



# THE BREAKDOWN

## Fall Season and Strength & Conditioning Program

Please join Rugby Ohio on Sunday night at 8pm to discuss the fall season. We are also offering a Strength & Conditioning program for players that will be held remotely. There will be some fun competitions for teams and players through this program. There will be 8 sessions held in September, with live participation available as well as links after the live sessions for those unable to attend live. Coaches will also be provided some S&C resources to use as you plan for off-season or during season fitness. All programs are designed to help reduce the likelihood of injury.

Responses to the Fall season survey were good. There were nearly 300 responses, with 75% of respondents supportive of offering a season in keeping with what was proposed. Some people don't think we should have any rugby and others want full contact. Both of those positions are understandable. The intent is to be flexible and work to provide the framework that accommodates our coaches and players as much as possible in these unique circumstances.

**Join Zoom Meeting**  
<https://zoom.us/j/98950997443>

**Meeting ID: 989 5099 7443**  
**One tap mobile**  
**+16465588656,,98950997443# US (New York)**  
**+13017158592,,98950997443# US (Germantown)**

Please continue to monitor all pertinent local guidelines:

- [Governor DeWine's order regarding fall athletics](#)
- [COVID-19 Coach Checklist](#)
- [USA Rugby Return to Play Guidelines](#)

Join Sunday, 8pm Call

## USA Youth & High School Rugby

The State Governing Bodies (SGBs) for Youth and High School Rugby unanimously voted in favor of ratifying the negotiated Community Agreement with USA Rugby. This was an important piece for USA Rugby as it works towards coming out of bankruptcy. The Youth & High School Council worked diligently to realize savings for youth participants as well as get clarity on frequently asked questions about registration fees. Registrants will see that \$14 goes to USA Rugby and \$11 goes to USA Y&HS Rugby. Any fees charged by Rugby Ohio will appear on a separate line, as will as any team dues charged through the system. Here are details for where the \$25 tackle player fees will go:



USAR \$14 Cost Breakdown	
Community Support Services	\$ 7.10
Community Support Staff and Human Resources	\$ 2.48
Liability Insurance	\$ 0.92
Match Officials T&E	\$ 0.05
Medical	\$ 0.15
Membership Expenses	\$ 10.70
<b>Sub-Total</b>	<b>\$ 10.70</b>
USAR Overhead	
Audit	\$ 0.18
Board Expenses	\$ 0.15
Communications	\$ 0.23
Independent Contractors	\$ 0.18
Legal Fees	\$ 0.92
Other including SportsLomo	\$ 1.30
Rent	\$ 0.14
Travel	\$ 0.20
<b>Sub-Total</b>	<b>\$ 3.30</b>
<b>Fee per player payable to USAR</b>	<b>\$ 14.00</b>

#### Y&HS \$11 Cost Breakdown

- > Accident Insurance (incl brokerage)
- > Non-contact \$2.50 - \$2.80 (TBD)
- > Coaches and Referees \$2.50
- > Contact \$3.75
- > Operational Cost allowance \$1.25
- > Youth Development, T&E \$6.00

## SportLoMo - Website & Registration

Rugby Ohio's new website will launch in the next month. Registration, however, will be ready in the next week. Coaches may register for the new CIPP cycle through USA Rugby's site or through Rugby Ohio's website - it does not matter as they are all part of the same system. If you are currently holding training sessions, you likely want to register as quickly as possible to avoid a lapse in coverage. Coach registration is \$70 for the year. Player registration, for the national fees, went down to \$25 for a high school player for the year. As we reported earlier, this fall Rugby Ohio will not charge season fees and are looking at spring dues now that the reduced national fee is finalized.

The new website will embody:

- One platform for all systems
- A new UX (user experience) and UI (user interface) with responsive capabilities for easy reading from any device
- Transparent registration with clear breakdown of where funds are distributed
  - Teams may elect to add dues; funds will be directly deposited to their team's account
  - Parents will have payment plan options if they desire
- Cutting edge competition management system

After you attend your required training session you will be given credentials to access your club pages. We think you will be amazed at the functionality of the new site. It should make your lives much easier. We think you'll appreciate these new and improved features, along with many other:

- Attendance sheets for symptom tracking and temperature checks
- Communicate with players and parents with one click
- Scores reported with match reports, stats and disciplinary in the same system

**1st Coach Training Session: Monday, August 31, 2020 at 8:00 p.m. Details to be sent by email.**



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