

Welcome to the Lady Cavaliers!

Proudly part of the Pleasanton Cavaliers Rugby Club.



At the Lady Cavs we strive to create a safe environment for young ladies of all backgrounds, beliefs and experiences, to come together and enjoy rugby, as a valued member of our sporting family. We're so glad you decided to join our team and we hope you'll love it as much as we all do.

Lady Cavaliers Team Culture:

We are welcoming, we are a family. We encourage each other and the wider rugby community to grow, both in the game and as individuals. We treat everyone with respect and courtesy at all times.

Following are some of the most important expectations we hold for ourselves and any member of the Lady Cavaliers team. These items are complementary to the main Cavaliers Rugby Club code of conduct.

1. While we all like to win, we play rugby to enjoy our sport and to bring out the best in ourselves and our teammates. We are committed to our team and we always try to do the best we can. We strive to learn and improve at any opportunity and take feedback from those around us with the good natured intent in which it was delivered.
(initial _____)
2. We value good sportsmanship; we respect other teams and the officials. We recognize that we can't play without opponents, and the more opponents we have, the better we play. We don't dwell on bad plays and recognize that mistakes are an opportunity to learn and improve.
(initial _____)
3. We respect our coaches, teammates, parents, captains, referees, each other and ourselves. This means being polite, considerate (in words, tones and actions), prepared, focused, supportive and appreciative at all times.
(initial _____)

4. At the forefront of everything we do is safety; our own personal safety, that of our teammates, our opposition, support staff and the general public. While we push ourselves to be competitive, our main focus remains to have fun, safely.
(initial _____)
5. Referees control and run our game. We recognize that we can't play the game without a referee and we play to their whistle and interpretation of the laws of the game. We respect that their interpretation may differ from ours. Only the designated on field captain is permitted to communicate directly with the referee.
(initial _____)
6. Playing time is earned, not expected, and is decided by the coaching staff. In general, to earn playing time, players must show up to practices (or communicate the reason for their absence to a coach or captain in a timely manner). One must demonstrate effort shown in practice, consistently train fitness and skills out of practice, and have a good overall attitude towards the game, teammates, and coaches. Starting positions are not permanent, and by excelling at the points listed above, anyone can earn these spots.
(initial _____)
7. We are inclusive to anyone who wishes to participate as a member of our team family and will encourage and support them as needed. We strive to ensure everyone identifies as a valued part of our team and value every team members' contributions regardless of age, experience, background or team tenure.
(initial _____)
8. We understand that social media is a reflection of ourselves, our team, our club and our sponsors, not only now but potentially in perpetuity. It is a reflection of us that is made available to the rest of the rugby community, our families, and the wider community in general. We will keep this in mind when posting any Cavs related content, and if in doubt as to the suitability of any content, will seek guidance from our coaches and our team social media manager before posting.
(initial _____)
9. We acknowledge that our team is made up of people with a diverse range of beliefs and backgrounds. From time-to-time, conflict is inevitable. Where conflict or issues should arise, we will maintain a respectful attitude towards our teammates and coaching staff as we collaborate towards a resolution.
(initial _____)
10. We thank coaches after practices and understand that they are volunteers giving their time and effort for our development as people and players.
(initial _____)
11. Players and families help set up, clean up and anything in between for home games. We all contribute to the hospitality by bringing food, drinks, supplies or by setting or cleaning up.
(initial _____)
12. Team resources (playing jerseys, training equipment, etc) belong to the team and should be returned in good condition.
(initial _____)

Traveling Agreements:

1. We will treat the facilities we are staying in with utmost respect. We will help out team parents by doing things such as cleaning up after ourselves, cooking, waking each other up, or aiding in any way the coaches/team parents deem necessary.
(initial _____)
2. When traveling with the Lady Cavs, there will be no weapons, drugs, vapes or cigarettes, or alcohol.
(initial _____)
3. We will stay with our team and travel in groups. Before leaving an agreed upon area, we will notify a captain or coach.
(initial _____)
4. During free periods we will spend most of our time together in one large group and will stay off of our phones whenever possible.
(initial _____)

Players who are not able to follow the terms outlined above, understand and accept the consequence the coach deems necessary; which may include separation from the team.

By signing below, I agree to uphold the Player Expectations and Travel Agreements.

Print Player Name

Player Signature

Date

Print Parent Name

Parent Signature

Date