



# *Markham Irish Canadian Rugby Club*

## **U14 PROGRAM DETAILS**

### **Practices, Games and the Dressing Room**

- Players will have 2 practices a week each of which will be 2-2.5 hours in length; Mondays and Thursdays.
- Games are played weekly on Saturday mornings.
- Players are expected to arrive 1 hour prior to games and arrive 15 minutes prior to practices if at all possible.
- Late or missing team events – Email and/or phone call to the team manager at least 24 hours prior if possible. If no notice is given, the player will be dealt with in a prompt and fair fashion as determined by the coaching staff. Discipline will escalate based upon the frequency of the missed practices/games.
- Players and guests are expected to treat MICRC's clubhouse and facilities as well as any opposition clubhouses and facilities with the same respect as if they owned them themselves.
- Coaching aids such as TeamSnap and Teamer.net are currently being evaluated; this will assist in practice plans and drills to be distributed in advance of the practice to the players and parents. If one is used, it will be necessary for everyone to join in the use to ensure their effectiveness.

If a player is injured and depending on the circumstance/severity they should make every attempt to attend the practices/games and support their team and keep up on the strategy/tactics development so when they are healthy they are not behind in understanding.