

High School Varsity
East Conference
Champions,
Spring 2015



Middle School State
Champions,
2008, 2013

High School
Sevens State
Champions,
2014, 2015

Rugby Club

Youth Rugby:
5th Grade
Middle School
High School

Sign-up for Stallions Rugby!

December 12, 2015

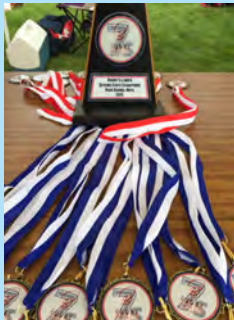
**Camelot Park, 1005 E Suffield, Arlington Heights
9:00AM - 12:00PM**

- Accepting 5th Grade, Middle & High School Players.
- Beginners welcome, no experience necessary.
- All Stallions' Coaches are trained and certified by USA Rugby and the Positive Coaching Alliance.
- Spring training is January – March.
- Spring competitive months are April and May.
- Spring 2016 5th – 8th grade dues are: \$160
- Spring 2016 high school dues are: \$260
- \$25 discounts for second and third family members.



**Arlington Stallions, Member of:
Rugby Illinois, a 501(C)3 Organization**

For more information visit us online at:
www.arlingtonstallionsrugby.com.
Click on our full length
video "Arlington Stallions: Why Not?"
on our home page and learn more about the
Stallions from coaches, parents and players!



What players & parents are saying about Stallions Rugby

“I played football for 8 years for the Arlington Cowboys, Hersey Huskies, and the University of Wisconsin Platteville. I had more fun and learned more about teamwork while playing rugby than I ever did playing football throughout my career. The Stallions program is a wonderful family to be a part of, and is a great opportunity for anyone who loves football.”

— **Ryan Mengarelli, Hersey HS '07**

“The types of abilities, competitiveness and work ethic picked up from rugby can translate into other sports with ease. The only regret I have is not starting rugby earlier.”

— **Alex Matasareanu, Prospect HS**

“After one season of the Stallions, my son has already decided that he loves rugby. He constantly speaks highly of the coaches and the attitude they bring to each event. They are the secret sauce here!”

— **David Jehn, Arlington Heights**

“...Rugby has had a more profound impact on (my son Logan's) overall athleticism than any other camp, clinic or sport... we have never been involved with an organization that is as well run and efficient as the Stallions. We joined without knowing anyone and were instantly accepted and treated as if we were life-long friends.” — **Jamie McBain, Chicago**

“Our family has been involved with the Arlington Stallions for four years, and have found this organization to be character building in a very positive way... Rugby has helped (our son Spencer) maintain his strength and fitness throughout the year, which is a tremendous benefit for the football season.”

— **Paula & Jim Krueger, Arlington Heights**

“Although my son only played during his junior and senior years, rugby under the Stallions leadership is bar none the best team experience he has had. The Stallions organization is sportsmanship and teaching done right - for the kids and the parents.”

— **Jessica Elin, Buffalo Grove**

Read more testimonials at www.arlingtonstallionsrugby.com!

Rugby Rosters are Growing

In the five years through 2013, average annual U.S. participation increased 14 percent, according to a May report by the Silver Spring, Maryland-based Sports and Fitness Industry Association, a trade group whose members include Nike Inc. and the NFL. **It was the biggest growth rate among team sports for players ages 6 and up, according to a survey in January and February.**

Proper Form

Fewer concussions occur in rugby, said Robert Cantu, MD, a Clinical Professor of Neurosurgery at the Boston University School of Medicine. “Without pads and without helmets, players are taught to tackle with their arms and shoulders, and keep their head out of the tackle,” Dr. Cantu said.

— **Excerpt from Bloomberg Business October 31, 2014**