

ROOKIE PACKET

Fall 2018



Furies Rookie Packet
Spring 2018

The DC Furies
Washington Women's Rugby Football Club

Dear Rookie,

Welcome to the DC Furies! On behalf of the team, I am thrilled that you have chosen to join us. The Furies have a proud tradition of rugby excellence, and we are proud to field competitive sides in the Women's Premier League (WPL) and Division II (DII).

I have included the following information in this packet, which will answer some of your basic questions about the Furies:

- Things to Know About Being a Fury
- Officer and Contact List
- Fall 2018 Schedule

Please read through everything and do not hesitate to contact me, your future Furies "Vet Buddy," or other Furies if you have any questions.

This season promises to be full of fun, excitement, and excellent rugby. The Furies are an incredible group of women and we are very happy to welcome you. Soon you will know why each of us is "Proud to be a Fury" (PTBAF).

Cheers,
Leni Dworkis
VP of Recruitment
Washington Women's RFC
furiesrookies@gmail.com
leni.dworkis@gmail.com

Things to Know about Being a Fury

- **Practices**

Practice locations are TBD. Please check TeamSnap for updates on locations throughout the season.

- **Games**

During the Fall season, DII has games on Saturdays and WPL has games on Sundays. DII has matrix matches during the Fall and Spring seasons, with playoffs and nationals being in the Spring, while WPL has its entire competitive season during the Fall season. WPL plays a number of friendly, competitive matches in the spring and games are often scheduled on Saturdays. We typically schedule home matches in the spring for the same day to encourage DII and WPL players to come show their support for one another. There are several things you'll need to do before you can play – including paying your dues.

1. Get important documents to Judy Dickson, our team secretary.

In order to play you will need to provide her with:

- Proof of citizenship – a copy of your birth certificate or passport
- Proof of insurance – a copy of the front and back of your insurance card

2. CIPP

Before you can play in a match, you will need to complete the CIPP registration and pay the registration fee. This can be done through USA Rugby.

Step 1: Go to <https://www.usarugby.org/membership/>. From the top bar select "Register." You will be redirected to <https://webpoint.usarugby.org/>. If you are a new USA Rugby member, click "Join USA Rugby" and fill in the form. If you are a returning member, click "Log In" and enter your information. Once you've logged in click on "Renew Membership" in the left panel under the "Member Area."

Step 2: Fill out your personal information.

Step 3: Fill in your membership under the header "Player Member." Choose your state – District of Columbia. Select your club – scroll down to the

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Washington Furies Rugby Club and click the button to sign up. *Note: Make sure you have selected our team.*

Step 3: Sign the waivers digitally. Fill in your security information and click "I have read." Press continue, read the information, and click "I agree." Then click continue again.

Step 4: Pay your fee. There is a \$25 player Geographic Union Fee in addition to the \$50 USA Rugby registration – totaling \$75. After paying you should receive membership confirmation. Make sure to record or print this information.

To see if you were rostered correctly, you can view the public roster – <https://www.usarugby.org/membership-resources/public-rosters/>. If you have questions or problems, email Judy Dickson at jdickson21@gmail.com.

3. Match and Location Times

Match locations and times are sent out before each game by your captains. Information regarding time and location can also be found on TeamSnap.

Pitch: Before each home game, volunteers will be solicited to help with field set up (field lining, flags, goal posts, etc.). It is expected that you volunteer at least once per season. We drive and carpool to away matches that are close by or drivable. We typically fly to tournaments or championships that are further away. Hotel rooms are secured ahead of time when travel is required. The WPL league offers player hosting for individuals who do not wish to pay for a hotel room. Information about these arrangements will be sent out in advance.

Times: Captains and coaches decide what time you need to be at the field and ready for pre-match warm-ups before each game. Furies are typically expected to be on time and ready to go by 1 hour before the match.

4. Selections

Selections are made by a selection committee based on criteria such as attendance, skills, fitness, attitude, and play level. The selectors include the coaches, WPL and DII captains and co-captains, and an ad hoc selector (randomly selected from volunteers who have played at least three seasons with the Furies).

Selections are made based on availability listed on TeamSnap. If you have not designated your availability, selectors will assume that you are unavailable.

Additionally, captains and coaches can provide individual player feedback. Please feel free to discuss any problems, questions, or concerns you may have regarding selections with these individuals.

- **Absences and Updates**

It is necessary that you inform coaches and captains about changes in your availability.

Last Minute Practice Absence: If you are going to miss a practice last minute that you had initially marked on TeamSnap that you were attending, please email the captains for the side you normally play for to let them know.

WPL: Ploeg (michelle.vanderploeg@gmail.com)

DII: Email Xa (alexahopkins517@gmail.com) and Wiggles (jenniferkonish@gmail.com)

Change of Availability for Weekend Games: You can update TeamSnap before the Tuesday afternoon prior to a match to change your availability. You should email coaches and captains about these changes, especially if your availability has changed after Tuesday of that week.

Jo - jobader@gmail.com

Mike - michaelmcmillonp@gmail.com

Donnie – rugbycoachdonnie@yahoo.com

Chris – rcfarrar@gmail.com

Last Minute Game Day Absence: It is essential you let captains and coaches know you will not be able to make a game as soon as possible. Text the captains and coaches for the side you're playing for to let them know if this occurs. Make sure to identify yourself in the text message.

Scott: 571-643-1882

WPL

Ploeg: 66-240-4565

Jo: 202-841-5149

Mike: 636-288-0766

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D2
Donnie 216-801-8082

Xa: 203-312-4825
Wiggles: 805-823-5982

Last Minute Game Day Availability: Text your captains and coaches for the side you're playing with to let them know that you are available. Keep in mind they might not be able to get you on the roster at all or you might be able to be rostered as a sub.

- **Dues**

Dues are \$70 per season for rookies and \$100 for veterans. If the cost is prohibitive, payment plans can be arranged by contacting our treasurer, Mikey Onwochei, at mnonwoc@gmail.com. There are a number of ways to pay:

CASH: Cash should be given to the treasurer in a labeled envelope.

CHECK: Checks should be made out to WWRFC and given to the treasurer.

PAYPAL: Log in to your PayPal account and send funds to furies.treasurer@gmail.com. Use the "transfer to friends and family" option to make sure the team does not incur any fees. There should be no transfer fee to you if you are using a linked account. If you are using a credit card there is a small surcharge. Please make sure to write in the notes field "Spring 2016 Dues" or a description of whatever you are paying for.

SQUARE: Mickey has a card reader and will bring it occasionally to games and practices. There is an additional 3% fee to pay via that Square with your debit for credit card.

If we travel, each Fury pays for their own travel expenses and their share of hotel rooms and car rentals. Financial aid is available for Furies who need help affording the expenses. We believe everyone should be able to play regardless of financial situation.

- **Fundraising**

To keep a team of this size running successfully, the Furies need money to pay for fields, lights, referees, equipment, and other expenses. We host fundraisers to cover some of these costs.

Examples of different Fury fundraisers include making Valentine's Day candy, participating in moves, doing yard work, and holding happy hours. If you have fundraising ideas or questions, contact Jen Putnam, our fundraising chair, at jennifer.putnam@yahoo.com. You get a fundraising credit for organizing a fundraiser, so it pays to be creative!

New rookies are required to fundraise 1 credit during their rookie season. Furies are required to earn 3 fundraising credits in the fall, 2 fundraising credits in the spring, and 1 fundraising credit in the summer. There is a \$45 penalty for fundraising credits that are not completed. Fundraisers must be completed between the start of one season and the start of the next to avoid financial penalty.

- **Gear**

Your "kit" consists of the gear you'll need to be a Fury. We order and sell socks and warm-up T's seasonally.

- Rugby Boots/Cleats

- Mouthguard

- Navy Blue Rugby Shorts

- Rugby Socks

- Gray Warm-Up T

- Jerseys (both sides have a set of jerseys, *everyone is required to take home a set and wash them after a game at some point during the season*)

Some places to purchase gear include:

- Balls Out Rugby: <http://www.ballsout.com/>

- Godek Rugby: <http://www.rugbystore.com/>

- World Rugby Shop: <http://www.worldrugbyshop.com/>

We have a team store where you can buy Furies gear. Check it out:

<http://www.steamrollerrugby.com/dc-furies-womens-rugby/>

- **Socializing**

We like each other, so we try to socialize as much as possible. The team gathers at a bar following Thursday practices and participates in a social following

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weekend matches. Players are required to bring food or drinks, as assigned, to post-game socials. We also host a team banquet at the end of the Fall season. This formal event includes awards, light food, cocktails, and dancing. The rookies also perform a skit about active vets at this event.

- **Connectivity & Communication**

We're quite accessible on the web. We have a webpage, as well as Facebook, Twitter, and Instagram accounts. Follow us to join in the fun!

Website: www.dcfuries.com

Facebook: <https://www.facebook.com/DCFuries/> (page) and
<https://www.facebook.com/groups/2213173496/> (group)

Twitter: @DCFuries

Instagram: @dcfuries

Additionally, the Furies communicate in a number of ways.

TeamSnap: We utilize this list serve for rugby-related communication. This list serve includes players and coaches.

Google Group: We utilize this list serve for some rugby-related things, but mostly for social, fundraising, etc. items. This list serve includes current and former players, and some friends of Furies.

Email etiquette is important – be respectful of players and considerate of how you communicate information. It is important to mark the subject of any email you send to the team based on how it should be prioritized. LP, or low priority indicates personal or social items. MP, or medium priority might indicate something rugby-related that involves the Furies, but is not a team event. HP, or high priority is used to distinguish essential team, practice, or game related information. Anything that requires action is usually marked as high priority.

- **Rules and Regulations**

The Furies are governed by a constitution that was originally ratified in 1981. Check out the Google doc for more information on our history and governing structure:

https://docs.google.com/document/d/13Fw1rBdra7KVe4I72TvvSRPTNJGzB_vJTNTtWbKHncw/edit

- **Ruggerfest**

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Each spring we host our annual Ruggerfest tournament, one of the largest women's rugby tournaments on the east coast. Each Fury is expected to participate fully in both days of Ruggedfest by playing in matches, setting up and taking down fields, selling merchandise and raffle tickets, and soliciting advertisements and raffle items. Any email sent out about Ruggedfest will be marked as RP, or Ruggedfest priority. More information about this tournament can be found at ruggerfest.org.

- **Pride**

We have a ton of it and respect team values and each other. Welcome to the Furies!

Officers and Contact List

WPL Captain

Michelle Vander Ploeg (Ploeg)
michelle.vanderploeg@gmail.com

WPL Co-Captain

TBD

D2 Captain

Xa Hopkins
Alexahopkins517@gmail.com

D2 Co-Captain

Jennifer Konish (Wiggles)
jenniferknoish@gmail.com

President

Kristen Maxey (Max)
president@dcfuries.com

VP of Recruitment

Leni Dworkis
furiesrookies@gmail.com

Match Secretary

Jennifer Konish (Wiggles)
match_secretary@dcfuries.com

Secretary

Judy Dickson
jdickson21@gmail.com

VP of Public Relations

Amirah Al Idrus
pr@dcfuries.com

Treasurer

Mikey Onwochei
furies.treasurer@gmail.com

VP of Operations

Brooke Branson
operations@dcfuries.com

Fundraising Chair

Jen Putnam (Putty)
fundraising@dcfuries.com

CGU Rep

Kristen Maxey (Max)
kristen.maxey@gmail.com

7's Coordinator

Sharifa Love
sevens@dcfuries.com

Coaching Committee Chair

Erin O'Reilly
erinlynnoreilly@gmail.com

Social Chair

TBD

Travel Coordinator

Mikey Onwochei
mnonwoc@gmail.com

Move Coordinator

Alex Hart
move_coordinator@dcfuries.com

WPL Representative

Kristen Maxey (Max)
kristen.maxey@gmail.com

4th Official:

Brigid Beech
brigidbeech@gmail.com

Ruggerfest Chairs

Alex Hart
alexandra892011@gmail.com

Abbie Mocettini

a.mocettini@gmail.com

Omsbuddies

Lauran Glover
lyoung1407@gmail.com

Abbie Mocettini

a.mocettini@gmail.com

Spring 2018 Tentative Schedule

Date	Opponent	Location
08/19	Amazons	Home
09/02	NYRC	Away
09/08	James River	Away
09/08	Beantown	Away
09/15	Severn River	Home
09/15	Atlanta	Home
09/22	Norfolk	Away
09/23	Amazons	Away
09/29	James River	Home
10/07	NYRC	Home
10/13	Beantown	Home
10/20	Severn River	TBD
10/20	Atlanta	Away
10/26-10/28	WPL Nationals	Away



DII



WPL



Both