



Player Information Package
2011 Season

www.CalgaryRamsRugby.com

Welcome to the Rams

Whether you are a returning player or entirely new to the club, and or rugby, welcome to the Calgary Rams Rugby Club for the 2011 season. This season marks the 52nd year of the Rams, and promises to be an exciting one.

2010 Season Highlights:

Men's Side:

Last season was a great year for the men, both on and off the field. We registered more players than in any of the previous 4 seasons (over 60), registered 2 teams into the Southern Alberta leagues for the first time in 3 seasons, and had more off-field activity than in any of the previous 5 seasons, including a ski-trip, rafting on the bow, a family BBQ, numerous drinking events and some hiking in Canmore.

On the field, in addition to our competitive team from 2009, the men re-launched the development/social team, a team that supports the development of newer players, while offering some of the older guys a route to play without the commitment of heavy training!

The young development side was able to compete admirably in division 3 against some very experienced sides, finishing the season in 6th spot with a few decent wins. The highlight of the season was probably an end of season, well fought out win against the Calgary Police, in what was deemed a "social game" but ended up featuring a number of heavy hits and good personal battles (who would want to take it easy against a group of cops, right?). We also beat the Irish both home and away.

The senior men's team (playing in division 2) recruited well in the off-season and got off to a great start beating the defending provincial champs (Banff) in our opening game of last season. This set the tone for the year, seeing us win 9 of our games and finish top of the league (*we actually finished 2nd, but were unable to play our last game due to bad weather, which if we had won would've seen us finish top). We entered the playoffs in high confidence, and made a run through to the city finals. Unfortunately we were unable to finish our opportunities in the final, but it gave our young squad the drive and determination to come back in 2011 stronger, fitter and better prepared to go all the way. .

Women's side:

2010 was a good rebuilding year for the women's team. We welcomed many new players to our team and had 29 women registered at the start of the season. We started off strong and trained hard, but a few injuries, losing some players along the way and a less than favourable league structure resulted in a 5th place finish in the league standings. It was a disappointing end to the season, as we had hoped to make playoffs and finish with a better record, but it was a good learning experience and reality check for the team. We realized that we need to improve our commitment, fitness levels outside of rugby, and overall effort at training in order to be more successful in the 2011 season. Despite some challenges in 2010, the women's team remains a strong, talented and intense force to be reckoned with!

We played hard on the pitch and played hard off of the pitch too! The club offered more social events throughout the season than in previous years, which included a ski-trip, meet & greet night, pub crawl, rafting on the bow, a family BBQ, and an end of season formal banquet. We truly are the most social club in Calgary!

2011 Season Goals:

Men's side:

This season our goals are to make playoffs in Division 3 with our development team, while winning the Provincial Championship in Division 2 with our senior men's team. Our men's squads (we train as one club) will be put through the paces in the off-season, with the goal being to be fitter than any other team by the start of the season in May. We are looking to recruit new players for both our teams, both experienced and with the hope of developing enough young players over the course of the season to enter 3 teams in 2012.

Women's side:

This season our goals are to recruit new players who are passionate about the game and will make a strong commitment throughout the season, develop and learn new skills, and have our most successful season yet! We will train hard and play even harder in order to achieve our goal of finishing first in the city and province. We will build on our strengths and successes from the 2010 season and will also have the guidance and leadership from a brand new set of coaches. Our new coaching team will provide inspiration, motivation to give our personal and team best, and a fresh perspective on how to play smart rugby. Here is to a great 2011 season!



Visit our website at www.CalgaryRamsRugby.com
Join us on **Facebook** at "Calgary Rams Rugby – Players"

History of the Rams

Founded in 1959, the Calgary Rams were one of the first clubs to play rugby in the city. The club has 3 competitive senior teams (two senior men's teams and one senior women's team). We have over 90 active members registered with the club and as one of the eldest rugby clubs in Calgary, have a large alumni list that now extends throughout the world. We have boasted a number of representative honours within the club over the years, with many getting capped at full international level. In 2007, two players from the club represented Western Canada. In addition, the Calgary Rams host one of the biggest rugby competitions in Western Canada (**Stampede 7's**) attended by more than 30 teams from across Canada during the Calgary Stampede in July.

Registration

Registration **is currently available**. A registration night will be held on March 5th for all players at the Black Sheep Pub. A minimum deposit of \$200 is due at this time

Where and when we practice

Indoor training has already begun, twice per week in March and April. See our website for locations and times. Outdoor training usually starts in **April** (as soon as the snow has cleared) and runs through September. We train two nights per week, **Tuesday and Thursday, 6:00 – 7:45pm @ Bishop Carroll High School** (4624 Richard Rd SW).

Where and when do we play?

Our home games are played at the **Calgary Rugby Union (9025 Shepard Road SE)**. Games are usually played on Saturday afternoon, with most third div games happening on Friday evenings. Once the schedules have been released, they will be posted on our website (www.CalgaryRamsRugby.com) as well as the Calgary Rugby Union website (www.calgaryrugby.com).

Club contacts

Angela Cantwell, President	president@CalgaryRamsRugby.com	(403) 465-1811
Alun Spackman, VP Men	vpmen@CalgaryRamsRugby.com	(403) 618-6596
Jen Coyne, VP Women	vpwomen@CalgaryRamsRugby.com	(403) 975-1134
Lloyd Piehl, VP Juniors	vpjuniors@CalgaryRamsRugby.com	(403) 681-0553
Gio Dicay, Treasurer	treasurer@CalgaryRamsRugby.com	
Monika Schwering, Secretary	secretary@CalgaryRamsRugby.com	
Dave Waring, Website/Admin	mail@CalgaryRamsRugby.com	
Lindsay Marsh & Alex Fowler, Fundraising	fundraising@CalgaryRamsRugby.com	
Ryan Smith & Erin Christoffersen, Social	social@CalgaryRamsRugby.com	
Alumni Contact	alumni@CalgaryRamsRugby.com	

How much does it cost?

- \$360 per player, per season (Seniors)
- \$330 per player, per season (Students)
- \$300 per player, per season (Under 21)
- Plus attendance at 3 club run fundraisers per year (Triathlons, BINGO nights, Stampede 7's, ect)

What does it go towards?

- \$190 goes straight to Rugby Alberta/Rugby Canada for player registration and insurance
- \$100 pays for warm-up, playing and post-game kit
- The remainder pays for coaching, field rentals, training equipment (balls, cones, pads), medical supplies, website and administration costs

What do I get in return?

- Player registration for the season
- Rugby Canada Insurance
- 2 organized training sessions per week
- Minimum 10 game schedule per division, plus play-offs
- Socks, shorts and warm-up jersey for all new players
- A team jersey to play in each game
- On-field trainer/athletic therapist at each game
- Social events organized throughout the year
- A Forum on the website for open discussion and pre- and post-game reports

Player Registration Form



Name: _____

Date of Birth (dd/mm/yr): ____/____/____

Address: _____

Email: _____

Cell #: _____

Dues: ____ Senior (\$360); ____ Student (\$330); ____ U21 (\$300) (please check one)

Transfer Required? ____ Yes/ ____ No

'Transfer Form' attached?: ____ Yes/ ____ No

Player Profiles (web site use):

Height: ____ft ____in ; Weight: _____lbs

Nickname: _____

Previous Club/s: _____ Favourite player: _____

Preferred Position: _____ Favourite food: _____

Rep Honours: _____ Favourite drink: _____

Occupation: _____ Favourite film: _____

Place of Birth: _____ Favourite band: _____

Please complete and return with a cheque or cash payment to:

Alun Spackman, VP Men

vpmen@CalgaryRamsRugby.com

(403) 618-6596

Jen Coyne, VP Women

vpwomen@CalgaryRamsRugby.com

(403) 975-1134

Internal Use Only:

Deposit Received:	\$_____	<input type="checkbox"/> Cheque	<input type="checkbox"/> Cash	<input type="checkbox"/> Credit
Balance Received:	\$_____	<input type="checkbox"/> Cheque	<input type="checkbox"/> Cash	<input type="checkbox"/> Credit
Photo Taken:	<input type="checkbox"/> Yes	ID Card Received	<input type="checkbox"/> Yes	
Registration Complete:	<input type="checkbox"/> Yes	ITSportsNet Complete:	<input type="checkbox"/> Yes	
Status	<input type="checkbox"/> Citizen	<input type="checkbox"/> Landed Immigrant	<input type="checkbox"/> Other	