



# **WARRIORS RUGBY**

PLAYER HANDBOOK



# **Lake Wylie Warriors Youth Rugby Player Handbook & Code of Conduct (2025/26)**

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## 1. Welcome to the Warriors

Welcome to the **Lake Wylie Warriors** — a proud part of the **Lake Wylie Athletics Association**. Whether you're taking the field for the first time or returning to sharpen your skills, you're part of something special: a family that plays with heart, humility, and honor.

Being a Warrior means more than learning to tackle or score tries. It's about teamwork, discipline, and respect. Every training session builds confidence and character. We celebrate effort as much as success.

If you have concerns, please speak directly with **Coach Nick**. Open communication keeps our team strong.

"A true Warrior faces challenges head-on, learns from every battle, and never forgets who they play for — their team."

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## 2. Our Logo & What It Means

The **Lake Wylie Warriors Crest** reflects our home, our values, and our mission.

- **Warrior Blue** honors the Blue Ridge Mountains that feed Lake Wylie.
- **LW** represents our home in Lake Wylie, South Carolina.
- **Three Prongs** stand for our core pillars:
  - **Community** – The bond and trust shared between teammates, coaches, and families.
  - **Faith** – Belief in yourself, your teammates, and the journey.
  - **Pursuit of Excellence** – A daily commitment to being better than yesterday.

"Strength in Unity. Pride in Purpose. Warriors for Life."

### **3. The 15 Core Values**

*(Adapted from Legacy by James Kerr)*

1. Sweep the Sheds – No one is too important to clean up.
  2. Follow the Spearhead – Move forward together as one.
  3. Champions Do Extra – Success lives in the extra effort.
  4. Keep a Blue Head – Stay calm under pressure.
  5. Play with Purpose – Know why you play.
  6. Go for the Gap – Be bold and seize opportunities.
  7. Leave the Jersey Better Than You Found It – Respect the legacy.
  8. Pass the Ball – Share, support, and lift others up.
  9. Train to Win – Prepare the right way every day.
  10. Know Your Roots – Remember who you represent.
  11. Create a Learning Environment – Mistakes are part of growth.
  12. Be a Good Teammate – Encourage, include, and have each other's backs.
  13. No Excuses – Take responsibility.
  14. Embrace the Challenge – Learn from adversity.
  15. Enjoy the Journey – Smile, laugh, and love the game.
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## 4. Code of Conduct

### Players Will:

- Respect teammates, coaches, referees, and opponents.
- Arrive on time, ready to train and contribute.
- Listen and give full effort at every session.
- Avoid profanity, taunting, or disrespectful behavior.
- Accept feedback with maturity and use it to improve.
- Represent the Warriors positively on and off the field.
- Help with setup and cleanup at practices and games.
- Communicate injuries, absences, or concerns promptly.

### Parents Will:

- Support players and coaches positively.
- Refrain from coaching from the sidelines.
- Respect referees and opponents.
- Discuss concerns privately with the coaching staff.
- Model sportsmanship and Warrior values.

“Discipline and respect make us better athletes and better people.”

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## 5. Safety Guidelines

Safety is our top priority.

- All coaches are **USA Rugby Certified** and background-checked.
- Contact drills follow **age-appropriate safety standards**.
- Proper gear (mouthguard, boots) must be worn at all times.
- Players must report injuries or discomfort immediately.
- Concussion protocols are strictly followed.
- No player returns to contact without medical clearance.
- Hydration and rest breaks are mandatory.

“Toughness isn’t ignoring pain — it’s playing the right way, safely.”

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## 6. Game Schedule (2025/26)

### League Game Dates:

- December 6
- December 13
- January 10
- January 17
- January 24
- January 31
- February 7

*(Opponents and locations announced prior to each match.)*

Additional scrimmages, festivals, or tournaments (e.g. **Ruck the Rock, Tropical 7s**) may be added. Updates will be shared via team communication.

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## 7. Team Communication

Stay connected and informed through official channels:

- **WhatsApp Group:** *Warriors 2025/26* (QR code available in printed version)
- **Email:** lakewylierugby@gmail.com
- **Website:** [www.LakeWylieRugby.com](http://www.LakeWylieRugby.com)

Use WhatsApp for:

- Practice and game updates
- Weather alerts
- Team reminders and announcements

Respectful, positive communication keeps our community strong.

## 8. Player & Parent Commitment

By signing below, we commit to the values and expectations of the **Lake Wylie Warriors Youth Rugby Program**.

**Player Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Parent/Guardian Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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## Back Cover

"Leave the Jersey Better Than You Found It."

Visit [LakeWylieRugby.com](http://LakeWylieRugby.com)

 *Faith. Family. Fight. Forever Warriors.*