Conference Becomes Hybrid

In June, the Directors voted to adopt a two tier model for the conference; creating sub-divisions in order to balance competitive levels between the teams. This led to a rather complicated post season play off plan. Before the two tier model was fully implemented, USA Rugby announced formation of women’s Division III. The two tier format was tweaked into Division II and Division III as a result.

Resulting from this change, the opportunity for both the top teams in D2 and D3 within the conference will compete for 2016 USA Rugby post season honors. The D2 continues with a post season path to a National Championship, while the D3 now has a path to a regional, championship.

Go Forward

The Conference is undergoing change as it adopts business practices more in line with a non-profit organization and continues work to provide development opportunities for its members, coaches, administrators and players. With this in mind, in June, the Board voted a budget that will support continuing the Conference Select Side program, improve fundraising, and ensure transparency and improved accountability to the members. All Conference funds are maintained in a new business bank account at Fremont Bank. There is a new conference address for mail and in the future, a new website to promote our teams and provide match updates.

Are you a Future All American?

Becoming an Eagle is just a dream (and dedicated hard work) away. Opportunities include not only the senior national side, but also the Under 20 All American team and the Collegiate All Americans.

There are multiple venues that provide an opportunity for a player to be seen by national side selectors: Attend a National Development Academy, scouting at national championship events, attend a USA Rugby Academy (ATAVUS), or nominate yourself. According to the USA Rugby Website, “The goal of all players should be to be invited to the National All-Star Competition, which is the critical selection vehicle for all the National teams.” Find out more at USA Rugby.
When in Doubt, Sit Them Out!

Official USA Rugby Concussion Policy

If a player shows symptoms of concussion before, during or after a match, that player must be removed from play immediately, not to return during that match. No Exceptions.

The player needs to be evaluated by medical staff, at least a physician and preferably a physician with head trauma experience, to diagnose a concussion or be cleared. A player must do this before returning to play rugby in any form. An Athletic Trainer cannot diagnose or clear concussions, it must be a physician.

If a concussion is diagnosed, that player must sit out of activity with full rest for: **Adults** - 1 week (seven full days) AND be symptom free before beginning the 5 day Graduated Return to Play Protocols. Not returning to contact rugby before GRTP fully complete and symptom free.

USA Rugby's Concussion Policy Video (6:14)

World Rugby Concussion Management and News Video (1:41)

USA Rugby Promotes Your Team!

Drill down the USA Rugby web site, and find a listing for your team with all kinds of data, ripe for the rugby seeking collegiate prospect.

To get there: From USA Rugby front page / College / Women’s Division II / West Coast and there you’ll find the teams. Click on the title bar at the top where it says “missing or incorrect listings” for updating information on the coach, team, rugby on your campus and about your university.

Update your listing!

CSUMB hosts a Coaching Level 200 course on Saturday, December 12. For registration, visit USA Rugby Coaching Development.

Nominations now open for the 2015 USA Rugby Coach of the Year Awards in four categories: Participation, Competitive, Senior Club, and Female Coach of the Year. Find out more at the USA Rugby web site. Dead line for nominations is November 14th, 2015.

After the Bin!

Upon occasion, a player may find herself facing the Disciplinary Committee (DC) resultant of egregious play. The WCRC DC is headed up by attorney Matthew Eason, member of the Northern California Rugby Referee Society. Matt took a moment from watching the World Cup to answer a few questions about himself and rugby:

What do you love about Rugby?

Matt: It is player centric and not coach centric. Thinking on your feet under pressure in a group dynamic is exhilarating.

What was your worst player moment?

Matt: Learning the hard way that if you throw the ball over the fence to avoid a quick tap penalty, you can find yourself in the sin bin.

After safety, what is your number one priority refereeing a match?

Matt: Maintaining a balance between continuity of play and contest at the breakdown.
USA Rugby
National Development Summit

Dates: January 22-24, 2016
Location: San Francisco Airport Marriott Waterfront
Conference Registration: $150 (Early) or Walk-in (January 22, 23 and 24): $400.

Participants can expect presentations from:
- Men’s and Women’s National Team Coaches
- National Panel Referees
- National Team Players
- Top Level Administrators
- Top Medical Professionals including National Team Doctors and USA Rugby’s Medical Services Director
- Other Coaches, Referees, and Administrators in Rugby

Special Guest Keynote Speaker at the Conference Banquet

Coaches receive 10 Development Credits.

(The WCRC Board approved no games for this weekend to encourage attendance by Conference members.)

Introducing USA Rugby Stats

Conference competition management will utilize USA Rugby’s electronic, competition management systems (CMS), commonly referred to as USA Rugby Stats. This will enable improved record keeping, roster verification and tracking of player post season eligibility, capture match details, and generate standings. The program includes embeddable features that enable teams to update directly to their websites.

Some paper documentation is still required and must be submitted to the conference in order to ensure 1) match details back up, and 2) verification of information. Teams are asked to utilize the USA Rugby Running Score Form which also enables tracking of statistics to determine league high scorers. Additionally, player movement must also be tracked using the USA Rugby Player Movement / Substitution Form. This not only ensures accurate eligibility tracking for post season play, but disciplinary tracking in the event of a trip to the Bin. The home team will be responsible for ensuring the running score form and the player movement form are signed off by both coaches and sent to the Conference Commissioner. Any discrepancies from what is entered in CMS and detailed on the back up forms will be resolved by the Commissioner using the running score form and player movement form so it’s vitally important that these are accurate and submitted timely.

CMS Handbooks have been sent to every team and the handbook and digital copy forms are available on the USA Rugby website.

Game Reporting Procedures

- Home and Away team Match Trackers complete USA Rugby Running Score & Player Movement / Substitution forms during match.
- Home Tracker completes match update using CMS, and sends the signed, hard copy forms via fax or scan/photo via email to the Conference Commissioner same day as the match.
- Commissioner verifies all submitted information against CMS, then locks matches.
2016 Schedule

16 Jan UC Santa Cruz @ Santa Clara (Rescheduled from 2/13/16)

22-24 Jan USAR Summit @ SFO Marriot/San Francisco

30 Jan Week 1
D2: Reno @ UC Santa Cruz; Humboldt @ Santa Clara
D3: Fresno @ SMC, USF @ Monterey

6 Feb Week 2
D2: Reno @ Santa Clara, Humboldt @ UCSC
D3: Monterey @ Fresno, SMC @ USF

13 Feb Valentine’s Weekend Week 3
D2: Humboldt @ Reno
D3: SMC @ Fresno, Monterey @ USF

20 Feb Week 4
D2: Santa Clara @ Reno, UCSC @ Humboldt
D3: SMC @ Monterey, Fresno @ USF

27 Feb Week 5
D2: Santa Clara @ Humboldt, UCSC @ Reno
D3: Fresno @ Monterey, USF @ SMC

2 – 6 Mar Vegas 7s
(2-4 March: Serevi Coaching Workshop)
(4 March: Pools)
(5 March: Pools/Quarter Finals; Las Vegas Invitational amateur competition)
(6 March: Semi/Finals – Mens; Finals – Womens)

12 Mar Week 6
D2: Reno @ Humboldt, Santa Clara @ UCSC
D3: Monterey @ SMC, USF @ Fresno

19 – 20 Champagne Classic/San Diego (Projected date.)

26 (SAT) Mar Conf. play-off @ Cal Maritime in Vallejo.
D3 game 10:00 am Kick off (Winner goes to Regional Championships)
D2 game: 12:30 pm Kick off (Winner goes to round of 16)
(D2 Runner-up may apply for At-Large selection to Round of 16)

2 April / Open

9 – 10 April D2 Round of 16
9 – 10 April D3 Regional Championship (Completes first year of D3 post season play.)
23-24 April D2 Round of 4
7 May D2 National Championship
27 – 29 USA Rugby 7s National Championships (Qualify NLT May 1st, 2016)

Contact Us
West Coast Rugby Conference
Post Office Box 94
Hayward, CA 94543
WestCoastWomensRugby@gmail.com
Fax: 510-581-5846
Facebook Group: West Coast Rugby Conference
Commissioner: Vicki Hudson
Communications Secretary: Alena Porte

Volunteer Opportunities Abound!

On You Tube
From Viral Rugby: Women’s Rugby: Big Hits, Tries, & Highlights.
From Quinnipiac Rugby: Women’s College Rugby
From USA Rugby: 2015 DII Collegiate Final
From VarsityRugby.org: Becky Carlson’s 2008 Women’s Rugby promo
From Stanford: Women’s Rugby Recruitment 2012-2013
Girls Rugby: Danville v Pleasanton Feb 2013 game

Got a video link you want to share? Send your suggested videos to the newsletter editor at:
WestCoastWomensRugby@gmail.com
Newsletter Advertising

Raise funds for the conference and your team.

Anyone can sell advertising for the newsletter. Teams receive 50% of funds collected back for their use. (Individuals acting on their own behalf are volunteers and receive no compensation.) Fifty percent of what is collected goes towards conference use. Ad rates are as follows and assume the ad is digital copy ready:

Newsletter ad rates per issue:

- Full inside back page: $1000
- Full outside back page: $1500
- Half inside back page: $750
- Half outside back page: $1000
- Quarter inside back page: $400
- Quarter outside back page: $550
- Business card size inside back page: $250
- Business card inside newsletter: $200
- One line of text: placed at bottom of page, inside of newsletter: $50

All payments by check made out to West Coast Rugby Conference.
Upon deposit clearing and all copy received, a check for 50% will be mailed back to the team that brought in the advertiser.

For 2015—2016, funds collected are earmarked to off-set post season and select side costs including a portion for post season team travel costs.

Ad copy should be sent in hi-res to: WestCoastWomensRugby@gmail.com.
Checks with cover letter from submitting team (so we know who to return 50% raised back to) should be mailed to: West Cost Rugby Conference Newsletter, PO Box 94, Hayward, CA 94543.

Newsletter publishes 4—6 issues per year.
Digitally delivered to all Conference members - players, coaches, admins, and volunteers; approximately 400 people who are free to forward the newsletter anywhere.

*The West Coast Conference is a volunteer staffed, community organization dedicated to raising awareness about collegiate rugby, creating opportunities for players and teams to perform at the highest level and growing the game of rugby in our communities.*
“WELL-BEHAVED WOMEN Seldom MAKE HISTORY”
- Laurel Thatcher Ulrich

Training: ____________________
Location: ____________________
- No experience necessary.
- No cuts – everyone gets to play.
- Accepting team, welcomes new players, no cliques.
- Take up a new sport and rise to the top fast! (All-American and National Teams, 7s and 15s).
- Workout clothes & running or cross training shoes fine to start.

Team
- Close bonds, build friendships for life.
- Opportunities to compete in a league.
- Potential to travel around the country and even other nations.
- Always have friends at school and after.
- Most fun you have ever had!

Contact info

______________________________

______________________________

Rugby Life Hacks:
- Challenges you mentally and physically – Hack #1: Gain grace & skill under pressure
- Keeps you fit – Hack #2: Skip the Freshman 15; Gain/maintain healthy BMI
- Has a place for athletes of all sizes – Hack #3: Skills not appearance earn you respect
- Same rules & same equipment – Hack #4: Equality in action
- Is a full-contact, evasion sport – Hack #5: Confidence and belief, positive self-esteem
- A unique international sporting culture and experience – Hack #6: Diversity = Strength
- Makes you part of something larger than yourself – ultimate team experience (pass backwards to go forwards). Hack #7: Every contribution matters

Rugby is a cool game and players take great pride in sharing it with others. Give us a Try!