



Abbotsford Middle School

33231 Bevan Avenue, Abbotsford, BC V2S 0A9

Phone: (604) 859-7125 Fax: (604) 850-2260

www.abbymiddle.com



To Whom it May Concern,

January 22th 2026

Your child has expressed interest in the Abbotsford Middle Rugby Team. We are pleased to provide training time on Mondays, Tuesdays, Wednesdays and Thursdays from 2:30-3:45 pm. We play and practice rain or shine, so please be prepared in appropriate clothing. When the season begins games are usually on Tuesdays and/or Thursdays and we will travel by school bus. Kick-off is usually between 3 and 3:30 and will be over between 4:15 and 4:45. A detailed game/practice schedule will follow. Updates will be provided through the Remind App, with the code @harerugby.

COST \$120 this includes:

- Uniform -on loan (shorts and jersey)
- Socks (yours to keep)
- T-shirt (yours to keep)
- Mouthguard (yours to keep)
- league registration
- referees
- year-end celebration/awards
- various tournament costs

****MONEY SHOULD NOT DETERMINE IF YOU PLAY OR NOT, SEE MS. HARE FOR PAYMENT PLAN OPTIONS IF NEEDED****

Players must wear cleats (not provided) and a mouthguard (provided) to play in games and participate in practices. Any cleats will do (rugby, soccer, baseball). Players must provide their own water bottle for games and practices.

The coaching staff wants to remind parents and players that rugby takes a tremendous amount of commitment, dedication, and preparation for everyone to be successful. This is why we ask for doctor, dentist, haircut, and other appointments (of the non-serious manner) to be scheduled outside of practice/game time, if possible. Coaches and players will be putting a lot of time and commitment into the season and it is important for everyone to be accountable to one another. If students need to miss practice for any reason (school work included) they must see Ms. Hare as soon as possible.

Ms. Lindsay Hare

Lindsay.hare@abbyschools.ca

Abby Middle Teacher and Rugby Coach



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Athletic Contract

Player's Name: _____

Congratulations on being a member of an Abby Middle School Athletic Team! Being a Student Athlete is a privilege and with privileges come responsibilities. As one of our athletes, we expect that players will comply with the following expectations and responsibilities.

1. Athletes will perform to the best of their abilities in all classes. You are a student first and an athlete second. Failing to complete assignments, submit work, or maintain a passing grade, indicates an inability to handle the load of being a team member as well as a student. If teachers are not satisfied that you are working to your potential, you may be suspended from competition until improvement.
2. Athletes will attend and be on time for class. Any player who is absent for the day will not be permitted to compete in games and/or practices that day.
3. Athletes are expected to demonstrate citizenship and leadership in school. This includes showing respect to teachers and other students, demonstrating cooperation, and responsible behavior always. Behavior should not interfere with the learning opportunities of others.
4. Athletes will commit to participate fully in the Athletics program at Abby Middle. This includes:
 - a) Committing to all games, practices, and team experiences.
 - b) Committing to staying on the team until the end of the season, unless mutually agreed upon by the coach and athlete.
 - c) Athletes must choose to conduct themselves in a manner that displays respect for coaches, teammates, game officials, and opponents.
 - d) Taking good care of uniforms and equipment issued for player use.

Remember that as an athlete you are representing yourself and Abby Middle School. Your conduct and sportsmanship should always reflect on you and the school in the best possible way.

I, _____ as an athlete at Abby Middle School, recognize that there are high expectations for my conduct both during competition and as a student. I agree to adhere to the above expectations and understand that if at any time I do not live up to the terms of this contract, my participation may be restricted or terminated.

Student Signature

Date

Parent/Guardian's Signature

T-shirt size: XS S M L XL 2XL (circle one) Fees: ONLINE CASH CHQ (circle one)