

Friday, April 17<sup>th</sup>, 2009

Dear Parents/Guardians:

The Regiopolis – Notre Dame Girls Rugby team is going on tour! We have been invited to an overnight tournament on Friday, May 1<sup>st</sup> to Saturday, May 2<sup>nd</sup> held at Ridley College in St. Catherine's, Ontario.

The school has nicely offered to provide free accommodations for the girls and meals will be provided on site. Both coaches will be present for overnight chaperoning; the girls will need a good night sleep for an early morning start!

As team numbers are larger than the number of volunteer drivers available, we will need to order a bus. The overall cost for the tournament is \$70.00. This includes transportation to and from Kingston, overnight accommodations, meals and tournament fees. Payment in full (cash or cheque made out to RND Rugby) as soon as possible is requested to show commitment to the tournament and to give a clear idea of the number of athletes attending.

To mitigate this cost, we have arranged to hold a bake sale in the RND Commons over two days. We ask that all girls bring in baked goods to support our fundraising efforts. The scheduled dates for this bake sale are Thursday, April 23<sup>rd</sup> and Friday, April 24<sup>th</sup>. Please indicate what day your athlete intends to bring in her baking so we can coordinate numbers. The proceeds will go to absorbing some of the tournament costs.

The girls will be dismissed from afternoon classes on Friday May 1<sup>st</sup>, boarding the bus at 12:00pm. They will be expected to eat during the regular scheduled lunch time. We anticipate arriving in St. Catherine's around 4:00pm. Please see the attached itinerary for additional tournament details. The bus will then depart from Ridley College on Saturday around 4:30pm, arriving back at the RND parking lot at approximately 8:00pm.

Girls should pack their rugby clothes, water bottle, toiletries, overnight necessities, sleeping bag, pillow and any other necessary items. They should be prepared for any weather conditions. We also suggest packing a few snacks and drinks for in between meals.

If you have any questions or concerns, please do not hesitate to contact coaches Maria Kerby at (613) 545-1902 ext. 2148, [kerbyma@alcdsb.on.ca](mailto:kerbyma@alcdsb.on.ca) or Alana Ramsay at (613) 545-1902 etc. 2555, [ramsalan@alcdsb.on.ca](mailto:ramsalan@alcdsb.on.ca).

Looking forward to a great tournament!

Maria Kerby

Alana Ramsay

# **Itinerary for Regiopolis-Notre Dame Catholic Secondary School**

## **FRIDAY, MAY 1, 2009**

**12:00pm** Departure from Regiopolis-Notre Dame

~ **4:30-5pm** Regiopolis-Notre Dame arrives (store belongings in SH26 until practices in the gym are finished)

**5pm-6pm** Ridley rugby players meet their opposites and help to tour them around the campus/dorms

**6pm** Dinner in Williams Hall

**8pm-10pm** Girls rugby movie night in Ross Morrow Theatre

**10pm** Ridley players walk Regi players back to Iggy gym for the night

## **SATURDAY, MAY 2, 2009**

**6:30-7:00am** Wake up and shower in Iggy (if desired)

**7:00am** Ridley players pick up their opposites in the Iggy and take them to breakfast in the Great Hall

**8:00-8:20am** Return to Iggy, change and head to pitch for warm-up (belongings stored in SH...classroom TBD)

**9:00am** First game vs. Ridley College

**11:00am** Second game vs. AN Myer Secondary School (Niagara Falls)

**11:45-1:00pm** Lunch in the Great Hall

**3:00pm or 4:00pm (warm-up at 2:20 or 3:20)** Tournament consolation finals and finals

**4:00-5:00pm** Load bus and depart for Kingston

~ **8:00pm** Arrival at Regiopolis-Notre Dame parking lot, Cowdy Street entrance.