



Wayzata Girls Rugby Club.

Rugby teaches; team skills, fitness, leadership and offers an opportunity to make friends all over the world. and at \$250 for annual fees, plus \$25 for shorts and sox (you will need cleats and a month guard) it's very affordable. It's also a sport you haven't had to have played since you were three years old. Many of our best players started rugby in 11th and 12th grade.

WGRC (with three teams) is able to offer rugby for the level of your skill. NO TRY OUT NO CUTS.

Our **Foxs** team is usually made up of girls who are new to the game. We teach them the fundamentals, and some special skills and they play a full season of rugby and usually they play in the State Championship Tournament.

Our **Filles** team is usually made up of returning players. We coach them in more than the fundamentals. They play a full season and usually finish in the top 4 in their division at State.

Our travelling team, just called **Wayzata** is also usually made up of returning players. These are the really serious players. They've won 8 of the 11 State Championships, the Midwest Championships (twice) and in 2008, only lost 1 game and that was to the eventual National Champion. Players from all teams can (and have) gone on to play in the Minnesota All Stars team and the National Under 19 Girls Junior Eagles Team.

As a club, our coaches, who are certified to an international level, focus on developing team and individual skills. All players are considered to be members of the club first, rather than players of a specific team. Our coaches goals are to teach you the game, get you fit and keep you safe.

If you're in 7th to 12 grade, and looking for a new challenge, or you're tired of practice and no play time in your current sport... then maybe rugby's for you.

Rugby is a commitment on Monday, Tuesday and Wednesday from 4.30 pm to 6 pm. Games are typically played on Wednesdays and game play starts in early April. The State Finals are typically played on the weekend of June 5th - 6th or June 12th - 13th. PLEASE BE SURE YOU DO NOT BOOK SAT OR ACT EXAMS FOR THOSE WEEKENDS. In addition to the regular league games, it is usual for WGRC to participate in a warm up competition at Rogers, played in the first weekend of April, plus a tournament at St Cloud on a Sunday in May and for two teams to travel to the Midwest Championships for a weekend of rugby in May. Travel to the Midwest is usually done by bus and requires us to leave Friday morning. There may be one or two other weekends when we get an opportunity to play friendly game's.

Our regular practise starts Monday January 25th at 4.30 pm at the Plymouth Dome Field House. Bring sweats, (wear shorts under your sweat pants, t-shirt, sweat shirt, athletic shoes (cleats if you have them), water to drink and warm clothing to wear to and from the dome.

To learn more about Wayzata Girls Rugby Club: www.wayzatagirlsrugby.org: Sign up forms and the season calendar will be available at the meetings and on the web site.

Wayzata Girls Rugby Club: Waiver 2010

Players last name: _____

Player information:

First name: _____ MI: _____
Last Name: _____
Address: _____
City/St/Zip: _____
School _____
Grade in 2010: _____
Date of Birth: _____
Home Phone: _____
Cell Phone: _____
Email: (Print) _____
Number years playing rugby: (Circle) 0.1.2.3.4.
Other sports played _____

Parent Information

First name: _____
Last name: _____
With 80 girls, parents are needed to fill the following positions:
Director, assistant coach, team mother, jersey washer, after game snack organizer, fund raising, touch judges, chaperones
Circle where you can help.
Address: (if different) _____
City/St/Zip: _____
Home phone: _____
Cell phone: _____
Email: _____

Shorts size: (Circle) S M L XL

Player to sign here _____

Date: _____

Participation Consent Waiver and Photo/Video Release

I hereby grant permission for my child (Named Above) to participate on the Wayzata Girl's Rugby Club. In consideration of your acceptance of my child as a participant in a Minnesota Youth Rugby program, I hereby waive all claims against the City of Plymouth, The City of Corcoran, The Wayzata Girl's Rugby Club, the Wayzata Independent School District, Minnesota Youth Rugby, the Minnesota Amateur Rugby Foundation, the Minnesota Rugby Football Union, their employees, agents, coaches, administrators, referees and representatives, from all claims for injuries suffered by me or my child incidental to, connected with or arising out of the recreational activity for which my child is enrolled, including injuries suffered as a result of the negligence of the Cities of Plymouth and or Corcoran, The Wayzata Girls Rugby Club, the Wayzata Independent School District, Minnesota Youth Rugby, the Minnesota Amateur Rugby Foundation, the Minnesota Rugby Football Union, their employees, agents, coaches, administrators, referees and representatives, but not including injuries suffered as a result of their willful or intentional misconduct or gross negligence. I hereby waive, release, absolve, indemnify and agree to hold harmless the Cities of Plymouth and or Corcoran, The Wayzata Girls Rugby Club, the Wayzata Independent School District, Minnesota Youth Rugby, the Minnesota Amateur Rugby Foundation, the Minnesota Rugby Football Union, members, organizers, sponsors, coaches, supervisors and participants from and against any claim out of injury to my child incidental to, connected with, or arising out of the Wayzata Girl's Rugby Club activities. I understand and acknowledge that the City of Plymouth, The Wayzata Girls Rugby Club, the Wayzata Independent School District, Minnesota Youth Rugby, the Minnesota Amateur Rugby Foundation, the Minnesota Rugby Football Union, DO NOT have medical or health insurance covering me or my child. I certify that to the best of my knowledge, my child has no physical infirmities or sickness that would limit or prevent her full participation except as follows: In the event of my child requiring professional medical attention I grant permission for Wayzata Girl's Rugby Club to take the necessary reasonable steps to get professional medical attention for my child.

I hereby grant permission to the Wayzata Girls Rugby Club, to use photographs (photograph includes video) of my image on it's World Wide Web Site and/or in other printed publications without further consideration, and I acknowledge WGRC's right to crop or treat the photograph at it's discretion. I further grant permission for WGRC to include my name in association with any photograph so published, I also acknowledge that WGRC may choose not to use my photo at this time, but may do so at it's own discretion at a later date. I hereby waive any right to inspect or approve the photographs or electronic matter that may be used in conjunction with them now or in the future, whether that use is know to me or unknown, and I waive my right to royalties or other compensation arising from or related to the use of photographs. I also understand that once my image is posted of WGRC website, the image can be downloaded by any computer user and once downloaded can be manipulated and reposted to other web sites, Therefore, I agree to indemnify and hold harmless from any claims whatever the follow: The Directors of WGRC, including current, past and future directors. The web master, and their employees and contractors of the WGRC website, current, past and future. The Printer and their employees and contractors of WGRC printed publications, current, past and future. This photo release extends to the Minnesota Amateur Rugby Foundation, their web site and videos of the State Championship Games.

Parent/Guardian Signature: _____ Date: _____

Mediac/Health Insurance Provider: _____

Policy Number: _____

Best number to call you in an emergency: _____

Please bring a photocopy of Medical / Health insurance card