

About Stanford Rugby:

Rugby has been played at Stanford since 1906. The team has always been made up of a blend of players new to the game and those with prior experience to coming to Stanford, and the team welcomes both. Rugby is a game that utilizes the strengths of all body shapes and sizes, and is a game that is both challenging and rewarding, developing life long friendships, leadership skills, and strong personal character attributes. The game itself is fast paced and exciting where all players are given the opportunity to pass, catch, kick, tackle, run and more.

While rugby at Stanford is now a Club Sport (it was formerly a Varsity sport), the team trains and competes with a training structure and mindset more similar to most Varsity sports. The team trains and competes as a competitive athletic endeavor and aspires to be one of the best in the country, competing against other Club and Varsity teams. Throughout the season the team will train on the field, work out in the gym, watch film in the classroom. The Fall Quarter is used primarily as a preseason, with 2-3 practices per week in the late afternoon (typically 4-6 pm), as well as group gym sessions during flexible hours in the day.

We traditionally play a few pre-season games in the fall, which allows new players the opportunity to learn the game or experience playing at the collegiate level. The main season for the Rugby Program is during the Winter Quarter and the first part of the Spring Quarter. During this portion of the year, the team traditionally practices 3 times per week in the late afternoon and plays a game on the weekends. In general, rugby trainings fall outside of traditional class times and will not interfere with students' class attendance. The team competes in a local conference, and then regionally and nationally for playoffs. It is also common for the team to go on an international tour every 2-3 years.

While our commitment to the team is more than traditional club sports, it is not nearly as time consuming to most Varsity sports. We find it critical that the sport is not overly consuming to our student athlete experience, and our players have enough time to strike a good balance between studies, social life, all other endeavors, and sport. We also enjoy many social events as a team including team dinners and barbecues, social events on campus, and other off field activities, making the team a place where many friendships are cultivated.

The Stanford Rugby Program has a professional staff with National Team experience. We also enjoy using one of the finest rugby specific built facilities, Steuber Rugby Stadium (<http://www.gostanford.com/facilities/stan-steuber.html#top>), financed by our rugby alumni through the Stanford Rugby Foundation. The Stanford Rugby Foundation supports the team financially, and this financial support allows the team to operate more like an inter-collegiate Varsity team, through the Rugby Endowment Fund and the Rugby Improvement Fund. With over 100 years of history and tradition, the Stanford Rugby Program has won National Championships, and produced scores of All-Americans, multiple National Team Players, and Olympic Gold Medal Winners. We look forward to having you join the tradition and excellence that Stanford Rugby represents!

Practice for New Players in the 2011/12 Season starts with a barbecue at Steuber Field at 6pm on Friday October 7th. The first training session will be on Monday, October 10th at 4pm at Steuber Field (bring cleats, a mouth piece and wear dark athletic gear). Fall practices will be on Monday and Wednesday from 4-5:30 pm.

For more information, please contact Director of Rugby Matt Sherman at shermanm@stanford.edu or 415.828.8073, or visit our website at www.stanfordrugby.org