



Photo Credit: Brian Beard of CIPhotography.com for Bowdoin College Women's Rugby

MINI-COLLEGE PLAYBOOK

A Beginner's Guide to College Admissions & Rugby Recruiting

By Karen Fong Donoghue

3rd Edition 2018



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NOTE: Mini-College Playbook provides links to other websites for informational purposes only. The Rugger's Edge is not responsible for the content in other sites, and links from this guidebook to websites are not intended to imply endorsement of them by The Rugger's Edge. All information is current as of January 2018 publication.



ABOUT THE RUGGER'S EDGE

The Rugger's Edge provides college rugby advising to individual students applying to post-secondary institutions. The goal is to make the college rugby search and recruitment process as enjoyable and stress-free as possible while increasing the likelihood that the student will attend a school where they will thrive. **The Rugger's Edge believes that rugby players are "Students First, Athletes Second."**

Benefits of working with The Rugger's Edge:



Personalized services from a Rugger's Edge Advisor who will address the unique needs of the student-athlete.



Increased awareness of available choices that may provide a good match for the student while optimizing admission and scholarship.



Reduced anxiety for everyone involved, resulting from good planning, preparation, and organization.



Access to our intimate knowledge about the college rugby landscape and admission process that will increase your ability to make informed decisions.





ABOUT KAREN FONG DONOGHUE OWNER & FOUNDER

- University of California, Davis, B.A.
- Chapman University, M.A. Counseling & School Counseling Credential
- Professional College Admissions Consultant since 2009
- Member, National Association for College Admission Counseling
- USA Rugby High School All American Program Academic Advisor since 2011
- USA Rugby National "B" Panel Referee since 2014
- World Rugby Referee Educator since 2016
- Former USA Rugby All-American Rugby Player
- Former USA Rugby Under 23 National Team Player



Karen's experience includes time as a high school guidance counselor and over seven years as a professional college admissions consultant. For two of those years, she was trained by the guru of college counseling, Don Dunbar of Dunbar Educational Consultants.

Karen graduated from the University of California, Davis with a bachelor's degree in communications and received her master's degree from Chapman University in counseling with a credential in high school guidance. She has been a guest lecturer for both Azusa Pacific University and Point Loma Nazarene University's Masters in School Counseling programs, and has served on the board of the San Diego chapter of the California Association of School Counselors. Karen makes continuing education a priority and attends college advising conferences regularly.

Karen has been active in the rugby community for almost 20 years and knows firsthand what it takes to be successful at the highest levels of the game. Her rugby accolades include competing at the collegiate Division I level, being selected as a Collegiate All-American and National U-23 player, and currently serving as a top national referee and World Rugby Educator. Over the years, she has built strong relationships with the vast majority of college rugby coaches in the nation and has a passion for connecting these coaches with high school players.

To satisfy the growing need of high school families planning for college with rugby in mind, Karen used her unique blend of expertise in academic planning and knowledge of the U.S. college rugby landscape to create The Rugger's Edge. To date, over 80% of Rugger's Edge students gain admission and scholarship (if desired) to one of their top three college choices.

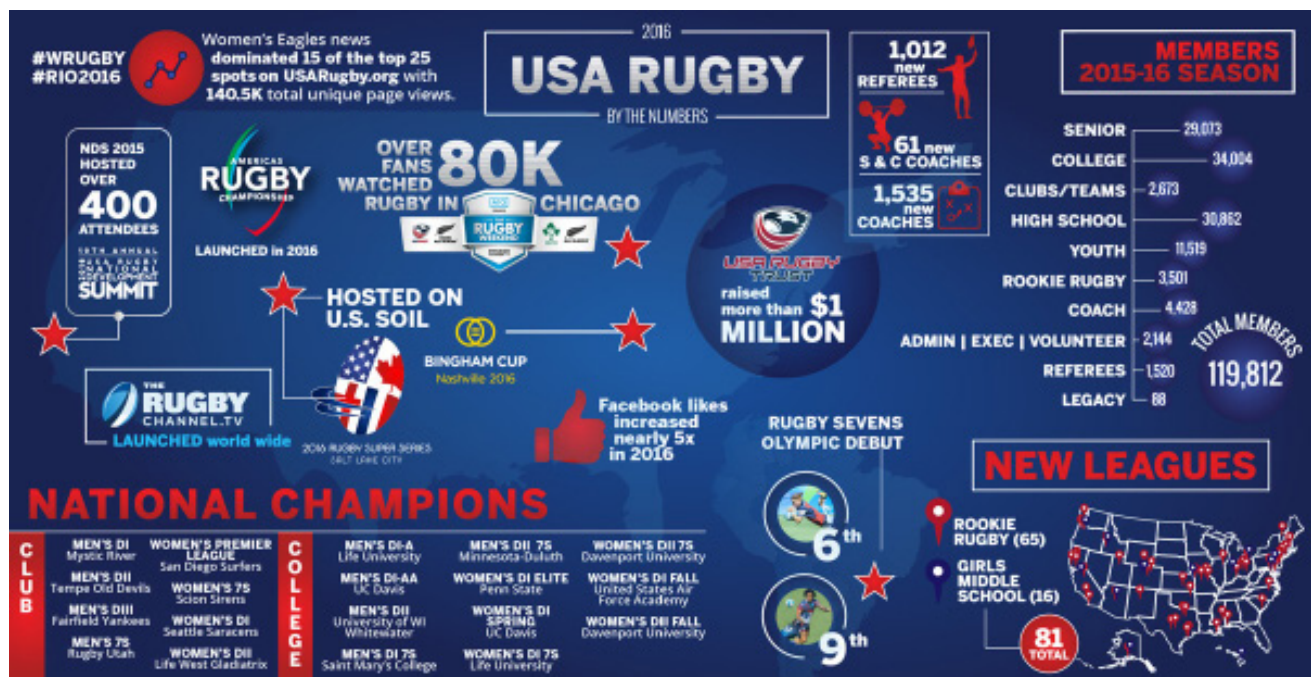


ABOUT USA RUGBY

Founded in 1975, USA Rugby is the national governing body for the sport of rugby in America, and a Full Sport Member of the United States Olympic Committee (USOC) and World Rugby (WR).

Currently headquartered in Lafayette, Colorado, USA Rugby is charged with developing the game on all levels and has over 115,000 active members. USA Rugby oversees four national teams, multiple collegiate and high school All-American sides, and an emerging Olympic development pathway for elite athletes.

In 2009, Rugby returned to the Olympic movement. In 2011, USA Rugby became a full sport member of the United States Olympic Committee and is now recognized by the USOC as the governing body for Rugby in the USA. Rugby Sevens was played in 2016 Olympic Games (the Men placed 9th and Women placed 5th) and returns in Tokyo, Japan in 2020.





WHY GO TO COLLEGE?

Whether you are uncertain about going to college or you just need some reassurance you're on the right track, here are a few reasons to go to college*:

- **Every bit of education you get after high school increases the chances you'll earn good pay.** Most college graduates earn more money during their working years than people who stop their education at high school earn.
- **The more education you get the more likely it is you will always have a job.** According to one estimate, by the year 2028 there will be 19 million more jobs for educated workers than there are qualified people to fill them.
- **Continuing education after high school is much more important for your generation than it was for your parents' generation.** Today most good jobs require more than a high school diploma. Businesses want to hire people who know how to think and solve problems.
- Education beyond high school gives you a lot of other benefits, including **meeting new people, taking part in new opportunities to explore your interests, and experiencing success.**

**Adapted from www.act.org.*

High school rugby players are attractive candidates for colleges. Many schools look for good athletes who will perform well in the classroom and add to the campus community through participation in sports:

1. High school rugby players learn to fit practice, school, social obligations and even part-time work into their schedules.
2. Teamwork = team work. Rugby players are used to doing their best for the group. Getting along with roommates, taking part in group study sessions, and working with lab partners are natural for them.
3. Commitment. Continued participation in high school rugby indicates a student's willingness to persist in a demanding regimen. A student's commitment to something outside himself/herself shows maturity. College look for students who performed well and stuck with a sport, who will play their hearts out and stay on a team, as this is an indicator for retention in college.
4. Good sports make good schools. High school rugby players will most likely compete well on the college level and create winning teams. Winning sports programs build pride and tradition in an institution, and that benefits all students.



5. Diverse university. On the playing field, students from various backgrounds meet as equals and become friends. Players do not have to like each other, but they do need to accept each other and spend a lot of time together, which cuts away initial cultural barriers and preconceptions and often leads to friendship.
6. Homesick cure. Most first-year students miss family, friends and home comforts. But participating in rugby gives students an automatic set of friends and structure to a new lifestyle away from home.
7. Stress less. Academic and social tensions can run high at college. Physical activity is a great release and having a built in support system can be extremely helpful to get through hard times.



Photo Credit: Harvard University Women's Rugby



AM I ON TRACK FOR COLLEGE?

Once you have decided that college is a goal, the next step is proper planning. You will need to make sure you are taking the correct classes that meet eligibility requirements for admission. Each college or university will have their own specific pre-requisites, but the NCAA requirements are a good starting point. Check with your school guidance counselor to make sure you are on track.

General NCAA Academic Eligibility

- Graduate from high school.
- Complete these 16 core courses:
 - Four years of English
 - Three years of math (Algebra I or higher)
 - Two years of Natural or Physical Science (including one year of lab science if offered by your high school)
 - One additional year of English, Math, or Natural or Physical Science
 - Two years of Social Science; and
 - Four years of extra core courses (from any category above, or foreign language, comparative religion or philosophy).
- Earn a 2.0 grade-point average or better in your core courses. And,
- Earn an SAT combined score or ACT sum score matching your core-course GPA on the Division I sliding scale, which balances your test score and core-course GPA. If you have a low test score, you need a higher core-course GPA to be eligible. If you have a low core-course GPA, you need a higher test score to be eligible. <http://www.ncaa.org/student-athletes/future/test-scores>
- **What classes count for my core courses?** <https://www.youtube.com/embed/km4dy4zmUfs>

REMINDER: Meeting a college's academic requirement does not guarantee your admission into that college. You must apply for college admission, and meet all college deadlines and dates for the required paperwork.



WHAT'S MY GRADE POINT AVERAGE (GPA)?

Your path to college begins with good grades and it is vital you keep your grades up. Getting good grades demonstrates your interest in learning and your daily work ethic. This is typically the first critical factor a college admissions team will review when considering your application so give yourself the very best chance at admission and study hard every day!

What is a Core Course?

A core course must:

- Be an academic course in one or a combination of these areas:
- English, mathematics, natural/physical science, social science, foreign language, comparative religion or philosophy.
- Be four-year college preparatory; and
- Be taught at or above your high school's regular academic level (no remedial courses).

Note:

- Not all classes you take to meet high school graduation requirements may be used as core courses.
- Courses completed through credit-by-exam may not be accepted.

Repeating Core-Courses

Students may repeat a college-preparatory core course they previously failed or in which the student attained a less than satisfactory grade. The repeated course, if not the same course, is comparable to the regular course in length and content. Please confirm with your high school academic counselor (or other trusted academic advisor) to determine appropriate courses to ensure credit is received.





COLLEGE PLANNING RESOURCES

If you are unsure of your core course Grade Point Average, please use one of the following easy calculators:

<http://gpacalculator.net/high-school-gpa-calculator/>

How to Calculate GPA:

<https://www.youtube.com/embed/VhLMTaExzOs>



Photo Credit: Legacy Rugby Academy College Prep Expo

HOW IMPORTANT ARE STANDARDIZED TESTS?

There are many pieces of the college application that the admissions department will use to decide whether or not to admit you to their school. One of the most influential parts will be your standardized test scores; either the SAT or the ACT. Make sure you study and prepare adequately for this test.

Many schools will “Super Score,” meaning they take the highest scores in each section from different test dates to create the highest composite score. Therefore, it is in your best interest to take a test more than once to increase your chances of a higher score.

*****Note: Many four-year institutions have additional testing requirements. Please refer to the college catalog for accurate and complete information.***

COLLEGE PLANNING RESOURCES:

<http://www.act.org>

Which Admissions Tests Do I Need?

<https://bigfuture.collegeboard.org/get-in/testing/which-college-admission-tests-do-i-need-to-take>

How Do Standardized Test Scores Affect Your College Application?

<https://www.petersons.com/articles/college-admissions/test-scores-college-acceptance>

8 Things I Wish I Knew Before College Applications

https://www.huffingtonpost.com/entry/8-things-i-wish-i-knew-a-year-ago-about-college-applications_us_56e32cd0e4b065e2e3d5f2d9

FREE TEST PREP RESOURCES:

<https://collegereadiness.collegeboard.org/sat/practice>

<https://www.number2.com/>

<https://www.khanacademy.org/sat>





ACADEMICS MATTER!

College coaches who have a relationship with the admissions department and can offer “admission support” will often choose a player that is the better student first. Coaches do not look for students who possess athletics ability only.

The higher level academic universities require higher levels of academic success for admission. Start working early at being a good student.

You can potentially double the number of colleges you can attend and participate in rugby at by having at least a cumulative 3.5+ GPA.

More complete and specific answers to academic questions can be found either with your high school counselor or advisor.

Freshmen and Sophomores

- Start planning now!
- Meet with your counselor early in your freshman year to discuss your high school and college goals.
- Work hard to get the best grades possible. Stay focused on your schoolwork.
- Take challenging classes that will prepare you for college.
- Investigate college requirements.
- Take classes that match your high school's list of college-approved coursework.
- Take interest and skills assessments to help you think about possible career options.
- Participate in meaningful extracurricular activities.
- If you fall behind, do not take short cuts. Classes you take should be four-year college preparatory.
- If you receive a less than satisfactory grade in a college-required course, there is time to repeat and improve your overall grade point average.

Juniors

- Register (early) to take the ACT, SAT or both.
- Take SAT Subject Tests if required by the colleges you are interested in attending.
- Continue to take college preparatory courses.
- Take a rigorous course load. This is your most important academic year!



- Get to know your teachers and high school counselors. They will likely write college recommendation letters for you.
- Meet with your counselor or other guides and advocates to discuss your progress and future plans.
- Attend college and financial aid events.
- Take on leadership roles in your extracurricular activities.
- Consider possible career options and investigate the type of education that is needed.
- Request materials from schools that interest you and visit their websites.
- Request admissions and financial aid forms.
- Research private scholarship options.
- Arrange campus visits to those schools that interest you.
- Before registering for classes for your senior year, check with your high school counselor (or with a professional academic advisor) to confirm the number of core courses that you need to complete your senior year.

Seniors

- Take the ACT and/or SAT again, if necessary. The majority of colleges will use the best scores from each section of the ACT or SAT to determine your best cumulative score.
- Continue to take college-preparatory courses.
- Continue to work hard to get the best grades possible.
- Graduate on time (in eight academic semesters).



Photo Credit: Lindenwood University Men's Rugby



SHOW ME THE MONEY!

As you and your family continue to search for your “Best Fit” college, no doubt the cost of each institution weighs heavily into that decision. With the cost of college continuing to grow every year and the amount of financial aid diminishing, you must be responsible and be a key part of the conversation in figuring out how much you and your family can afford.

Every college is required to have a “Net Price Calculator” on their website so families can get a “Estimated Total Cost of Attendance” as a starting point. Use this tool to your advantage.

Once you have a rough estimate of how much a university will cost, consider how you plan to contribute to your higher education and don't forget to take into account things such as those “personal expenses” such as your cell phone or internet bill, rugby team dues, or going out for meals. How do you plan to cover these costs? Do you plan to have a job or partake in a Work-Study program? Do you plan to apply for many scholarships?

Start by being realistic about you and your family's income and budget (over four years, not just one!) as well as considering your expected earnings after you graduate. Do not take on loans that you will not be able to pay back!

Bottom line: don't dismiss a college simply because of its sticker price. Do the calculations and see what is best for your family's financial needs.

Financial Aid starts with the Free Application for Federal Student Aid (FAFSA).

FACT: Some schools won't consider you for any of their scholarships (including academic scholarships!) until you've submitted a FAFSA. With this one application you can apply for financial aid at multiple colleges and from multiple funding sources (federal, state, institutional, and private providers of assistance).



FAFSA Tutorials: Completing the FAFSA is the first step toward getting federal aid for college, career school, or graduate school:

What is the FAFSA & how does it work?

<https://www.youtube.com/watch?v=ej3rROy-UMY>

Financia Aid Toolkit

<https://financialaidtoolkit.ed.gov/tk/>

How to Fill Out the FAFSA

<https://studentaid.ed.gov/sa/fafsa/filling-out>

Top 5 Common FAFSA Mistakes

<https://www.fastweb.com/financial-aid/articles/top-five-common-fafsa-mistakes>

After the FAFSA, What Happens Next?

<https://www.youtube.com/watch?v=1c1gNefSw78>

WHEN TO COMPLETE YOUR FAFSA:

The FAFSA opens Oct 1 of each year. Fill out the FAFSA once for each academic year that you will attend school. The earlier you do it, the better! Many scholarships have January deadlines so the sooner you begin the search, the better your opportunities. Ideally students should begin searching for scholarships during the middle of their junior year. **The financial aid application process is separate from the admissions application process!**

WHO AWARDS FINANCIAL AID PACKAGES:

The U.S. Government.

The FAFSA is the application form for these programs.

Your State.

Almost every state has at least one grant or scholarship available to residents, and many have a long list of student aid programs. Eligibility is usually restricted to state residents attending a college in-state, but that is not always the case. There are annual deadlines for most programs (if you miss a deadline, be sure to try again next year). Click here for a map of the United States with links to State Financial Aid Programs.





https://www.nasfaa.org/State_Financial_Aid_Programs

Your College, University, or Vocational School.

Your college or university financial aid office will use the information from your FAFSA to determine your eligibility for federal and state programs. Most schools have their own financial aid programs and will use your FAFSA results. Contact the college financial office to learn what kind of aid they may offer, whether you need to fill out any forms besides the FAFSA, and what the deadlines are.

Private Sources.

Some independent scholarship programs accept the FAFSA, but most require their own forms. Many of these scholarships are not based on financial need. This is the kind of financial aid you usually need to track down on your own. A scholarship search engine can help you find and submit applications to scholarship programs.

THREE MAIN TYPES OF FINANCIAL AID:

Grants and Scholarships.

Grants do not need to be repaid and you do not need to work to earn them. Grant aid comes from federal and state governments and from individual colleges. Scholarships are usually awarded based on merit.

Work.

Student employment and work-study aid helps students pay for education costs, supplies and personal expenses. Work-study is a federal program that provides students with part-time employment to help them meet their financial needs and give them work experience.

Loans.

Most financial aid comes in the form of loans to student or parents, aid which must be repaid. Most loans that are awarded based on financial need are low-interest loans sponsored by the federal government so no interest accrues until you begin repayment after graduation.



College Planning Resources:

National Association of Student Financial Aid Administrators

<https://www.nasfaa.org/>

Federal Pell Grant

<https://studentaid.ed.gov/sa/types/grants-scholarships/pell>

College Net Price Calculator

<https://professionals.collegeboard.org/higher-ed/financial-aid/netprice>

Funding Your Education (PDF)

<https://studentaid.ed.gov/sa/sites/default/files/funding-your-education.pdf>

Do You Need Money? (PDF)

<https://studentaid.ed.gov/sa/sites/default/files/2017-18-do-you-need-money.pdf>

Fastweb: Scholarships, Financial Aid, Student Loans and Colleges

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



Photo Credit: Central Washington University Men's Rugby



COMPLETING THE COLLEGE ADMISSIONS APPLICATION

Each school will have their own method for accepting applications. Some use their own individual application (most public state university systems have their system), while others use the Common Application ([CommonApp.org](https://www.commonapp.org)).

To find out what your colleges use, go to their website and click on "Admissions" to find out more info. Deadlines may change every year so make sure you check for these specific dates.

Completing a college application goes beyond simply filling in boxes in forms:

1. Narrow your list of colleges to around five to ten that appeal the most to you, which are a good fit for academic, rugby and social opportunities, and are in a location/setting that you will want to spend the next four years of your life. Applying to a few schools that really interest you is better than applying to as many as you can.
2. Check your spelling and grammar carefully, and have someone look it over for you to be certain you have not included any simple mistakes. Keep it real. Do not exaggerate accomplishments or claim things that are not true.
3. One of the most important parts of the college application is the personal essay. Be sure to focus on a single theme when writing, and reveal facets of yourself, your life, and your personality that make you unique. If you can, note some of the important goals you hope to achieve if admitted. It is a good idea to write a rough draft first and get your ideas down clearly on paper so you can edit and submit a great essay. Emphasize your uniqueness.
4. If your school asks for letters of recommendation from teachers, advisors or coaches, be sure to give these mentors enough time to write a thorough letter and have all the necessary information ready for them in advance.
5. Be sure that every required part of the college application is included. There is often a minor fee associated with a college application. If you cannot afford the application fee, speak with an admissions representative to see if you qualify for a Fee Waiver. If you are applying to a design school or performing arts program, they may request a portfolio of your work.



6. Make note of application deadlines, and if early admission is offered, it can be a great idea to take advantage of that opportunity. Take the time to do your best on your applications.
7. Keep it clean online. Do not have anything on your social media pages (Facebook, Twitter) that you would not want a college admissions officer to see.

COLLEGE APPLICATION RESOURCES:

<https://bigfuture.collegeboard.org/get-in/applying>

http://www.collegedata.com/cs/main/main_getin_tmpl.jhtml

<http://www.collegeview.com/application/index.jsp>

[Inside Admissions https://thechoice.blogs.nytimes.com/2013/03/25/a-look-inside-the-admission-conclave/?_r=0](https://thechoice.blogs.nytimes.com/2013/03/25/a-look-inside-the-admission-conclave/?_r=0)

[7 College Admissions Myths http://college.usatoday.com/2015/11/07/college-admission-myths/](http://college.usatoday.com/2015/11/07/college-admission-myths/)

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



Photo Credit: Brown University Women's Rugby



WHEN TO CONTACT THE COLLEGE RUGBY COACH

Some athletes and parents have the notion that coaches will come to you. Unfortunately, that isn't how athletic recruiting works in the rugby world.

Today's recruiting game is all about being proactive. Student-athletes, especially seniors, should not sit around and wait for coaches to call or come to them. College rugby coaches do not have the budget to travel and scout players the way they do in traditional sports like football or basketball. Coaches cannot help you in this process if they don't know you, so once you have your ideal college list, it is on your shoulders to begin the hard work of reaching out and getting in touch.



University of Arizona Rugby Head Coach Sean Duffy and Karen Fong Donoghue

- **Be proactive in the process and start early.** Coaches like the persistence because it shows the prospective college rugby player is serious about playing at the next level. We highly recommend contacting coaches **no later than your junior year**. If you are planning a visit to a campus, email the coach ahead of time and request a meeting.
- **Be studious.** The better your grades and standardized test scores, the more options you will have. If you have both academic and athletic ability, your chances of getting into the college of your choice are enhanced, as are your chances of enjoying the experience, too.
- **Do your research.** The best way to find out whether a school is right for you is to take a campus visit, tour the facilities, and watch a game. Research the college's academic program you are interested in so you can tell the coach exactly why you want to attend that college.

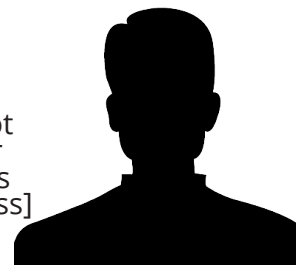
SPECIAL NOTE: Even if a coach is unable to offer any official support for your application, more and more colleges will take note if you have made contact with an athletic team on campus. These days, with the huge increase in the number of colleges students apply to, it is becoming extremely difficult for colleges to tell which students would actually enroll if admitted (known as the college's "yield" rate). In an effort to increase their yield, many colleges now look for signs of "demonstrated interest" or, in other words, evidence that if admitted, you will enroll there. Lots of applications now ask if you have ever had contact with someone on the campus or ask for an essay explaining how you plan to add to their community. Being able to name a college coach you have been speaking to will help you stand out over other applicants who don't show any extra initiative to get to know the school better.

SAMPLE RUGBY RECRUIT RESUME

Matthew Smith

123 Any Street Rd. Anytown, CA 12345
Home (333) 123-1234 Cell (333) 123-1234
matt@anyemail.net

[Insert headshot
picture here or
center student's
name and address]



Parents' Names, Phone, Email: Cory & Sue Smith, 888-888-8888, thesmiths@anyemail.com

Birth date: 01/01/2000

Height: 6'0" Weight: 215lbs

Primary Position, Alternate Position(s): Hooker, Loosehead Prop

Statistics (Optional, Delete if None Available): 4.8 40m, 11.5 100m, 11.5 Beep Test, 200lb Max Bench, 300lb Max Squat

Education:

Anywhere High School, 123 Any Rd., Anytown, CA 12345, 858-555-5555

Current Grade: 11th, Class of 2018

School Counselor: Ms. Jane Park, 858-555-5555 x555, jdoe@anywherehigh.com

GPA:

SAT Total Score: Date (CR M)

ACT Total Score: Date

Planned Tests:

Academic Honors:

Junior Year: *Science Olympiad Finalist*

Rugby Coach:

- Joe Martin, Anytown High School Coach, 888-888-8888, joe@anyemail.com (2 years)
- Matt Johnson, Anytown Rugby Club, 999-999-9999, Matt@anyemail.com (5 years)

Rugby Accomplishments:

- Selected to Regional All-Star Team 2015, 2016
- Co-Captain of the Forwards U-18's Any Rugby Club Team (2016-present)
- Champions of Anywhere Town Region, Any Rugby Club Team, undefeated season (2015)
- Captain of the Forwards for U-16's Any Rugby Club Team (2014-2016)

Other Athletic Accomplishments

- Any High School Football Team, Starting Fullback & Linebacker (Frosh, Junior Varsity, and Varsity)
- MVP for Any High School Junior Varsity Football Team (2016)

Upcoming Schedule/Video Links & Press Links: (Optional - If none, Delete This Line)

Leadership/Community Service/Work Experience:

- Eagle Scout 2018 (Expected)
- Treasurer, Key Club, Anywhere High School (2016-Present)
- Host, Any Restaurant, Anytown, USA (Sept 2017-Present)

Potential Collegiate Majors:

Engineering, Biology



Download a editable version here
<http://bit.ly/2ih4Fx1>



ADDITIONAL COLLEGE INFORMATION

There are many online resources to help families with the college search and planning process.

Below are just a few sites which should prove helpful:

<https://bigfuture.collegeboard.org/college-search>

<https://nces.ed.gov/collegenavigator/>

<https://www.alumnifactor.com/>

<http://www.campustours.com>

<http://www.facebook.com/RuggersEdge>



Photo Credit: UC Davis Women's Rugby

FEATURED RUGBY CAMPS

Attending a rugby camp is a great way to increase skill development, get top tier coaching, make new friends, and even help you get recruited to the college of your choice! **Not sure which camp is right for you?** Let us help match your child to the right camp to help him or her accomplish their goals. **Check out our comprehensive list of Rugby Camps:** <http://www.ruggersedge.com/recommended/rugby-camps/>



Live the dream

SUMMER RUGBY CAMPS IN NEW ZEALAND

FOR MEN & WOMEN

Experience the life of a full-time rugby player in New Zealand. Play club rugby and train full-time with world class coaches.

2, 4, 6 & 8 WEEK CAMP OPTIONS AVAILABLE FROM 08 JANUARY 2018 – 09 SEPTEMBER 2018

Book Now! Contact us at: mike@insiderunning.com

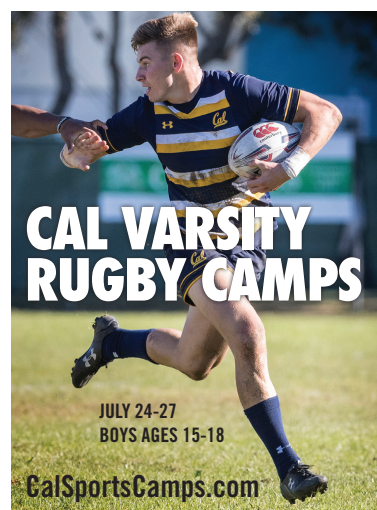
INSIDE RUNNING ACADEMY
The Ultimate Rugby Development Experience

www.rugbyacademy.global



BETTER HAS NO OFF SEASON.

USA RUGBY ACADEMY POWERED BY **ATAVUS**



CAL VARSITY RUGBY CAMPS

JULY 24-27
BOYS AGES 15-18

CalSportsCamps.com



US COLLEGE RUGBY

AMERICA'S TOP RUGBY CAMP

usdevelopmentcamps.com

"Has the uncommon ability to break the game down to teach its simplest fundamental skills while creating players that are tactical experts, who are able to communicate a game plan and lead a team while performing the basics at full speed."



ARMY WEST POINT RUGBY

BOYS RUGBY CAMP

JULY 26-29, 2018 (AGES 12-18)

WEST POINT, NEW YORK
THE UNITED STATES MILITARY ACADEMY

WWW.GOARMYWESTPOINT.COM/CAMPS



NIKE RUGBY CAMPS

10 LOCATIONS NATIONWIDE



@Bowdoin College

POLAR BEAR RUGBY CAMP

JULY 12TH-15TH

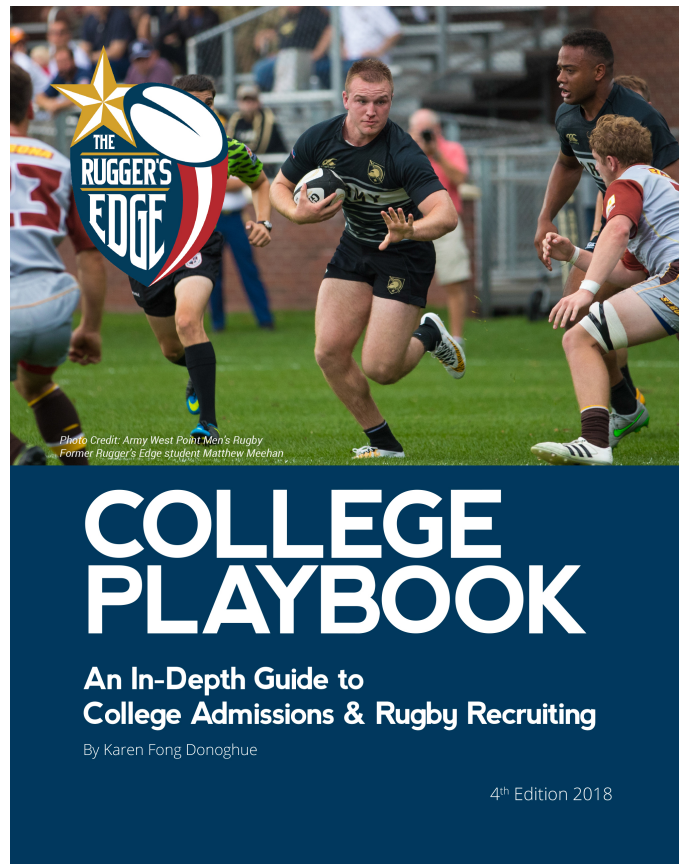


THE RUGGER'S EDGE COLLEGE PLAYBOOK 2018 4TH EDITION

Want More Info About College Rugby? Purchase our comprehensive 4th Edition College Playbook and begin your path today!

Our 4th Edition guidebook is even more robust and comprehensive and includes step-by-step instructions to help families navigate the collegiate rugby world. The Rugger's Edge owner and founder Karen Fong Donoghue gives you all of her insider knowledge of the U.S. college rugby landscape, differences among the various programs, tips on how and when to contact coaches, financial aid, pitfalls to avoid, building a rugby resume that gets coaches' attention, and more.

As a special bonus, The Rugger's Edge College Playbook also features the most current list of all the U.S. colleges that offer both direct and indirect scholarships for rugby players PLUS Karen's personal "Favorite Colleges" designed to help students quickly create an appropriate college list based on factors such as major (e.g. Top Rugby Colleges for Engineering), location, cost of attendance, and competition level.



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THE RUGGER'S EDGE IS HERE TO HELP. CALL US!

Benefits of working with The Rugger's Edge:

- Personalized services from a Rugger's Edge Advisor who has time to address the unique needs of the student-athlete. Increased awareness of available choices that may provide a good match for the student while optimizing admission and scholarship.
- Reduced anxiety for everyone involved, resulting from good planning, preparation and organization.
- Access to our intimate knowledge about college rugby landscape programs and the college admission process that will increase your ability to make informed decisions.

Visit the Ruggers' Edge website: <http://www.ruggersedge.com>

- ★ Sign up for the email newsletter
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 - ★ College Rugby Program Profiles
 - ★ Upcoming Seminars & Events
- and much more!

THANK YOU TO OUR SUPPORTERS





TESTIMONIALS



"Karen knows everyone in the rugby community and she helped guide us through the process of identifying a number of schools and rugby programs that had everything my son was looking for. This helped us narrow our focus and concentrate on schools with a high likelihood of acceptance while also

keeping some reach schools in consideration. I highly recommend Karen and her services if your son or daughter is wanting to play rugby in college. Thanks again for all your help!"

~ **Craig Z., Southern California, Oct. 2016**



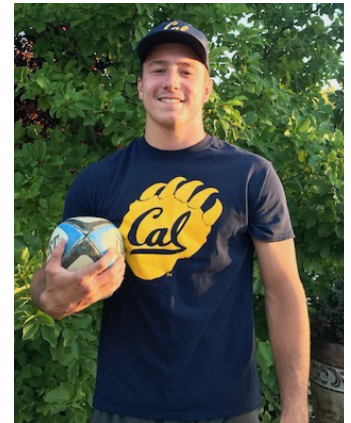
I have had the pleasure of watching Karen and her team in action at various clinics and camps throughout the northeast as they provide HS rugby players the necessary tools needed to successfully fulfill their dreams of continuing their rugby careers at a university suitable for the individual she is counseling. Their understanding of the collegiate rugby landscape

complemented by their knowledge of the admissions process and the different institutions prerequisites makes for an impeccable service. The personal connection with each individual client they help provides integral support for those that use their services."

~ **David Chapman, Director of Men's Rugby, Colgate University**

"I wanted to personally say thank you for helping Garrett and our family. You're one of the key rugby supporters that is assisting this sport grow and helping bridge the enormous gap between high school and college. Our rugby family sincerely thanks you!!"

~ **Mike Kay, Sacramento, CA
Son headed to Cal Fall 2017**



"Thank you for all of your help and guidance through this college selection process. You listened so well to what he was interested in and in spite of an ever-changing teenage mind you lent us your brilliant ideas and calm outlook. Can't thank you enough for keeping me sane and helping Mike end up at his top choice. Thanks always."

~ **Jane G. (June 2017), Mother**



Read more testimonials at our website: <http://www.ruggersedge.com/testimonials/>



Photo Credit: Army West Point Men's Rugby

MINI-COLLEGE PLAYBOOK

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By Karen Fong Donoghue

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