



*Chief Dan George Middle School,
32877 Old Riverside Road,
Abbotsford, B.C.
V2S 8K2*

January 10th, 2023

CDG Rugby (BOYS Team & GIRLS Team) – GRADE 7/8

Dear Parents/Guardians:

The rugby season is beginning soon. This form provides information about rugby at CDG and contains a permission slip that must be detached and returned as soon as possible. Rugby is a sport for all shapes, sizes and abilities. Everyone is welcome.

Coaches

Both teams will be coached by Mr. Assmus this year and assisted by Mrs. Assmus from time to time.

Practices and Games

Pre-season practices will Tuesdays and Thursdays 2:30-4:30pm and **begin on FEBRUARY 14TH**; Sevens Tournaments (small, sided version of the game) will be from February 27 – March 9th (Tuesdays and Thursdays 3-430pm); the XV-a-side season (full version of the game) begins March 28th (Games Tuesdays and Thursday with Practices Monday & Wednesdays 2:30-4:00pm).

Academics

It is expected that members of the rugby team will stay on top of their academic studies. Players who are not completing their homework consistently or who are not behaving properly in the classroom may be removed from the team until their teachers are satisfied with their classroom habits. Rugby is also a popular sport in France. French Immersion students will be provided with French rugby vocabulary.

Equipment

Players must have their own cleats (soccer cleats are fine). Everyone will be provided with game socks, game shorts, game jersey and a mouth guard for their player fees, which are theirs to keep. Players can also purchase other optional equipment such as soft compound headgear and shoulder pads, but these items are not required (Soccerwest on George Ferguson Way sells supplemental equipment). Practices are rain or shine, so players should dress for the weather (not in gameday clothing) and should expect to get dirty.

Fees

Fees are \$120 and include shorts, socks, league fees, officiating fees, busing to away events, and end of season awards. If fees are a barrier, please speak with Ms. Sullivan or Mr. Assmus

Rugby 101

Introduction to contact process will be followed for every player regardless of experience

Player Welfare is paramount parents and players are encouraged to complete World Rugby's "Rugby Ready" online introduction to rugby module found at <https://passport.world.rugby/injury-prevention-and-risk-management/rugby-ready/introduction-to-rugby-ready/>