

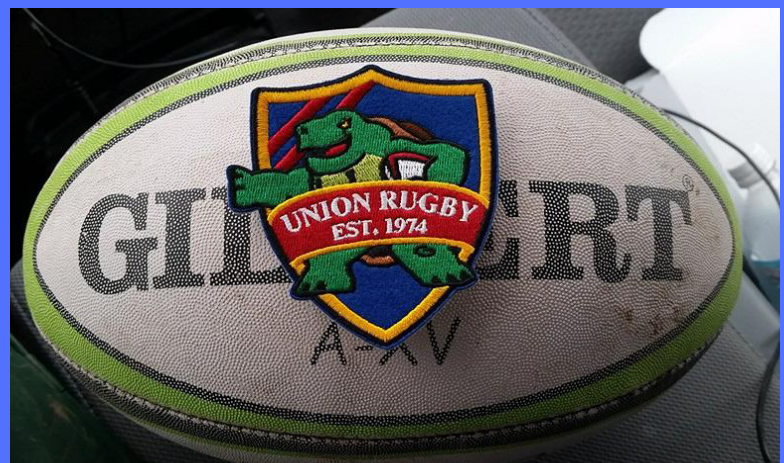


UNION COUNTY WOMEN'S RUGBY

ROOKIE GUIDE

Welcome to the Mudturtles!

Union County Women's Rugby Club was reformed in 2015 as the sister side to the Union County Mudturtles who have been a prominent men's club since 1974. Union Rugby also boasts one of the leading under 19 and youth rugby clubs in the Northeast United States with 6 boys and girls tackle programs as well as flag rugby for participants of all ages within 7 Union County towns.



PRACTICE

Monday and Wednesdays 7:00-9:00 pm at
9 Riefel Street in Clark, NJ (behind the Friendly's)
In the event of a cancellation we will notify you via
email, Facebook, and GroupMe.



2016 15s League Match vs NYRC



PLAY

We play in Div. II of the Empire GU Rugby Conference
We play all matches/tournaments on Saturdays (usually 11am game time)
matches are in NJ, NY, CT, and PA
If this changes for a makeup game due to weather, league, or a tournament you will be informed with advance notice.
Our home field is Unami Park in Cranford NJ
(Across from 421 South Union Ave)



Monmouth 7s Tournament - 2018

Spring Season:

March-May

Summer 7s:

June - July

Fall Season:

August-October

Off-Season

Nov - February

TRAIN

During the winter offseason we get together to train once a week at Xtra Mile Fitness in Cranford, NJ, play touch rugby, and take other group fitness classes!

COSTS TO PLAY

CIPP

USA Rugby Registration: commonly referred to as "CIPP". CIPP is valid from September 1 and expires on August 31 of the following year. It is \$90 per year.

- go to - <http://usarugby.org/>
- --> Member Resources
- --> Individual Registration
- --> Join USA Rugby.

Follow instructions. select NJ + Union County WOMEN'S Rugby when you select your team!



DUES

Dues vary per season, but are typically \$60-\$70. These go towards fields, refs, socials and other team needs. Payment plans are available after speaking with the treasurer. We also offer dues discounts if you perform a duty such as field crew, jersey washing, equipment, and driving to matches. We believe everyone should be able to play regardless of financial situation. We promise to work with you!

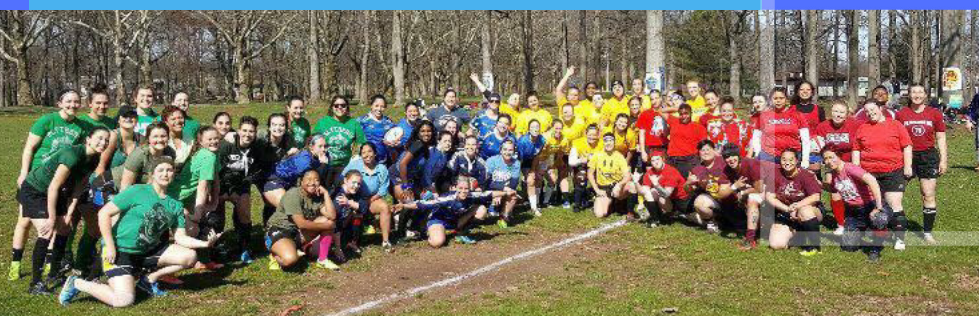


FUNDRAISING

We expect active team participation in fundraisers to help keep costs low for all. Some of our fundraisers include: canning, t shirt sales, dinners at restaurant chains, wrapping Christmas presents, and hosting our Harry Potter themed 10s tournament!



Wrapping Gifts at Barnes & Noble



Left: Harry Potter 10s 2018, Right: Battling burritos for Chipotle Donations

SOCIALIZE

We like each other, so we try to socialize as much as possible! The team participates in a social following weekend matches. We also host a team banquet at the end of the Fall season in December. This formal event includes awards, food, cocktails, and dancing. The team also periodically plans day trips, participates in volunteering and community oriented activities, and regularly gets food and drinks after practice !



2017 End of Year Awards Dinner



LEADERSHIP

Ivano Mirandi
Head Coach



Ryan Mulin
Forwards &
Assistant
Coach

Women's Executive Board - "WEB"



Anna Gildea
Founder & President
Scrumhalf



Sonya Rosebrock
Vice President
Prop



Gabriela Montoya
Secretary
Center/Wing



Tati Oliviera
Treasurer
Prop



Julie Buonaguro
Social Chair
Wing



Victoria Steele
Captain
Flyhalf/Center



Danica Lindsey
Captain
8man/Prop

WHAT YOU NEED

For Your First Practice:
cleats or sneakers
athletic/gym clothing (that you won't mind getting muddy!)
mouthguard if you have one handy

For Future Practices:
Rugby shorts, socks, and jerseys are helpful in that they don't rip as easily as normal clothes!
You will need cleats and a mouthguard if you decide to stick around



For Matches:
navy blue rugby shorts
team socks (to be provided when you pay team dues)
cleats and mouthguard
jerseys are provided by the team at each match

For Socializing:
team long sleeve rugbys are ordered every November
team jackets are ordered every February
We have 2 online team stores that are available year round.

WHERE TO BUY

Mudturtle Gear

<http://www.steamrollerrugby.com/union-rugby/>
<https://rugbyteamstore.com/collections/union-county>

Rugby Gear

<http://www.worldrugbyshop.com/>
<https://www.rugbyimports.com/>
<https://ruggers.com/>
<https://www.soccer.com/> (good for cheap cleats)



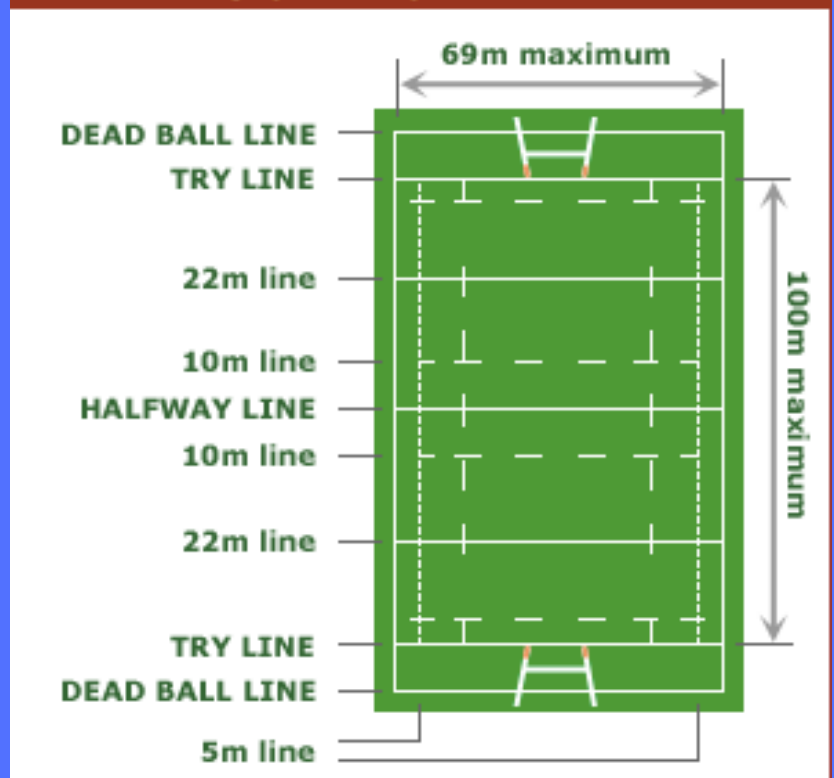
RUGBY BASICS

THE "PITCH"

BASIC RULES

Each team has 15 players and a game lasts for 80 minutes. The game is played with an oval-shaped ball that players can kick, run with, or pass to teammates in order to score "tries." To score a try, worth five points, a player must carry the ball across the opposition's try line and literally touch it down (origin of the football term, "touch down"). The team can then earn two more points for kicking the ball between the goalposts and over the crossbar, a "conversion". But scoring a try is not so easy. When an attacking team's players are running with the ball towards the try line to score, they are faced with a line of defenders who are looking to tackle the ball carrier. To get past these defenders, attacking players can pass the ball to each other until one of them finds a gap in the defence to run through to score a try. The ball can only be passed backwards or sideways, however; a forward pass is a penalty!

Standard Rugby Union pitch



THE LANGUAGE

- ATTACK - move the ball forwards in order to score
- CONVERSION - kick for goal after scoring a try, for 2 extra points
- DROP KICK - kick in which the ball is dropped to the ground before being struck with the foot
- FORWARD PASS - illegal pass thrown to a position ahead of the player who threw it
- KNOCK ON - foul of hitting the ball forward, towards one's own goal (i.e. missing a pass, ball bouncing forward off your hands)
- LINE OUT - formation into which the ball is thrown to restart play after the ball goes into touch (out of bounds)
- MAUL - convergence of players around a ball carrier to push him and the ball forward
- OBSTRUCTION - Foul of obstructing a player by blocking, tripping, shirt-pulling, etc.
- RUCK - pack of linked players that forms over a ball to push the opposing team backward and gain control of the ball
- SCRUM - players from one team link arms, bend over and push forward against a similar group from the opposing side
- TOUCH LINE - the out of bounds lines - the perimeter of the field
- TRY - taking the ball over the try line and grounding it to earn five points

POSITIONS

There is a position for everyone in rugby!

Forwards are (typically) the larger stronger players while backs are (typically) small and fast. Typically, because it's all about attitude!

In rugby, you wear the number that corresponds to your position on the field



POSITIONS

FORWARDS

1 & 3 Prop - Along with the hooker, the props make up what is known as the front row, which refers to their position in the scrum. Props must be extremely strong in the neck, shoulders, upper body and legs. Props help to secure the ball when a player has been tackled and they are battering rams in attack.

2 Hooker - The Hooker is responsible for winning possession in the scrum by hooking the ball back through the props' legs. The hooker is often the smallest member of a front-row trio. At the lineout she is responsible for throwing the ball in. In open play the hooker helps in securing possession at rucks and mauls, or taking short 'crash' passes.

4 & 5 Lock - The Locks or "second row" are the engine of the scrum and the target in the lineout, meaning that they need to be tall, powerful players. In open play the second row's duties are support players at rucks and mauls and ball carriers.

6 & 7 Flanker - Flankers must be excellent all-around players with inexhaustible energy. Speed, strength, fitness, tackling and handling skills are all vital. Flankers are usually at the center of the action – winning balls at the ruck and maul, collecting short passes from tackled players and making their own big tackles in open play.

8 Number Eight Support play, tackling and ball-carrying- her duties similar to the two flankers. Together the trio forms "the back row." Binding at the back of the scrum, the No.8 is the only player from the forwards who is allowed to pick the ball up from the scrum, so the No.8 must be a large, explosive, dynamic runner.



Forwards lining up for a scrum

A scrum in action



BACKS

9 Scrum-Half – the link between the forwards and backs, the scrum half builds the attack. The scrum half will control when the ball is given to the backs from the rear of a scrum, ruck or maul. She needs good vision, speed and awareness. She tends to be one of the smaller players on the pitch and so relies on protection from the forwards.

10 Fly-Half The fly half must control the team's backs deciding what moves to put into action and reacting to gaps in defense. The fly half has to be able to relieve pressure by kicking down the field into touch, and is often the team's designated place kicker. In defense he or she will direct the backs to ensure each opposition player is covered.

11 & 14 Wings - Playing out wide on the side of the pitch, the winger is a team's finisher in attack and the fastest player on the field. A winger is also often the last line of defense when they don't have the ball, so speed is important!

12 & 13 Centers tend to be strong, dynamic runners with a good eye for exposing gaps in the opposition defense. In attack they tend to run very fast and direct lines. They also need to be strong and powerful, and when attack turns into defense, they must also be accomplished at tackling.

15 Full-back Lining up behind the entire back line, the full back is rugby's sweeper. They must be quick to defend and also be comfortable catching high balls and launching attacks. It is a high-pressure position, but those who can combine tackling, kicking, catching and running with a cool head can excel here.



A scrumhalf in need of protection



A center and wing on the chase



A flyhalf about to make her move

MEET THE TEAM

"I played rugby all throughout college and quickly grew to love the sport. The rugby community is one that is truly unique to any other sport that I have played - one where camaraderie both with your own team and with your opponent is valued as much as the competition itself. After taking a 6 year hiatus from the sport, I moved cross country to New Jersey to start medical school (which sucks), and I reached out to the Mudturtles (mostly due to their awesome mascot. I mean, really... a turtle drinking beer at a bar?). I never thought I'd come to feel like another rugby team could feel like family, but that is exactly what the Mudturtles have become. Whether you're looking for a new competitive sport, a fun new hobby just to try out for fun, or just some kick-ass friends to hang out with - we'd love to meet you."

- Kristin, 29, Claremont College Rugby



"I joined rugby because I missed playing sports and I wanted to make some new friends. I love rugby because pushes me to do something different. I also absolutely love the camaraderie of the team and how close we all have become. It's a big-happy-loving family!"

- Tiffani, 23, new to rugby!

I'm SO glad I joined the Lady Mudturtles this past spring! I was hesitant to join, not knowing a single member in the club prior to joining, however, this amazing group of women welcomed me with open arms as a new member and I have helped me develop as a stronger person and rugby player - and I am so thankful for that! I'm looking forward to more awesome seasons with Union to come in the future!

- Haley, 24, Mudturtles HS Rugby, Sacred Heart Univ. Rugby



"I have been a competitive Crossfit athlete for nearly five years (STARTED in my 40s), but last year suffered an injury and could no longer perform at the level that I once was able to, so I began looking for something else to do that would still offer me a great workout. I had gone on a few dates with a rugby player, and in that brief time had become VERY interested in the game, watching hours of YouTube videos and reading up on it. I became so interested that I now wanted to play it myself! I contacted two local teams to ask about starting and only one of them replied; that was the Union County Lady Mudturtles. Here I am, one year later as a forward (alternating between a prop & lock), loving every game I am able to play whether with my team, as a sub for another team, and now with the Old Girls (female ruggers over 35). The rugby community is amazing and even tighter than the wonderful Crossfit community I had grown accustomed to."

- Janet, 47, New to rugby!



OUR SPONSORS



JOE'S RISTORANTE & PIZZERIA

A gold level sponsor out of Summit NJ, Joe's provides post match pies and an awesome location for our meetings! Thanks to Joe's, we were able to pay for practice fields and fund a new set of jerseys in 2018.



Xtra Mile owner, a marine and men's club Mudturtle, provides offseason training for all Mudturtles at half price!



Check out Crossroads for nightly events, awesome bands, and unbeatable specials. You'll find us here after Wednesday practices!



Ruck Science provides nutrition supplements and training plans specifically crafted for rugby players. Mention us at checkout and a portion of your sale will be donated to our team!

CONTACT US

Email:

mudturtlewomensrugby@gmail.com

Website:

mudturtlerfc.com

Facebook:

facebook.com/ladymudturtles

Instagram:

[@ladymudturtles](https://instagram.com/ladymudturtles)



**UNION COUNTY
WOMEN'S RUGBY**



EST. 2015