

Austin Valkyries Women's Rugby Club
2018-2019

I would like to welcome all of you to the Austin Valkyries Women's Rugby Football Club. As the only women's rugby club in Austin, we are excited to bring you into our rugby family!

For rookies: The Valks practice twice a week, Monday and Wednesday evenings from 7:00 pm - 9:00 pm at The Hun's Rugby Pitch, 4107 Nixon Lane, Austin, TX. Please bring your own water, cleats, practice jersey, mouthguard and any other equipment you may need to play. Be sure to take off all jewelry prior to stepping on the pitch. Practice will start at 7:00 pm sharp, so be ready to warm up at that time. If you are unable to make it to a practice or will be late please let the coaches know ASAP, either via text to 512-431-2944 or e-mail to coach@austinvalkyries.com. A Facebook or GroupMe post doesn't count.

Luis "Wheezy" Sanchez returns this year as our head coach. Luis has been involved in Austin rugby since 1999. He began as a fly half for the Huns rugby club and is still currently active in Huns activity. The Valkyries welcomed him to the XV's coaching staff in Fall 2013 and since then he has also taken on the role of 7s coach. Here's a quick list of Valkyrie achievements under his leadership:

Division 1: 2015-2016 - RRRC champions
Division 1: 2015-2016 - Elite 8 qualifiers
Division 1: 2016-2017 - RRRC Champions
Division 1: 2016-2017 - Elite 8 qualifiers
Division 2: 2016-2017 - TRU Champions
Division 1: 2017-2018 - RRRC Champions
Division 1: 2017-2018 - Final 4 qualifiers
Division 2: 2017-2018 - RRRC Champions
Division 2: 2017-2018 - Elite 8 qualifiers

Our top team goal is to earn the title of NATIONAL CHAMPIONS!!! In order to do this, we need to grow our team numbers and commitment to the team. It's important that players commit to games, both home and away, but also that we strive to have everyone at every practice. Numbers at practice mean we develop depth and competition within our team that pushes us to become better.

As part of this team, there are several expectations that every player is held to. These expectations help build the team and each player's own level of play. This includes being at practice on time and ready to go and being respectful to the coaching staff, captains and other

players. While having fun and making friends is an important part of rugby, we are a competitive team and want to focus on playing our best and working hard together both on and off the pitch.

Every player is encouraged to become involved with the team off the pitch by recruiting and fundraising. Both are necessary to the survival of our team. Each vet will be a role model and point person for new players to come to if they need a resource. This team strives to provide an accepting environment that supports each person to be the best person and player they can be.

The Valkyries are a competitive D1 and D2 team that is part USA Rugby's Texas Rugby Union and the Red River Rugby Conference. The other D1 teams are Dallas Harlequins and HARC, and this year we will also be our 2nd year competing in the Gold Cup competition with teams from the Midwest, Mid-Atlantic, and Mid-Atlantic North regions. In the D2 competition, we will compete against: Tulsa, the Reds, Little Rock, DARC, and the San Antonio Riveters. Our season will run through mid-June.

Attached is a packet of information including player expectations, our schedule, a checklist of paperwork, CIPP How-To, dues information, game day paperwork information, and forms we need returned.

If you have questions, or concerns, please feel free to talk to me, a coach, a captain or any other officer. We look forward to having you as part of this team and we'll see you on the pitch!

Ruck on,

Julia Fortkort
President
Austin Valkyries Women's Rugby

Austin Valkyries Player Expectations

The following statements are a list of expectations as a member of the Austin Valkyries Women's Rugby Club.

I understand I must make every scheduled practice and game **OR** let my coach (coach@austinvalkyries.com) know that I will not be attending.

I understand that my practice participation may determine the game time I will have.

I will pay my dues in full or in accordance to the schedule.

I will CIPP (register with USA Rugby) myself no later than October 7th, 2017. If I am not able to do so, I will speak with the Treasurer or President about my situation.

I will continue to develop my physical and mental skills as an athlete.

I will continue to educate myself on the game of rugby by watching rugby.

I will download the WORLD RUGBY LAWS OF RUGBY app on my device and read them.

I will participate in fundraising for my team.

I will participate in recruiting for my team.

I understand that no verbal or physical abuse towards my teammates is allowed. If I break this rule, I understand there will be consequences determined by my coach, captains, or president.

I will respect my coach, captains, and teammates on and off the field 100% of the time.

I will have fun!

I will buy my coach, captains, and officers a beer/soda once in a while.

Austin Valkyries Player Checklist

- Medical Form
- Copy of Medical Insurance (If none, you must be CIPPed to practice)
- Copy of Driver's License/State ID
- Proof of Citizenship/Green Card/Visa
- Player Profile Form
- Return all of the above to JY (secretary@austinvalkyries.com)
- CIPP for the upcoming season
- Pay Dues to Hez: \$125/\$100 for rookies (Part must paid before first game) and will be raised at different events

Bring the following to practices:

- Mouth guard
- Rugby/Soccer cleats
- Rugby shorts or strong material shorts that won't rip
- Rugby jersey or a strong cotton shirt that won't rip
- Water/Gatorade
- Scrumcap, if you use one
- Shoulder pads, if you use them
- Medical supplies for taping, etc, if you use them

Bring the following to games:

- Mouth guard
- Rugby/Soccer cleats
- Black rugby shorts
- Valks warm-up shirt
- Gallon of water
- Gatorade, if you want one
- Scrumcap, if you use one
- Shoulder pads, if you use them
- Medical supplies for taping, etc, if you use them
- Any other required material for hosting the opposing team (will be predetermined)

CIPP Instructions

1. Go to usarugby.org
2. Hover over “Membership” and select “Membership Home”
3. Select “Register” from the tabs (or go directly to <https://webpoint.usarugby.org/>)

If you are already a USA Rugby member, i.e. have CIPPed before:

4. Click “Renew Membership” from the left-hand menu
5. Fill in your user ID and password and click “Login”
6. Confirm the information in the form and click “Submit” when done
7. Go to step 10

If you are new to rugby:

8. Click “Join USA Rugby” from the left-hand menu or the center of the page
9. Fill in the form and click “Submit”

10. Under the “Select Membership” page (Step 2), under “Player Member” section, choose “Texas” for “State”
11. Select “Austin Valkyries Women’s RFC” for “Club” and click “Sign Up”
12. Under the “Waiver” page (Step 4), the total cost should be \$91.50. Read through the agreements and click both “I agree” checkboxes and click “Continue”
13. On the “Confirm and Checkout” page (Step 5), confirm your membership information and fill in your credit card and billing information. Click “Join”

Congratulations, you’re done!!

Austin Valkyries Dues Information

How much is it?

This year, dues will be \$125 per returning player. With the rising cost of living, providing some of the basic services for the team has gotten more expensive over the years. Our dues have been one of the cheapest in the country and even with the new rate, still remain so. In an effort to remain affordable and attractive to recruits, we will be offering an introductory rate to new players who have never played on our team before. All Valkyries rookies will owe \$100 for dues.

What do I get for it?

All new Valkyries will receive 2 warm up t-shirts, a pair of Valkyries socks and a team sticker when they make their first payment towards dues. Returning players will receive any new shirts we order and a high-five from your captains. Paying your dues will also mean you are eligible to play in cup matches and won't be harassed by the treasurer for non-payment.

What do my dues go towards?

Dues are used for several things that allow our club to operate. It will cover hotels and rental cars on any away game that requires an overnight trip or a flight. Dues also cover compensating our coaches for the hours they put into practice planning, running practice, game lineup decisions, coaching games, notes to the team, and general availability to players. Coach's travel is also covered with dues. Every game we play at home requires we reserve the field for play. Dues covers payment for fields (both for practicing and games), field lining, and lights at the field. Your dues also go towards purchasing new balls, cones, and other equipment needs. We also use dues to cover the cost of registering the team with USA Rugby and the Texas Rugby Union. A portion of dues is also used to cover hosting opposing team socials after games and other team events/parties. And last but not least, we use dues to cover recruiting activities like flyers, business cards, the website and other recruiting events/postings.

Wow, I didn't know it went for all that! How do I pay?

You can pay dues with cash, check, money order, credit/debit card, using Venmo, or online through PayPal on our website. Checks can be written to Austin Valkyries. To pay with card, speak to the Hez before or after practice. Pay using Venmo at www.venmo.com/AustinValkyries. Pay online using PayPal by going to austinvalkyries.com and clicking on "Payments" under "Team". There is a small fee associated with PayPal and using a credit card. This is just the cost that those services charge us directly.

Great, but that's a lot of money. Do you have payment plans?

Absolutely! We know that with gear, CIPP and life, paying \$125 upfront isn't always easy. Work with the treasurer and come up with something that fits in your budget. We require that a payment is made prior to the first game.

How much should I plan on spending this season?

Based on our current schedule, we've come up with some cost estimates on what to expect this season. This is so that you can start saving now for Spring games. We expect to have a few flights coming up this year so saving now is key. You can ask for Southwest airlines gift cards for Christmas/birthdays or find a friend or relative who has tons of air miles. You can start putting away \$20 every paycheck so the upfront plane costs are lower. However you save best, start doing it now!

Austin Valkyries Fundraising Requirements

We've calculated that in order to cover our team operating costs, each player would need to pay approximately \$250 a season (Fall and Spring). To keep from raising dues to a much higher amount, we've come up with a way to make up that difference. Each Valkyrie will raise the remaining \$125 (\$125 is from dues) deficit through fundraising events, donations and/or sponsors.

The team fundraiser will coordinate events like garage sales and 50/50 raffles in order to help the team meet their fundraising goals. Every player should talk to business owners and their contacts to come up with ways to fundraise. We can provide a letter to hand out to potential sponsors that outlines what a sponsorship would look like. Often times we receive donations from relatives and offices, but if our team had consistent sponsorships, the amount of work we spend on fundraising each season would be minimal, allowing us to focus on the fun part ... RUGBY! A donation differs from a sponsorship in that a donation is a one-time sum of money given to the team. Donors receive a tax deduction (receipt upon request) for their donation. A sponsorship, on the other hand, is an expected contract that gets renewed annually. As part of this contract, the sponsor provides a certain amount in exchange for marketing services from our team. Sponsors would then receive a renewal letter from our treasurer annually when the contract is about to expire. Sponsorships are a more reliable form of income and our preferred method of fundraising.

Consistent sponsorships allow us to offer stipends to players for travel costs. The more sponsors we have, the more generous we can be helping cover a portion of each player's flights or gas money. We know rugby can be a very expensive hobby, so we are working towards ways we can reduce individual costs to players. This season, we are offering 10% of all sponsorships or donations over \$250 to the player who earns them that can be used towards team expenses (travel or dues). Another opportunity to reduce dues is by bringing 5 new recruits to practice. If you bring 5 new people throughout the course of the season to at least one practice, we will reimburse you \$25 of your dues. There is no cap on the number of people you can bring.

Part of our expectations is that each player will be involved in fundraising and recruiting efforts when not at practice. We are always looking for leads on sponsors. We are always looking for new recruits. Spread the rugby culture and help grow the Austin Valkyries!

Austin Valkyries Proposed Budget

This is a look at this semester's proposed budget created by your Treasurer. Included is a high level view of our expected expenses and expected revenues. If you have any questions, please feel free to ask the Treasurer or President. The full detailed budget is available on Google Docs [at this link](https://docs.google.com/spreadsheets/d/1skzXBTv1D5nBPh92e1LZWxq9AdquilUxZTNaeRzUCog/edit?ts=59af6328#gid=0).

(<https://docs.google.com/spreadsheets/d/1skzXBTv1D5nBPh92e1LZWxq9AdquilUxZTNaeRzUCog/edit?ts=59af6328#gid=0>)

Expected Expenses	
Operating Expenses Total	\$6000.00
Home Matches Total	\$1250.00
Away Matches Total	\$4650.00
Total Expected Expenses	\$11,900

Dues Due Dates	% Due
24Oct2018	50% of dues
24Nov2018	100% of dues
Expected Revenues	
Dues Total	\$3,750.00
Fundraising Total	\$3375.00
Total Expected Revenue	\$7125.00

Austin Valkyries Team Contact Information

Position	Name	Email	Phone Number
Coach	Luis	coach@austinvalkyries.com	512-431-2944
Captains	Brick JY	captains@austinvalkyries.com	802-922-1219 972-989-2120
President	Julia	president@austinvalkyries.com	703-300-0509
Treasurer	Hez	treasurer@austinvalkyries.com	605-941-0654
Match Secretary	Meek	matchsec@austinvalkyries.com	734-709-1009
Secretary	JY	secretary@austinvalkyries.com	972-989-2120
Fundraising	Karla	fundraiser@austinvalkyries.com	702-415-3816
Recruiting	Tobar	recruiter@austinvalkyries.com	512-216-9696
Equipment Mgr	Liz	equipment@austinvalkyries.com	512-294-5747

Team Listserve: valksrugby@googlegroups.com (sends email to entire team)
Officer Listserve: valksofficers@googlegroups.com (sends email to all officers)
GroupMe: Valkyries (Official Team Chat Room) - Ask anyone to add you to the group
 Valkyries Social - Ask anyone to add you to the group
Website: http://www.austinvalkyries.com
Twitter: @AustinValkyries
Public Facebook Page: https://www.facebook.com/austinvalkyries
Private FB Group: https://www.facebook.com/groups/210729942273364/ - ask to be added.

Austin Valkyries Medical History
2017-2018

Name:

Phone #:

Emergency contact (non-team member):

Allergies:

Seasonal:

Food:

Drug:

If you have an EpiPen please state where it will be kept:

Surgical/Major Injury History:

Current Medications (include any supplements):

Please include a copy of insurance card (front and back), and driver's license.

Please note that the team does have a medical kit for emergency only. You are required to provide your own tape, or other supplies that you know you will need. Ex: If you know you need your wrist/ankle tapped, bring tape, pre-wrap or any other necessary supplies. If you have an open wound or abrasion, please bring something to cover it.

No one is allowed in the med kit, unless permission is given. Currently only officers, Evil, Brenda and Skim have access to the med kit.

By signing below I understand that the information I have provided is correct to the best of my knowledge, and I understand I will abide by the rules and not abuse the medical kit materials.

Signature _____

Date _____

Austin Valkyries Player Profile
2018-2019

Name: _____ Nickname: _____
Phone Number: _____ Date of Birth: _____
Address: _____
Email: _____ Hometown: _____

Please Check One: Rugby Rookie [] Valks Rookie [] Vet []
How many years have you played rugby? _____ How many for the Valkyries? _____
What position(s) do you want to play or try?

How did you start playing rugby?

How did you hear about the Valkyries?

Biography Information for Website:

Occupation: _____ Employer: _____
Position(s): _____

Rugby Honors:

Former Club(s):

Hobbies and Outside Volunteering Activities:

Favorite Quote:

Favorite Austin Activity:

First rugby memory:

Why do you play rugby:

