

Girls Flag Rugby Summer Academy

The Milpitas Police Activities League invites Bay Area incoming 6th Grade through High School Senior girls to **Try On Rugby**. Milpitas PAL, with the support of USA Rugby, The San Jose Seahawks Rugby Club, and US Bank, will be hosting a summer flag rugby academy at Dixon Landing Park in Milpitas. The academy will run from 10am until noon on Saturdays, 6/24, 7/1, 7/8, 7/15, 7/22, and 7/29. Participants will learn the basics of rugby and also explore USA Rugby's *A Girl's Guide To Life* curriculum addressing confidence and self-esteem, body image, diversity and respect, bullying, leadership, and understanding identities.



Why PAL Rugby for Girls?

The Milpitas Police Activities League understands that we have the opportunity to influence a young girl's life through sport, enabling her to grow up to be a strong, independent woman. Research shows that girls participating in sports will be better contributors to society as adults. Specifically, these girls will develop leadership skills, communication skills, be better team players, be fit, healthy, and confident. We hope that this academy will inspire girls to fall in love with rugby, live healthy lives, and grow up to be contributing patrons of society. Rugby is an international game played in over 120 countries worldwide by over six million people. It is a game based on camaraderie, pride, and respect — a culture shared throughout the world. Rugby is currently the fastest growing sport in the United States and a growing number of colleges are offering young women scholarships to come play and study on their campuses. Milpitas PAL is committed to opening this door of opportunity for local girls.

Authorization: I, as parent/guardian of said candidate/minor, hereby give permission for said minor to participate in any and all the activities sponsored by said association, and agree to release indemnify, and hold harmless the association, conference including but not limited to its organizers, sponsors, supervisors, leaders, participants, officials, coaches, and other agents or representatives including persons transporting said minor, from any and all claims arising out of injury to the above said minor except to the extent of and in the amount of insurance coverage held by the association.

Insurance: PAL has group Accident Insurance Coverage for medical and hospital expenses, with a given deductible amount for each accident incurred. The PAL insurance is considered a secondary coverage, when there is any other valid and collectible coverage provided by the parent's insurance. I understand that any claim for medical service which arises out of injury must be reported to Milpitas PAL officials within 24 hours of the time of injury. Registration fees or other sums paid does not constitute a direct premium payment for insurance.

Concussion: Participants and their parents are expected to familiarize themselves with signs and symptoms of a concussion and immediately notify PAL officials of any known or suspected brain injury resulting from participation.

Emergency Medical Authorization: I, as said parent/guardian of said candidate/minor, do hereby authorize and direct the said organization to act as agent for me to consent to and obtain medical, surgical, dental treatment/or examination for said minor in case if illness or injury occurring from participation in any activities of the association and/or conference. I do hereby consent to any x-ray, examination, and anesthesia, medical or surgical, or dental treatment that is considered necessary by the attending physician or dentist. I understand that in an emergency reasonable efforts will be made to notify me.

PAL Publicity Release: I hereby grant permission to Milpitas PAL the worldwide and perpetual right and authority to use, reproduce, distribute, broadcast or otherwise transmit, publish and display in whole or in part, my child's name, photograph, or any other program in any and all media now known or hereafter invented, in perpetuity, for the purpose of trade, promotion and/or otherwise without compensation or additional consideration, except where prohibited by law.

Code of Conduct: All participants and each member of their family in attendance will maintain a respectful and lawful demeanor during all activities. Failure to do so may result in action by the activity board or the PAL Board of Directors including but not limited to not being able to participate and/or be a spectator at meetings, practices, and/or any other events.

I have read and agree to the all of the above statements:

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

Milpitas PAL Rugby
1275 N. Milpitas Blvd.
Milpitas, CA 95035



2017 MILPITAS PAL
GIRLS FLAG RUGBY
SUMMER ACADEMY

REGISTRATION FORM

Player Information

First Name: _____

Last Name: _____

Birth Date: ____ / ____ / ____

Fall of 2017 Player will be entering grade:

6th 7th 8th

9th 10th 11th 12th

Street Address: _____

City: _____ Zip Code: _____

Player Phone: _____

Parent/Guardian Name: _____

Parent Phone: _____

Emergency Contact: _____

Contact Phone: _____

Medical Insurance Co: _____

Policy No: _____

Known Allergies: _____

Shirt Size: XS S M L XL IX 2X 3X

Sign Authorization and Waivers on Back



Six sessions
12 hours of education
and training

Registration Fee:
Only \$40

Please complete Registration Form and waiver panels of this pamphlet and mail with your check payable to “Milpitas PAL”. Please note participant’s name and “Rugby Academy” on notation line. Do not enclose cash. Registration may also be dropped off in person at the Milpitas Police Department lobby during normal business hours. You should receive an email receipt of registration and payment.

Mailing Address:

Milpitas PAL Rugby
1275 N. Milpitas Blvd.
Milpitas, CA 95035



Please note any questions, comments, or concerns that our staff might need to know about here:

E-mail address: _____

**FITNESS
FRIENDSHIP
TEAMWORK
CHARACTER
FIND YOUR POTENTIAL.**



What you should bring to the flag rugby academy:

T-Shirt, Shorts, Socks, Cleats or Athletic Shoes,
Bottled Water, Healthy Snacks, (Optional)
Mouth Guard



Coming Soon...

Fall/Winter Boys/Girls Tackle Rugby

Milpitas PAL plans to recruit and field four youth tackle rugby teams this fall – boys middle school, girls middle school, boys high school, and girls high school. Our boys’ teams will play other clubs throughout the bay area. Our girls’ teams will play the closest girls’ youth clubs from the Tri-Valley and Sacramento Valley. We are especially excited about providing this opportunity to girls in Milpitas and the Bay Area. Milpitas PAL is currently applying to establish its own Rugby Club with NorCal Youth Rugby. Interested players and coaches are encouraged to contact Officer Mark Doyle at mduoye@ci.milpitas.ca.gov.

Cut and Return Completed Registration Portions