

Louisville Women's Rugby

Welcome!

About Us Louisville Women's Rugby is a member of the non-profit Louisville Rugby Inc. We seek to promote the sport of rugby in the Louisville area and field competitive teams to represent the community in local, regional and national events and tournaments. Founded in 1996, Louisville Women's Rugby is currently in rebuilding mode after losing many of the founding members to retirement. Louisville rugby players come from a wide cross-section of the community. College students and mothers play side-by-side. Engineers pass the ball off to carpenters, waitresses and police officers. But we all have one thing in common: our passion for rugby.

How to Join? Come to practice. No experience is necessary but be ready to learn. Before your first game you will need to fill out some forms and pay your dues. Check with one of the officers to make sure everything is all set.

Learning to Play Please do not be nervous if you are put into a game after only a practice or two. Rugby is hard to explain so the easiest way to learn is by playing. At practice you will learn basic skills such as tackling and passing but most of it will not make sense till you play a game. Do not be afraid to make mistakes. We have all been there and we will be there to direct you through practices and games. If you have any questions- please ask.

Practice Practices are held on Mondays and Wednesdays from 7- 9pm at Seneca Park. Practice usually begins in August for the fall season and in February for the spring season. In the summer we have practices for people who want to play a faster version of rugby called 7's. We welcome new players at any time even if the season is already in progress.

Games Games are played on Saturdays and are scheduled by the Match Secretary. We generally play 7-8 weekends in the Spring and the Fall seasons. Most of our away matches are within a three hour drive but our furthest is Pittsburgh and Memphis. Our home games are played on Frisbee field in Cherokee Park. Ask for a schedule to get dates and locations. The times will be announced at practice. In courtesy to the team, let us know as soon as possible when you will miss games so we can plan accordingly.

Cost

Dues (\$50) Dues are \$50 per season and must be paid in full before the first game of the season. (Or before the first game in which you play. Dues may be prorated if you are a new player who joins late in a season.) Our club dues help pay for referee fees, food for socials, tournament entry fees, uniforms, and equipment. They also cover our membership in the Ohio Rugby Union.

CIPP (\$30-\$35) All players must enroll in the Club and Individual Participation Program (CIPP) through USA Rugby. Enrollment fees vary according to age and time of enrollment. Your membership is good for one year. Enroll online at <http://membership.usarugby.org>.

Health Insurance USA Rugby requires that all participants in any rugby event have at least \$100,000 in medical insurance coverage. Players may acquire the necessary coverage through any insurance source. Coverage is mandatory: the supplier is each individual's choice.

Equipment

Team jerseys are supplied

Black Rugby shorts (\$20-\$30) Order online off one of the websites below or if you have no internet, call one of the numbers for a catalogue. If you have trouble or cannot get a pair right away, talk to one of the veterans because someone should have a spare.

Black Soccer Socks (\$6-\$10) Purchase at any sporting goods store.

Cleats (\$30-\$100) Soccer cleats are generally fine. Softball cleats will work with minor modifications. Rugby cleats are available and may be very useful to some pack players. If you are going to be purchasing new cleats, check with the coach or your teammates to see if you should consider rugby cleats

Mouth guard (\$1 -\$15) Purchase at any sporting goods store

Compression shorts (\$5-\$20) Recommended for underneath your rugby shorts.

Stores

Ball's Out Rugby	1-800-RUGBY US	www.ballsoutrugby.com
Rugby Imports	1-800-431-4514	www.rugbyimports.com
American Rugby Outfitters	1-800-GO RUGBY	www.americanrugby.com
Matt Godek Rugby	1-800- USA RUGBY	www.rugbystore.com
Ruggers Rugby Supply	1-877-784-4377	www.ruggers.com
World Rugby Shop		www.worldrugbyshop.com