



## Arlington Stallions Rugby Club, Inc.

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If you are thinking about rugby and the Arlington Stallions, here is what you need to know:

- 1) We have teams for boys from grades 5-12.
- 2) The primary, 15-a-side season is in the Spring
- 3) Sign-Up Day for the Spring 2016 season is December 12, 2015**
- 4) Mandatory Parents/Players Meeting is Sunday, January 17, 2016 at 1:00 PM**
- 5) Dues for grades 5-8 for Spring 2016 is \$160
- 6) Dues for grades 9-12 for Spring 2016 is \$260
- 7) Late sign-ups are accepted
- 8) Winter/Indoor training sessions are Sundays from 7:00-8:30 PM, starting January 3<sup>rd</sup>
- 9) Outdoor training begins the last week in February (weather permitting)
- 10) Training dates prior to Spring Break are posted on website
- 11) After Spring Break (March 19-26): high school teams train M/W/TH from 4:00-5:30 PM at Patriot Park in Arlington Hts; Middle school teams train T/TH from 6:00-7:30 PM at Patriot Park
- 12) Players need to supply their own spiked (soccer/football style) shoes and mouthguards
- 13) The club provides shorts, socks and club-owned jerseys
- 14) All Stallions coaches are trained and certified by USA Rugby and the Positive Coaching Alliance
- 15) Certified Athletic Trainers are in attendance at all games
- 16) Safe, head-to-the-side tackling style to taught at all levels of play

Additionally:

- 17) Preseason games/scrimmages take place in late March
- 18) League competition/play-offs take place in April/May
- 19) State championships are played Memorial Day weekend
- 20) The high school sides will take a road trip to Louisville March 11-13, 2016**
- 21) 7-a-side play takes place in June/July
- 22) HS Stallions are 2014 and 2015 State 7-a-side Champions
- 23) 7-a-side rugby will be in the 2016 Olympics
- 24) For HS players who do not play a Fall sport, we play a 7-week developmental schedule in September and October