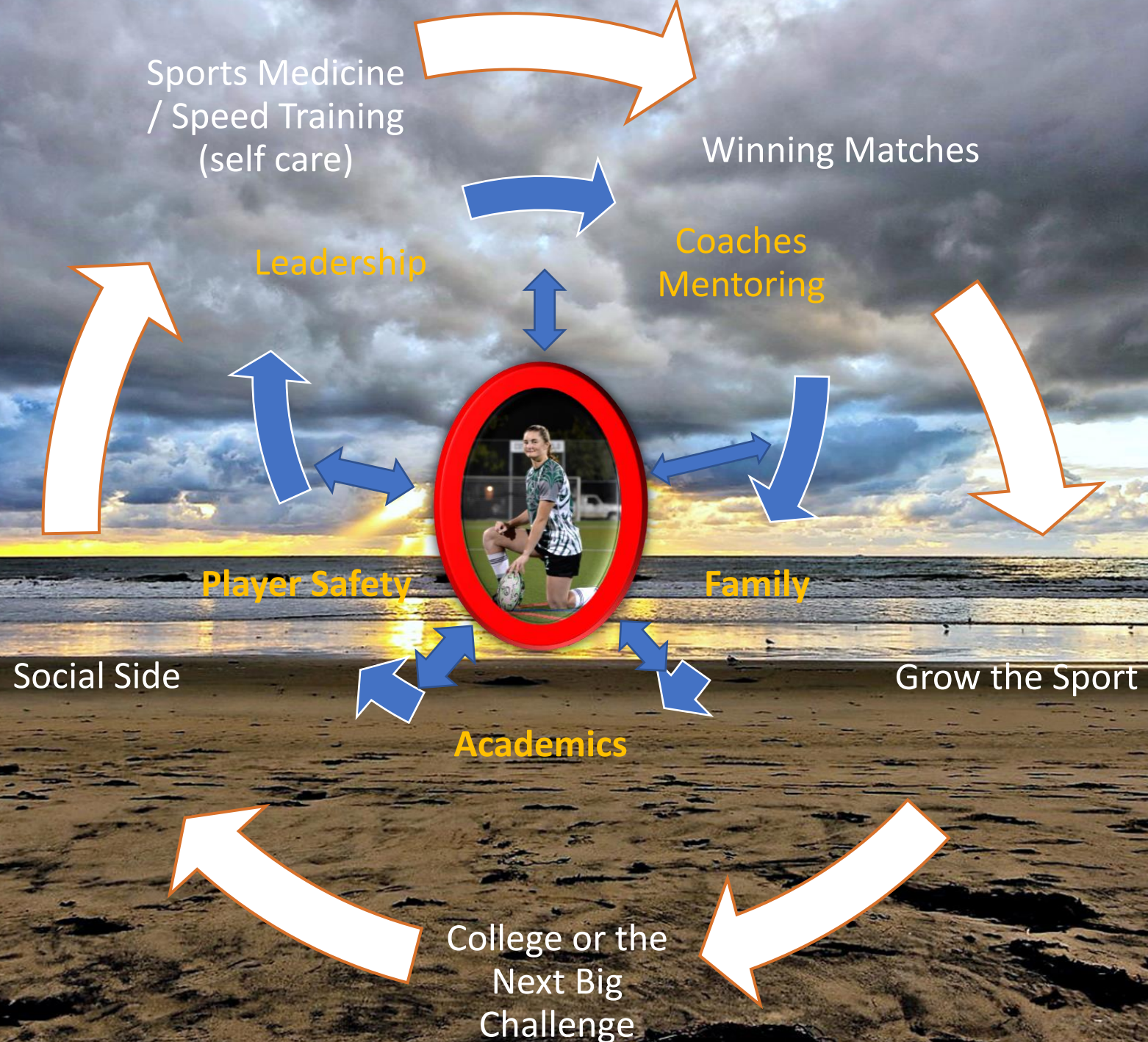
- ▶ **Zombie Players-** The Zombies fail on both counts. Their behavior doesn't align with supporting their fellow teammates and their performance is mediocre.
- ▶ They are the proverbial dead wood. But their ability to inflict harm is mitigated by their lack of commitment.
- ▶ On a team with only 24-30 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.





First Practice Tuesday November 7th

WINTER Youth Schedule	
Minimum Roster or Bond	November 24
Final Minimum or lose Bond	December 1
Draft Schedule Shared	December 1
Final Schedule	December 8
Week 1	January 6
Week 2	January 13
Week 3	January 20
Week 4	January 27
Week 5	February 3
Week 6	February 10
Week 7	February 17
Week 8	February 24
EOS Tourney	March 2 & 3

Typical Weekly Schedule

Tuesday

- Tidelands Park 4-6
- (U8s 4-5:30)

Thursday

- Tidelands Park 4-6
- (U8s 4-5:30)

Game Day Saturday Morning



We share our fields with each other, and we are constantly trying to finish by dark. We will have beach practices as well.

OVERVIEW OF CHANGES (See chart below) - Changes are based around CHOICE (more flexibility for the player/families concerning weight, contact, gender) and SIMPLICITY (no waivers)

Flag:

- * Using Rookie Rugby flag rules
- * 8-year-olds can choose to play Flag
- * 9-year-old girls can choose to play Flag

U10 & U12 - No weight photos required at registration

- * Younger players (1st year) within the division can play with no max weight cap. This prevents younger players having to play with kids 2 years older than them.
- * Older player (2nd year) within a division must weigh under an established max (later year's max-waiver cap) or play up to the next division
- * Option for extremely lightweight players in the first year of their age division to play down if they choose

Highlight Changes for 2023-24

U10 – U12 Weigh-In

WEIGH-IN

- Parents required to submit their child's numerical weight when registering (no photo/proof required)
- For OLDER YEARS in U10 & U12, Mandatory SCYR-led Weigh-In day - **2nd/3rd week of December**
- Held at 3-4 locations simultaneously and overseen by SCYR staff/board members
- Players are required to attend to be able to play. **No Weigh in, No play**
- One make-up date at a central location. Date TBD.
- Players who miss weigh-in day, will miss playing the 1st week of their season
- We will ensure that scales and players are provided privacy
- Weigh-ins will occur in the equivalent of a full rugby kit (shirt, shorts, shoes)
- CERT weight will apply throughout all of the 2023-24 season



Details coming:

- - 2023/24 Policies
- - Coach Course locations and dates -- Want to host?? Email me!
- - Process to complete required Livescan for CA Law AB506
- - Process to hold your spot on the schedule via a Bond if you won't make the Minimum requirement date.
- - Information on a "Girls Only Rugby Day" featuring Barbarian sides
- - EOS Tournament is on the same weekend as LA SVNS, but the Board is working on a solution to benefit all
- - Information on the Required Weigh-in in December for older U10 and U12 players.

***WINTER YOUTH**

FLAG - Ages 4, 5, 6, 7, 8, 9 (female only)

Age 4: Flag Rugby

Age 5: Flag Rugby

Age 6: Flag Rugby

Age 7: Flag Rugby

U10 - Ages 8, 9, 10 (if under 80 lbs)

Age 8: may play U10 with no weight restrictions OR can choose to play Flag Rugby

Age 9: will play U10 as long as weigh 132 lbs and under. If over 132 lbs, will play U12.

Age 9 female: may choose Flag Rugby with no weight restrictions

Age 10: may play U10 if weigh 80 lbs and under

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

- Registration \$300 Message Coach Trujillo on Teamsnap with your player number request (1-23) after you register.
- <https://www.matchfacts.app/en-US/register/548/p/98/527>

The screenshot displays the Match Facts user interface. At the top, the Match Facts logo is on the left, and the user's name 'Test By Santos Trujillo' is on the right. A navigation menu on the left includes links for Dashboard, Schedules, Scores & Reports, My Matches, My Registrations, My Injuries, My Profile, and Help. The main content area is titled 'My Registrations' and features three registration cards:

- Rugby Idaho:** 'Registering as a Match Official' with a '2023-24 Referee' selection and a 'Register Me' button.
- Rugby Oregon:** 'Registering as a Player' with a '2023 Fall 7s' selection and buttons for 'Register Me' and 'Register a New Person'.
- SoCal Youth Rugby:** 'Registering as a Player' with two options: '2024 Winter Club' (with 'Register Me' and 'Register a New Person' buttons) and '2024 Winter HS' (with a 'Register a New Person' button). A blue arrow points to this 'Register a New Person' button.

At the bottom left, the version '1.3.0-RC' and build '120220500' are noted. The Windows taskbar at the bottom shows the date as 10/25/2023 and the time as 11:42 AM.

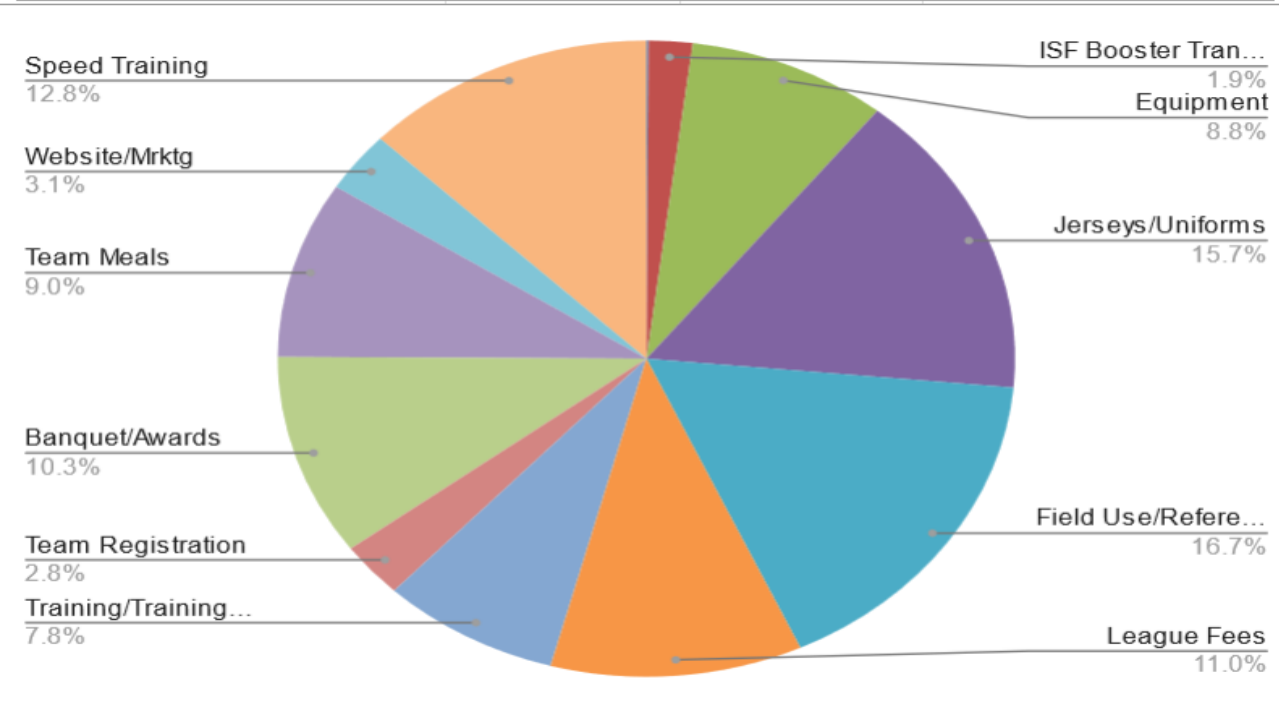
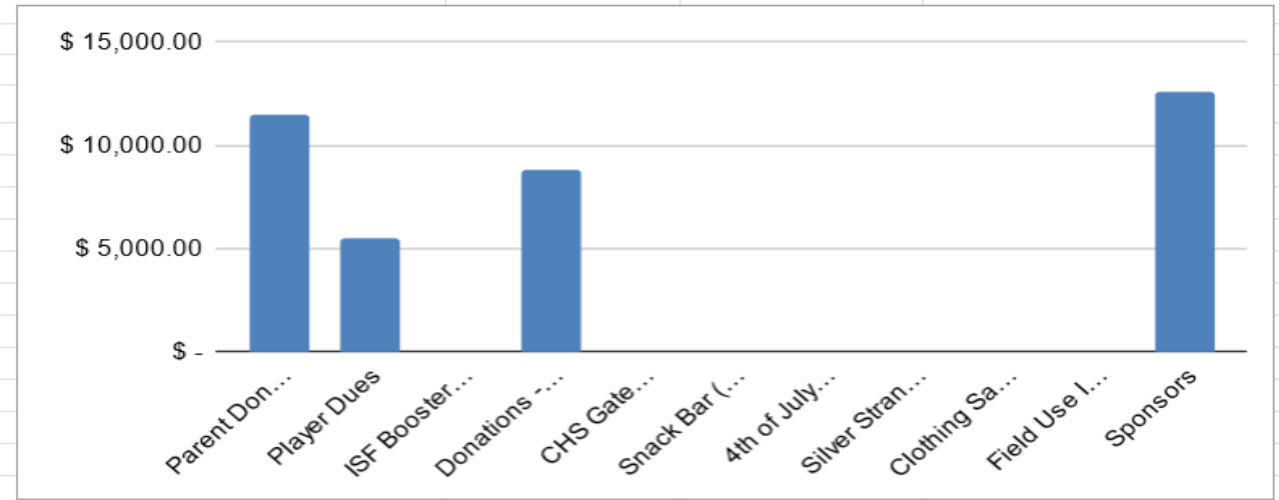
Rugby Club Budget

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
	\$	38,400.00

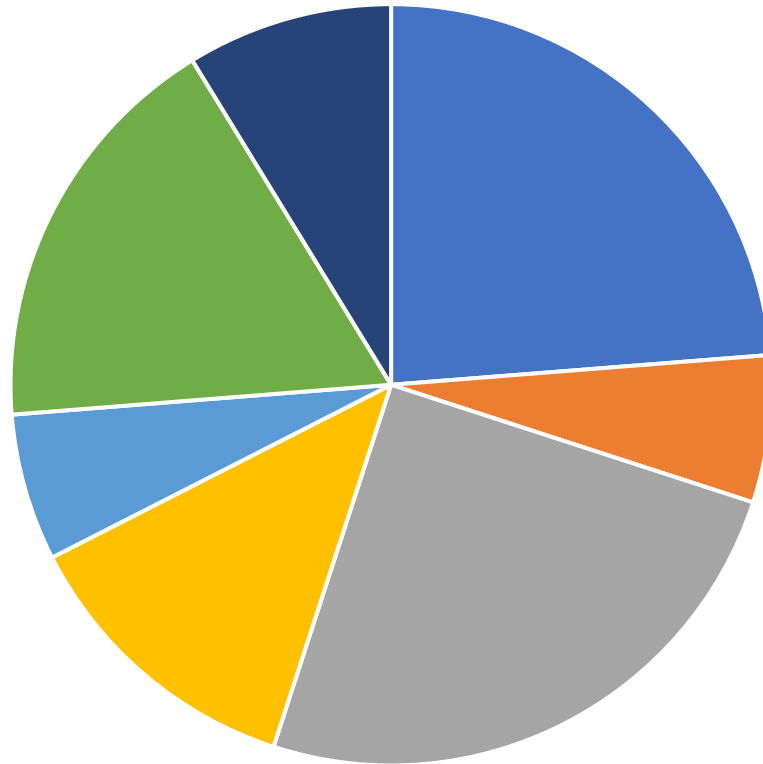
Expenses

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
	\$	38,937.30



Youth Budget Per Player

Cost Breakdown

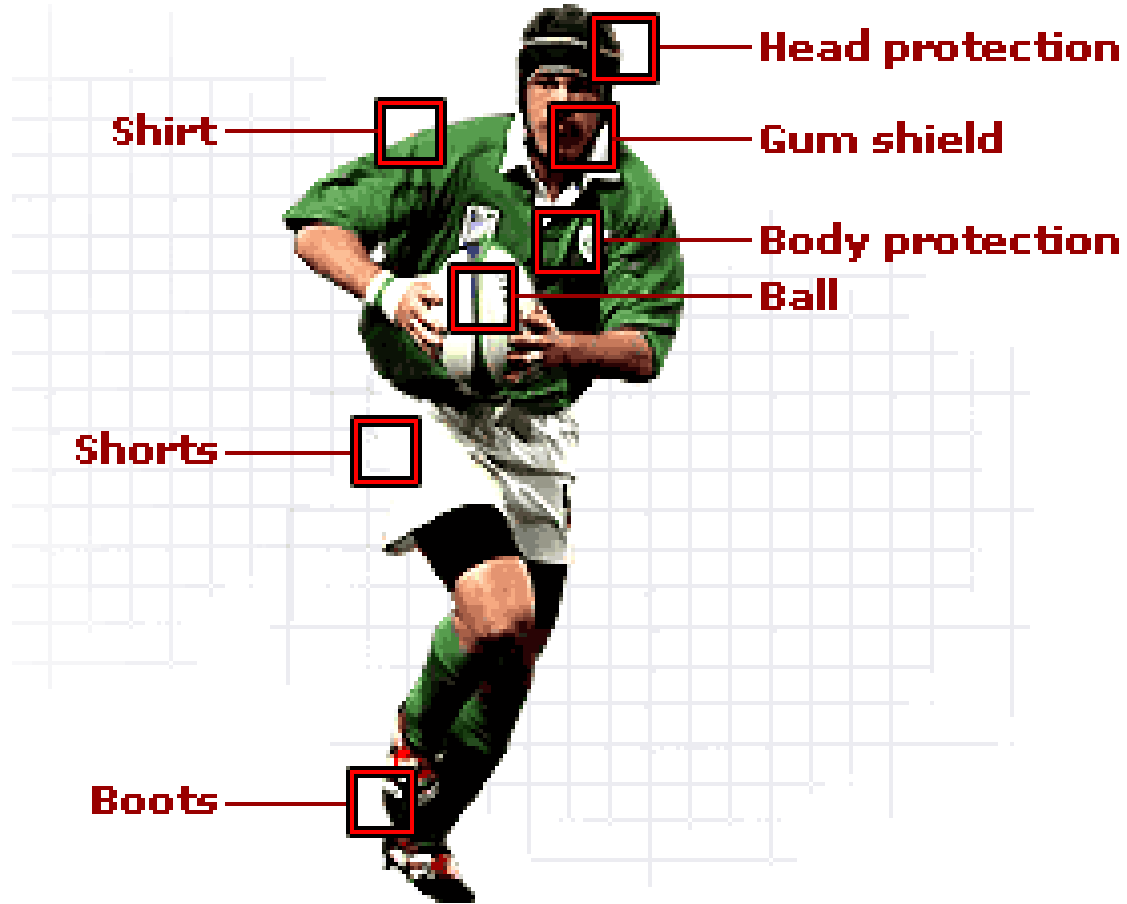


- Jersey (\$35)
 - Shorts (\$35)
 - Screen printing of shorts (\$10)
 - Socks (\$15)
- Total: \$95

Scrum Caps?

- Uniform (95)
- Food (25)
- Fied Costs (100)
- Coaches (50)
- Tournament Cost (25)
- SCYR Registration (70)
- USAR Registration(35)

Rugby Equipment



OPTION 1



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



Questions?

