



[www.seattlevikings.com](http://www.seattlevikings.com)  
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Head Coach: Craig Wicks  
Facebook - Seattle Vikings Rugby

## Seattle Vikings Rugby Open House 2012

- 11:30 to 12:30
  - Meet the coaches and staff
  - Intro to Rugby
  - Season overview, girls and boys teams
  - Common questions
  - Upcoming tour
  - Seattle Vikings gear for sale
- On the field – 12:30. Collegiate Women’s Rugby, Seattle University vs. Central Washington University

### Dues and Costs

~\$200.00 (includes field fees, trainer, shorts, socks and training shirt)

### Pre-Season Schedule

When	What	Time
Saturday, October 30 <sup>th</sup>	Open House	11:30 AM
Every Sunday	Touch Rugby (all ages)	10 AM
Saturday, December 3rd	Pre-season meeting and light rugby skills session	11 AM to 2 PM
<b>Break – fitness, recruit</b>		
Saturday, January 7th	QuickStart Session #1	10 AM to 12 PM
Saturday, January 14th	QuickStart Session #2	10 AM to 12 PM
Saturday, January 21 <sup>st</sup>	QuickStart Session #3	10 AM to 12 PM (practice)  12 PM to 1 PM (player and parent meeting)
Monday, January 23rd	First practice	4:00 PM to 6:15 PM
Friday, February 17h	Scrimmage/Practice Game	TBD

## Common Vikings Rugby FAQs

### Where and When Is Practice?

Practice starts on January 23rd and will be held Mondays and Wednesdays from 4:00 to 6:30 PM at Magnuson Park in North Seattle. Boys and girls teams will practice at Field #5. Address: 7400 Sand Point Way NE. For all practices please bring soccer-style or rugby cleats, running shoes, extra sweats and water.

### Where and When are the Games?

Our team plays in a league in Washington State, mostly in the Puget Sound area. Most games are played on Friday afternoons with some on Saturday and girls games are often on Sunday. All home games are played at Magnuson Park Field #5, a state of the art rugby facility dedicated in 2009.

### How Many Teams are There?

The Vikings have a U-14, U-16 and U-19 boys' teams and a U-19 girls' team we will compete against other teams in the same age groups.

### What Is Required To Play?

1. Players must be under 19 at the beginning of the school year and in an accredited high school or junior high or middle school
2. ~200.00 in dues (includes field fees, shorts, socks and other team equipment)
3. Signed medical release form
4. Completed CIPP registration with USA Rugby
5. Proof of medical insurance
6. Concussion form (as required by WA state law)

### What Kind of Equipment Will We Need?

Rugby requires very little equipment. Shorts, socks and jerseys will be supplied by the team. Mouth guards must be worn for all practices games. Rugby boots may be purchased at any of the suppliers listed below. American football cleats are acceptable as long as the toe cleat is removed. Depending on the position, players may also consider shoulder pads and headgear.

Sporthaus Schmetzer (local rugby supplier)  
12524 Lake City Way  
(206) 365-2161  
[www.soccerspecialists.com](http://www.soccerspecialists.com)

#### Online Suppliers (a few of many)

[www.worldrugbyshop.com/](http://www.worldrugbyshop.com/)

[www.iarugby.com](http://www.iarugby.com) (International Athletic in Ferndale)

**Are There Tryouts?**

No. There are no tryouts or cuts; if you meet the requirements and come to practice you will play. If we have a larger squad with more players we will organize more games.

**What If I Have Never Played Rugby Before?**

You won't be alone. In any given year 50% of our players have never played rugby. And most players in the US don't start playing rugby until college or later.

**Are There Opportunities to Play Rugby After High School?**

Yes. This is a big advantage in comparing rugby to other sports. Rugby is played at most colleges in the US and is one of the fastest growing sports on college campuses today, men and women. If you don't go to college there are also rugby clubs in every major town in the US.

**Are There Opportunities to Play Rugby Outside the US?**

Most definitely. US players have played rugby all over the world for fun and competitively and professionally. Big rugby nations include the United Kingdom, Ireland, France, Italy, South Africa, Australia and New Zealand. The Vikings are planning a tour of England, Wales and Ireland in Spring of 2013.

**What About Injuries?**

Rugby is a contact sport and injuries do occur. Research completed worldwide suggests that the incidence for injury in rugby is less than other similar contact sports. As a team, we take injury prevention and care very seriously with an emphasis on player training, fitness and technique while having a certified athletic trainer at all matches. Player safety is our number 1 concern.

**What Qualifications Does the Staff Have?**

All coaches are certified by USA Rugby and take regular coaching courses to stay up to date on the latest techniques of coaching. Our trainer (Julie Agel) is a certified Athletic Trainer (ATC) and has worked with rugby players for almost 20 years.

**What Support Do You Need from Parents?**

Support your kids. Support our club. Volunteer for to support for club needs we have, after game hosting, fundraising, tours and other activities.