

BALTIMORE  
**FLAMINGOS**  
RUGBY FOOTBALL CLUB



Rookie Packet 2017-2018

[www.baltimoreflamingos.org](http://www.baltimoreflamingos.org)

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## **Introduction**

Thank you for your interest in the Baltimore Flamingos Rugby Football Club. Whether you're interested in joining us on the pitch or supporting us in our efforts to make Baltimore a better place you'll find additional information in this packet. We want to introduce you to the game of rugby, the team, and give you a better of idea of who and what we are.

## **Mission Statement**

Baltimore Flamingos RFC is an inclusive athletic organization dedicated to promoting participation, knowledge, and skill in the sport of rugby football. We create a diverse environment that is open and welcoming to all people. The organization's focus on the underserved populations that include gay, bisexual and transgendered communities, does not exclude participation by any individual who supports the mission of the organization.

The organization seeks to serve the LGBTQ Community by offering an inclusive, organized, athletic environment in which to play rugby.

Baltimore Flamingos RFC is a charitable and educational organization, in support of this, the organization shall conduct educational and practical events that further the participation in the sport of rugby football.

## **Leadership Team**

President: Darrell Coffey

Vice-President: Charlie Brehm

Treasurer: Aaron Lewis

Secretary: Kompan Ngamsgna

Director-at-large: Andy Yancura

Captain: Xero Coto

Social Secretary: Val Pizzo

Match Secretary: Kyle Warner

IGR Rep: Antonios Chionis

Coach: Peter Cornell

## Competitive Season & Match info

Spring 2017 practice season: **March 16th - June 3rd.**

Our practices are held every **Tuesday & Thursday from 6:30pm-8:30pm.** We encourage you to attend any and all. If you're unable to attend the entire time, or just want to get a feel for it, please come out.

Stay tuned to social media for updates & changes to the schedule. In the next section you'll see exactly where we are located & how to get to us!

### Spring 2017 Game Days

- March 25th - Home
- April 1st - Away (Frederick, MD)
- April 15th - Away (Charleston, SC)
- April 29th - Away (Northern Virginia)
- May 19th - Colonial Cup (Philadelphia, PA)
- June 3rd - Away (Columbus, OH)

### Tournaments

Bingham Cup is a large international tournament that takes place every two years during the summer. We strive to send a team. The location varies and much of our activity is in preparation to attend Bingham. The next Bingham Cup is in Amsterdam in June of 2018.

We will be participating in regional, national and international tournaments as we can throughout the year. This is a great opportunity to travel and get to know other rugby players from all over.

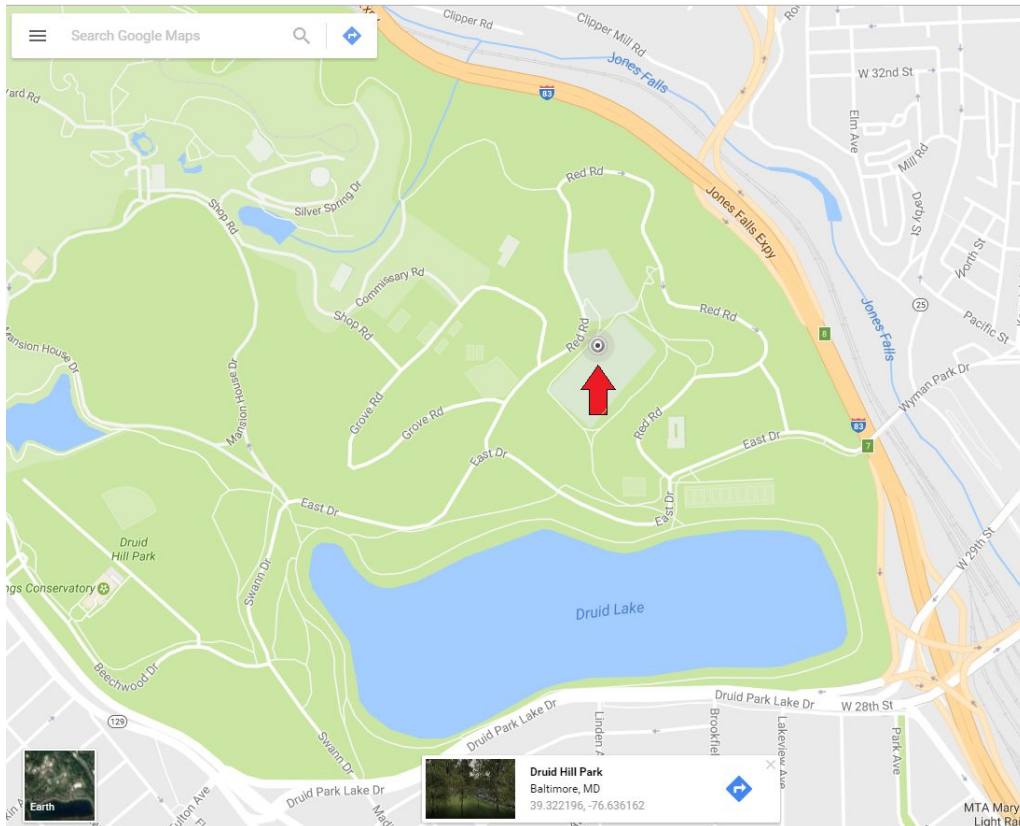
# Pitch Location

Practice Field:

Druid Hill Park Field

39.322196, -76.636162

900 Druid Park Lake Dr, Baltimore, MD 21217



Druid Hill is located West of Hampden/Charles Village and north of Mount Vernon directly off I-83, exit 7 for 28<sup>th</sup> St/Druid Hill Park

The address is listed will not get you to the field. Which is located on Red Road. Signs inside the park direct you to Field # 3.

Entering from Druid Hill Lake Drive:

- Right on Swan Dr.
- Right on East Dr.
- Left on Red Road
- Field is located in a sunken arena

## **Social Events**

The most important aspect of Rugby that doesn't occur on the pitch, is the socializing and camaraderie. We hold social events that are fundraisers, recruiting campaigns, and just hanging out. We also will get together for volunteer events to help other LGBTQ organizations in and around Baltimore.

Drink-ups occur after practices. We usually practice until 8:30 and then patronize one of our sponsor bars.

Third-Half occurs after games. The hosting team will invite the visiting team back to their bar and celebrate brotherhood, rugby, and each other.

The best way to stay informed of where we are is to follow us on Facebook and subscribe to our events. [facebook.com/baltimoreflamingos](https://www.facebook.com/baltimoreflamingos)

Our bar sponsors:

**The Baltimore Eagle**

2022 N Charles St, Baltimore, MD 21218

**Grand Central**

1001 N Charles St, Baltimore, MD 21201

## **Preparedness – What to Bring**

Rugby is great and requires only a small amount of personal equipment. Make sure the items you have are durable.

- Footwear: rugby boots or soccer cleats
- Mouth Guard – without the strap
- Athletic clothing that is season appropriate, layers are not a bad idea
- Lots of water!

We encourage you to come out and see what it is about before making a large investment in any of this gear. It's best if you come out and enjoy yourself (even in sneakers!) and start loving the game before you invest in equipment/gear.

We will be more than happy to answer any questions you have during practice.

### **Gear Needs**

We have a partnership with Steamroller Rugby Supply. Call or stop in and see Jeff and he can help get you set up with any of your equipment needs with a team discount. Additionally, you may purchase Flamingo items directly on their web store.

Steamroller Rugby Supply

Address: 1300 Enterprise Ct #104, Bel Air, MD 21014

Phone: (443) 553-7070

Website: <http://www.steamrollerrugby.com/>

### **CIPP**

A requirement to play rugby is to purchase CIPP (Club & Individual Protection Policy). This is an annual amount (\$45) paid directly to USARugby when you register on their website <https://www.usarugby.org/membership/>. This protects you and the team should any rugby related accidents occur.

We ask if you're attending practices regularly that you go ahead and complete your CIPP. It is a requirement and it's one of the earliest things you can do to prove you're committing to the team.

## **Additional Rugby Resources**

### **The Basics**

[Youtube: Rugby for Beginners](https://www.youtube.com/watch?v=ke4XcnbulT0) - <https://www.youtube.com/watch?v=ke4XcnbulT0>

<https://sites.google.com/site/bamrugby/BAM-Home/learn-about-rugby/rugby-tutorial>

<http://www.rugbyhow.com/>

### **Gear**

[www.worldrugbyshop.com](http://www.worldrugbyshop.com)

### **Professional Tournaments**

Super Rugby (Australia, New Zealand, South Africa): <http://www.superxv.com>

Premiership (England): <http://www.premiershiprugby.com/home.php>

Pro 12 (Ireland, Scotland, Italy, Wales): <http://www.rabodirectpro12.com/teams/dragons/index.php>

Top 14 (France): <http://www.planetrugby.com/rugby-union-competitions/top-14>

Six Nations (England, Ireland, Wales, Scotland, Italy, France):

<http://www.rbs6nations.com/en/home.php>

Rugby Championship (New Zealand, South Africa, Australia, Argentina):

<http://www.sanzarrugby.com/therugbychampionship/>

Rugby World Cup: <http://www.rugbyworldcup.com/>

### **News**

[www.scrum.com](http://www.scrum.com)

[www.planetrugby.com](http://www.planetrugby.com)

### **Videos**

[www.rugbydump.com](http://www.rugbydump.com)

[Youtube: Rugby for Beginners](#)

### **Governing Body (USA)**

[www.usarugby.com](http://www.usarugby.com)

### **International Gay Rugby**

<http://igrugby.org/>



## Expectations

The Flamingos are a large & diverse team. We have men of all walks of life, professions, and commitments. While we are flexible, we want to share a few expectations so you can be successful on the team:

**Communicate** about your attendance for both practices & games. If you can't make it, let us know. There is no penalties off the field. Knowing allows us to prepare for success.

**Schedule** is put out in advance for everyone's benefit. The season is outlined on our TeamApp, Calendar, Facebook page. If you can't find it, please ask. Once the schedule is out, put it on your personal calendar and try to avoid scheduling conflicts for game day Saturdays. If you have a commitment you can't miss, that's fine, just communicate that.

**Camaraderie & helping out.** We rely on many volunteers to keep this train full steam ahead. You can offer rides, help clean up after practices/games. Plan socials & make jello shots for fundraising. If you have ideas and want to make something happen, partner with a board member or bring it up. Likely your idea is a good one and we'll run with it. The helping out goes both ways, don't hesitate to ask if you need a ride or assistance with anything.

**Dues** are the financial bedrock that we depend on to ensure we are financially stable and able to be forward thinking. Please pay your dues early each season/year. **Don't forget, Dues don't include the CIPP (Club & Individual Protection Policy) which is \$45 paid directly to USA Rugby.** This provides you with insurance protection if you're injured (or injure someone else) related to your involvement in Rugby.

**Attend & promote** social events. Coming out to build camaraderie with your rugby brothers happens on and off the pitch. Coming out for social events (or scheduling them yourself!) will make you feel more connected. We also use social events to recruit & fundraise. Even if you can't attend the social event, sharing it and inviting people is very important. Sharing your team helps us grow.

**Positive attitude** is the most important attribute to bring to practices & games. We compete and we compete to win. As a new team we have a lot of growing & learning to do. On the pitch, you can compete ferociously and then share a drink with them after. It's the spirit of brotherhood & inclusivity that drives why we get out there and do it. Stay positive.

**Being involved** doesn't necessarily mean being on the pitch to play. If you love the team and want to be involved but can't play, there is definitely ways you can participate and be involved with our success. Message a board member with your ideas and we'll find the perfect opportunity with you.

## Communication & Follow Up

The Flamingos are looking forward to your participation at any level with our team. We're positive that we will love getting to know you. We hope you're interested and will not hesitate to come to practices and get to know the guys. The best way to get in touch is to contact us via Facebook, but below are all the resources you can use to interact with us:

Email: [baltimoreflamingosrfc@gmail.com](mailto:baltimoreflamingosrfc@gmail.com)

Website: <http://www.BaltimoreFlamingos.org> - get info, pay dues, buy merchandise

Facebook: <https://facebook.com/BaltimoreFlamingos>

Instagram: @baltimoreflamingos

TeamApp: <http://baltimoreflamingos.teamapp.com/> - This is a webpage/app that you can download and register with the team. It's used for public events & private interactions. Encourage you to download and check it out.