



# **Panthers Handbook**

## **2015-2016**

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# Why the Panthers Exist

USA Rugby South wants to provide the highest level of rugby development and success through competitions for its players, coaches and supporters within the southeast United States.

In this endeavor, USA Rugby South is proud to provide a World Rugby sanctioned international competition for all.

## Panthers Objectives

- To provide an atmosphere of safety and enjoyment for all
- To ensure all players are treated fairly and equally
- To develop player skills, abilities and confidence to enable each player the capacity to reach their full potential
- To develop and improve management and coaching expertise
- To have clear and open communication with the players, management and staff
- To provide an environment which is conducive to enjoyable and successful Rugby
- To provide regular feedback to all players regarding their progress and development



DoctorHawkPhoto 2015

# Panther Pride -

## Code of Conduct

All players, coaches, staff and supporters are considered to be ambassadors of the sport of rugby. They are viewed by members of the general public and media as examples of the sport and those who play it. As such, all are expected to behave with dignity both on and off the playing field.

Rude, profane, threatening or anti-social behavior of any sort which would reflect negatively on the image of the player, their club, USA Rugby South, USA Rugby or the sport of rugby in general is unacceptable.

## Code of Conduct - Player

Players are encouraged to:

- Recognize and appreciate the efforts made by coaches, match officials and administrators in providing the opportunity for you to play and enjoy the game of rugby. Most are volunteers.
- Understand the values of loyalty and commitment to the Panthers.
- Recognize that every player has a right to expect their involvement in rugby to be safe and free from all types of harassment or abuse.
- Listen and act on any instructions given to you by managers or coaches responsible for any activity you may be involved.
- Recognize that feedback to coaches and management is just as important as their feedback to you. Everyone benefits from honest dialog.
- Be responsible and safety conscious at all times.
- Safeguard your health; don't use any illegal or unhealthy substances.
- Recognize superior fitness as a primary asset to your rugby success.
- Respect other people and their possessions.
- Respect the opposition, its facilities and its traditions.

When Playing:

- Participate for your own enjoyment and benefit.
- Remember that skill development, fun and enjoyment are the most important parts of the game.
- Work equally hard for yourself and your team – both will then benefit.
- Recognize good play by ALL players on your team and by your opponents.
- Honor both the spirit and letter of the competition rules and live up to the highest ideals of ethics and sportsmanship.
- Play to the Laws of the Game and accept, without question, all the referee's decisions.
- Control your emotions. Verbal or physical abuse of teammates, opponents, match officials or spectators IS NOT ACCEPTABLE. Treat all as you would like to be treated.

## **Code of Conduct - Coach**

- Seek to maximize the participation and enjoyment of all players regardless of ability; treat all players as equals, regardless of their talent.
- Actively discourage foul play and/or unsportsmanlike behavior by players.
- Show concern and caution towards all sick and injured players.
- Follow the advice of a physician and/or sports trainer to the letter when determining when an injured player is ready to recommence training or playing.
- Teach players that an honest effort and competing to the best of their ability is as important as victory.
- Maintain appropriate, professional relationships with players at all times.
- Maintain a thorough knowledge of the Laws of the Game and keep abreast of current coaching methods; maintain or improve your current accreditation level.
- Always consider the health, safety and welfare of the players.
- As coach, conduct yourself at all times in a manner, and in all situations, that shows leadership, respect for the game of Rugby and respect for all those that are involved in the game.

## **Dress Code**

### **Travel Attire**

Polo shirt (Canterbury USA Rugby South Panthers Polo preferred)  
Casual slacks or shorts – Jeans are permitted if clean and neat  
Trainers - NO FLIP FLOPS  
Torn, dirty or wrinkled clothes are NOT acceptable.

### **Training Attire**

All players will wear Canterbury USA Rugby South Panther training tops

### **Post Match/Official Function Attire (#1's)**

Khaki dress pants  
Canterbury USA Rugby South Panthers Polo  
Dress shoes and Belt  
*Khaki is a shade of brown (Grey & black pants do not meet the code)*  
*Shoes and belt should match – your choice black or brown.*

### **Management**

Dress Shirt, Tie and Blazer are always acceptable and may be required in some situations

### **Team Meal Attire**

USA Rugby South Panther Shirt (T, Training or Polo).  
Casual Pants or shorts - Jeans are acceptable if clean and neat.  
Trainers - NO FLIP FLOPS  
Torn, dirty or wrinkled clothes are NOT acceptable.

# Finances

All costs associated with the Panther program(s) are paid by the participants – players, coaches and support staff. We do our best to minimize cost but there are requirements that are imposed on us that we must adhere and some of these costs may be to the benefit of an opponent and not directly to us.

Should you not be able to commit to the cost of the program, you are still encouraged to participate but you must be up front with management about your particular circumstances.

Once selected into a team for a particular venue you will be told the total cost to participate at that venue and expected to pay immediately. Everyone shares equally in the total cost associated with a venue.

Some venues are more costly than others. If we host a NACRA game for instance, we are required to provide transport in this country for our opponent. We receive the same when we are hosted.

Some but not all items of expense that everyone needs to be aware of are:

- Field/Equipment Expense
- Referee Expense
- Medical Support – Trainers, Doctors
- Medical/Travel Insurance
- Team Meals
- Motel/Hotel Accommodation
- After match social
- Transportation Expense

As example, our game against the Capital Union could cost each participant about \$190 plus their transportation to and from the venue.

If selected to the Bahamas game, the cost may even be less depending on the exact amount of subsidy from NACRA.



# Selection Policy

Selection into the Panthers program is available to all men at least 18 years of age who reside in what was previously the USA Rugby South territory. Additionally, anyone previously associated with the Panther program will always be welcome. **Once a Panther, always a Panther!**

The coaching staff is entrusted and empowered to select teams having the best chance of success. A defined group of players will also provide input into the selection process.

Some areas of consideration in no particular order for selectors are:

- Player skill set for a particular game
- Overall player fitness
- Overall player commitment to the entire Panther schedule

Upon selection to a particular venue, everyone will be told the cost to attend that venue and payment is required immediately. Anyone that does not meet the deadline for payment will be dropped from selection and the selectors instructed to replace that person immediately.

**All players must be current with respect to any monies owed to USA Rugby South. If a player is not current they will not be eligible for selection.**

