

Junction City Jaguars Rugby Club Expectations

Below are the expectations I will be holding everyone accountable to. If at any point I determine you are not upholding these standards I will kick you off the team.

1. Commitment and Attendance

- Attend practices, matches, and team events consistently.
- Notify coaches in advance if unable to attend.
- Arrive on time, prepared, and ready to participate. Look at the weather, dress accordingly.

2. Teamwork and Respect

- Support and encourage teammates on and off the field.
- Treat coaches, officials, opponents, and supporters with respect.
- Demonstrate good sportsmanship at all times. Win or lose, we shake hands, we say good game. We are **HUMBLE** in victory or defeat. I do not want to see anyone discourage teammates or other players of the sport.
- In Rugby, players are held to a higher respect standard than other sports. This is not football, basketball, baseball or other team based sports. This is Rugby. You do **NOT** argue with officials, coaches or any type of staff. You do not disrespect staff verbally or physically.
- In order for this team to have success we need to all have the mindset of team first. We lose together, we win together, we grow together. Competitiveness is great and a byproduct of that is anger and frustration. However, if I see this turn into toxicity you will be dealt with accordingly. If I catch you treating teammates poorly you will be dealt with.

3. Effort and Attitude

- Give your best effort in all activities, whether training, games, or team meetings.
- Approach challenges with a positive attitude and willingness to learn.
- **EMBRACE** failure. Everyone will make mistakes. That is encouraged. Do everything at game speed.
- Represent the Junction City Jaguars with pride in all settings. Out in public you now represent something bigger than you. You represent your teammates, your coaches and yourself.

4. Safety and Rules

- Follow all instructions from coaches to ensure personal and team safety.
- Adhere to the rules of rugby and the code of conduct established by the club.
- Wear proper equipment, including a mouthguard, to every practice and game.

5. Communication

- Maintain open communication with coaches about availability, concerns, or injuries.
- Speak respectfully and constructively with teammates and staff.

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6. Personal Responsibility

- Take care of club equipment and facilities.
- Maintain a commitment to personal well-being, including hydration, rest, and injury prevention.
- Be accountable for your actions, both on and off the field.

7. Inclusion and Diversity

- Welcome and respect all team members, regardless of experience or background.
- Embrace the club's inclusive philosophy: rugby is for everyone.

Acknowledgment of Expectations

By signing below, I confirm that I have read, understood, and agree to abide by the player expectations for the Junction City Jaguars Rugby Club. I understand that my participation in the club is contingent on adhering to these expectations.

Player Name (Printed): _____

Player Signature: _____

Date: _____

Player Information

We collect player information like allergies, jersey size, and grade to ensure safety, proper uniform orders, and team eligibility. This helps us respond to emergencies, outfit players correctly, and organize fair competition. Your details stay private and are only used for team operations.

Shirt Size: _____

Allergies: _____

Grade: _____