



JOIN TODAY – PLAY FOR LIFE

Frederick Youth Rugby has both a High School Team and a Middle School Team. We are a USA Rugby sanctioned Multi-School Club. We compete in the Maryland Region against other Multi-School Clubs in surrounding counties. Our season starts in the Spring and ends in the early Summer.

In addition to our matrix games we attend 2 to 3 tournaments beginning in February.

Sign-Up for text based alerts about practices and games:

1. Text @fyrc2017 to 81010
2. Follow the texted instructions

Contacts:

Coach Jim Thuman – 301-524-0396

Coach Pele – 206-353-8612

Coach Jeff Arendt – 301-748-6781

Website:

www.frederickyouthrugby.org

Spring Schedule

Date	Event
3/4 & 5	Frostbite Tournament – 2 Day Away
3/11	Mt. St. Joe's @ Frederick – TBD
3/18	Triebel Cup @ Frederick – TBD
3/19	Frederick @ Exiles – 2pm
3/25 & 26	MSM Tournament – 2 Day Away
4/2	North Bay @ Frederick – 1pm
4/9	Roosters @ Frederick – 2pm
4/18	Gonzaga @ Frederick – 5:30pm
4/23	Frederick @ West Carroll – 2pm
4/27	BaltimorePoly @ Frederick – 5:30pm
5/20	Frederick Fast Track Tournament

Registration Cost

HS or MS Player – \$200

- USA Rugby CIPP
- Away Game Player Transportation
- Training Shirt, Shorts, Socks

Tournaments

Frostbite (2 Day Away) – TBD

- 1 Night Hotel Stay
- Player Transportation
- Saturday Dinner

MD International Rugby Fest (2 Day Away)

FYRFC Fast Track Tournament (Home)

- Included in Registration

FREDERICK YOUTH RUGBY CLUB





FASTEST GROWING SPORT IN

Origin of Rugby

Rugby is the precursor of American football and has been played in the United States since about 1870.

American football, as well as basketball, owes many of its characteristics to rugby. In fact, basketball was invented by James Naismith as an indoor alternative to Rugby when the New England winters required an indoor game. Some of rugby's characteristics such as quick switches between attack and defense, ball handling and committing defenders to attack space are all found in basketball. Some people liken rugby to tackle basketball on grass.

Similarly, American football evolved with many of the same principles, strategies and tactics as Rugby. However, there are several obvious differences. Rugby is played at a fast pace, with few stoppages and continuous possession changes. All players on the field, regardless of position, can run, pass, kick and catch the ball. Likewise, all players must also be able to tackle and defend, making each position both offensive and defensive in nature. There is no blocking of the opponents like in football and there are a maximum of seven substitutions allowed per team. A match consists of two 35-minute halves.

WHY RUGBY?

Rugby is the 3rd largest sport in the world after Soccer and the Olympics.

Participation in the US has increased 350% since 2004.

Rugby is the fastest growing sport in America.

Over 1 million participants in the US, an increase of over 20% since 2007.

Rugby Sevens will be an Olympic sport beginning in the 2016 Games.

Safety

All coaches are nationally certified by USA Rugby – the governing body for all Rugby in the United States.

Team Work

The entire team is needed or we won't be successful. All players are important to winning the game.

Sportsmanship

The home team feeds the away team after matches. Refs must be addressed as SIR.

