

# Royal Rambler

March, 2025

Issue

#3



Royal Rambler Force High School (3/1/25)



## The Royal Rambler Newsletter

The Royal Rambler will be a quarterly(ish) newsletter that will focus on all things Royal Ramblers, including the Force middle and high school and our Youth and Rookie Rugby programs.

## Spring Season Kicks Off!

### 2025 Spring Preview

The fall season for the Men's finished with us top of the Mid-America D3 table with two league games remaining in the Spring. This puts us in a very strong position to get home field advantage for the playoffs.

### Home Field

Speaking of our home field, sadly our home base at St Charles Soccer Park was surprisingly sold out from underneath us in the fall. This means that we are now in the hunt for a new home base. If anyone has any leads or access to land for 2-3 rugby fields then please reach out. We are not looking for "Have you tried?", but strong connections with potentials. For the Spring season we will be using McNair Park at 3200 Droste Rd, St Charles, 63301 on the fields next to the tennis courts.

### Coaches

For the Spring 2025 we have retained the great coaching skills of Xavier Herbert for the Men's club, Colin Heath, Joe Hunter III and Alexis Mosele for the high and middle school programs and Jevon Berry and Steve McKinstry are coaching the U10 youth programs..

### Royal Rambler Force

The Force High School team is excited to start the Spring season and to bolster numbers and help grow Illinois rugby we have teamed up with Alton, IL high school team for the Spring season. This is a great opportunity to grow two clubs and ensure all players get to play rugby.

The Force Middle School program is blossoming and, in addition to our local games, have scheduled our first full 15s game against Platte County to be held in Columbia, MO, plus a U12 and U14 Sevens tournament in Wichita, KS!

Players continue to be selected for Select Invitationals with Samuel Heath and Landon Ebner both travelling to Tropical 7s, Tampa, FL with Rebel Rugby and USA Panther South respectively.

### Royal Rambler Force Girls High School

We continue to try and bring girls high school rugby to the area and if interested in rugby then please share our info with them. This Spring we plan on sending girls to play with KC United, a girls combined side in Kansas City. First game is March 15th in Belleville, IL.

### Royal Rambler Youth Program

Our mission remains the development of the game of rugby in the Saint Charles County area by building a love for the game in our youth. We offer the sport of rugby to boys and girls from K through to 5th grade. Middle and high school players will "graduate" to the contact rugby!

To aid the growth of our program we have partnered with St Charles Parks and Recreation to offer three camps throughout the year, a Spring, Summer and Fall camp.

For the Spring we have expanded our youth program and are now also working with Wentzville Parks and Recreation.. Our free camp with them was a great success and we look to add some camps this Spring and Summer.

MID-AMERICA RUGBY UNION DIII LEAGUE							
CLUB	PL	W	D	L	PD	PTS	
ROYAL RAMBLERS	4	4	0	0	130	20	
SPRINGFIELD RFC	4	3	0	1	160	15	
SUNDAY MORNING	4	3	0	1	45	14	
BELLEVILLE ROWDIES	4	2	0	2	28	11	
COLUMBIA OUTLAWS	4	1	0	3	-57	7	
STL HORNETS	4	1	0	3	-41	5	
MERCENARIES	4	0	0	4	-265	0	

This is not the official league table and is compiled from posted results.

## Royal Rambler GOLF Tournament

Get ready to tee off at our annual Golf Tournament!

Join us for a day of fun and friendly competition on the greens as we raise funds and awareness for a great cause.

**SUNDAY, 27 JULY 2025**  
REGISTER: 6:30AM, TEES 7:30AM

ST PETERS GOLF COURSE



## PLAYER PROFILE: Ben Gall

28 years old, Dogtown. I've been in the rugby community for 13 years. I got introduced to rugby by my older brother, who played for Kirkwood High School in 2009 and 2010. I had done football and martial arts, but going with my brother and seeing the intensity of the games and the community at the end-of-season banquets solidified that

I wanted to be part of this unique culture. I joined the Kirkwood Lions in 2012, where I learned how to play hooker and prop. In the falls of 2013 and 2014 I participated in the Bombers Rugby Academy. In 2015, Kirkwood and Parkway United created the United side, where I was captain of the forwards, still playing hooker and prop and dabbling at #8. I played for Missouri S&T in the fall of 2015. One of my favorite rugby memories was our homecoming game that season where we played in front of packed stands. I helped coach the United team in 2016 and joined the Ramblers in 2018. Between a concussion at the first Royal Rambler merged practice in 2019, finishing grad school, and Covid I spent a few heart-breaking years away from the pitch. In 2023 I put my boots back on for the Royal Rambler's first solo summer sevens season and haven't looked back. I love the club's culture, and playing for a championship team isn't half-bad either. I think my all-time favorite rugby memory is a tie between the 2024 Memphis trip and watching the drive-over scrum try in the League final against the Hornets. My goal for this season is to help the team make an appearance at Nationals! Rugby is the best sport ever. OARRAARR.

## CAPTAIN'S CORNER

After an undefeated fall for our 1st XV, we are well on our way to completing our preseason goals – repeat as MARFU DIII champions, and go 2-0 to advance through Super Regionals and qualify for Nationals. Our 2nd XV matches in the fall gave competitive minutes to newcomers and old boys, but we sometimes struggled with numbers. This spring, we have two more matrix matches, in addition to a couple challenging friendlies, to round out the season before MARFU playoffs. Rather than fielding 2 sides this spring, we plan to rotate the squad each week to manage minutes, build depth, and maximize our number of eligible players that will be competing for roster spots come playoffs. We are very excited for the continued growth of our youth, middle, and high school programs as they continue to provide a pathway for the growth of rugby in St Louis and St Charles counties. Nathan Miller (C)



# 7s

## Royal Ramblers 7s Preview

As we prepare for the beginning of our 2025 7s season, there is a lot of excitement in our organization to build on the success from our 2024 season. The 2024 was a season of many first, fielding 2 teams in the MRFU Summer 7s Series, fielding a team in our first competitive bracket up in Milwaukee, and bringing home our first tournament title at Bellevegas 7s.

This year, we are going to once again field 2 teams in the MRFU Summer 7s Series, travel to two to three local tournaments (Show Me Games Columbia,MO, Wire Road 7s Springfield,MO, Bellevegas 7s Bellville,MO), and travel to one to two out of town tournaments (Lakefront Milwaukee,WI, Chicago Blaze 7s Chigaco,IL, Music City 7s Nashville,TN, Fountain City 7s, Kansas City, MO). The tournaments we will go to will be date dependent, so we will provide more information as we receive it.

We are excited to announce we will have a brand new 7s kit for the 2025 season! Jerseys and tanks will be available for purchase, and will be posted on the Royal Ramblers website. Tentative start date for practice is May 27th at Woodson Park 4301 Calvert Ave, St. Louis,MO 63134. We will practice from 6-8 on Tuesdays and Thursdays throughout the season.

I am excited to work with the boys again this summer, and keep building on the foundation we have set!

Once a Royal Rambler Always a Royal Rambler,

Jason Ralph Royal Rambler 7s Coach

New jerseys coming this Summer, purchase yours by the end of March!

## Alumni Appreciation Day, April 12, 2025, McNair Park 3100 Droste Rd.- St. Charles, MO 63301

The Royal Ramblers and the Alumni Committee will be doing Alumni Appreciation Day on April 12<sup>th</sup> for the Mid-America semifinals. All Alumni are invited. We'll be doing BBQ pork steaks, pulled pork and brats along with a few sides. We will have plenty of beer, of course. Thanks to Matt Grzekowiak for providing beer for this game as well as last year's. Last fall was our first time doing this event and turned out to be a great success. With over 60 former players showing up to cheer the team on to victory. We are hoping to exceed that number this year. Game starts at 1:00. Beer starts at Noon. Thank you for your support, -RRRC Alumni Committee

**ROYAL RAMBLER  
2025 7S JERSEY**

**\$100**

**SHOP NOW**

royalramblerrugby.com

# 2025 Spring Schedules

## Royal Rambler Men's

- **3/8 @ Metro East Mercenaries**  
1pm, Glazebrook Park, Godfrey, IL
- **3/15 @ KC Blues**  
4pm, KC Hodge Park, Kansas City, MO
- **3/29 @ Springfield Celts**  
1pm, Springfield, IL
- **4/5 vs Columbia Outlaws**  
1pm, McNair Park, St Charles, MO
- **4/12 D3 Semi Finals**
- **4/19 D3 Finals**
- **4/26 @ MercFest**  
1pm, Glazebrook Park, Godfrey, IL
- **5/3-5/4 North Regionals Finals**

## Force High School

- **3/1 @ Eureka High School**  
1pm, Forest Park
- **3/8 @ Lindenwood Invitational**  
4pm, CBC Rugby Club, Lindenwood Uni.  
5:30pm, St Martins, Lindenwood Uni.
- **3/9 @ Lindenwood Invitational**  
2pm, 901 Rugby JV, Lindenwood Uni
- **4/3 @ CBC Rugby Club**  
4pm, CBC High School
- **4/12 vs St Louis Jets**  
10:30am, McNair Park, St Charles, MO
- **4/15 vs SLUH**  
4pm, McNair Park, St Charles, MO
- **4/24 vs Eureka High School**  
4pm, McNair Park, St Charles, MO
- **5/3 SLUH Sevens Tournament**  
SLU High School
- **5/10 State Championships**

## Club membership for players, alumni & fans

The monthly membership program is designed to provide steady funding for all our programs. The funds are used to cover costs and expenses associated with Coaching Staff, Training Equipment & Facilities, Medical Supplies, Travel Costs and Recruitment Funds. A large portion of the funds raised are used for our youth programs to keep the costs of playing rugby at a minimum and attract more youth to the sports.

**The Plan:** The goal is to sign up people comprised of former players, family, friends, parents and supporters of Royal Ramblers, Force and Warriors.

**The Vehicle:** A PayPal subscription plan for former players, family, friends, parents and

## Force Middle School

- **3/22 @ Platte County Rugby Club**  
11am, Gans Creek Rec Area, Columbia, MO
- **3/30 vs Sharks, Rhinos & Metro East**  
1pm, McNair Park, St Charles, MO
- **4/6 vs Sharks, Rhinos & Metro East**  
1pm, Crestwood Park, St Louis, MO
- **4/13 vs Sharks, Rhinos & Metro East**  
1pm, Glazebrook Park, Godfrey, IL
- **4/26 Wichita Barbarians 7s Tournament**  
W.B. Harrison Park Rugby Field Wichita, KS
- **4/27 vs Sharks, Rhinos & Metro East**  
1pm, McNair Park, St Charles, MO
- **5/4 vs Sharks, Rhinos & Metro East**  
1pm, Crestwood Park, St Louis, MO

## Warriors Youth

- **3/30 vs Sharks, Rhinos & Metro East**  
1pm, McNair Park, St Charles, MO
- **4/6 vs Sharks, Rhinos & Metro East**  
1pm, Crestwood Park, St Louis, MO
- **4/13 vs Sharks, Rhinos & Metro East**  
1pm, Glazebrook Park, Godfrey, IL
- **4/27 vs Sharks, Rhinos & Metro East**  
1pm, McNair Park, St Charles, MO
- **5/4 vs Sharks, Rhinos & Metro East**  
1pm, Crestwood Park, St Louis, MO

supporters. You can sign up now by visiting <https://royalramblerrugby.com/membership/> or scanning the QR code. You will be an alumni/supporting member of the Royal Ramblers men and youth programs.

Rather than asking for a big check yearly to support the team, usually with a moment's notice, we are asking participants to sign up for the monthly membership program. Simply commit to a small monthly sum, supply your credit card, and that's it. The credit card is charged monthly and no longer will you be asked to contribute one large donation each year. The higher the membership the greater the rewards!

[STCHARLESRUGBY.COM](https://STCHARLESRUGBY.COM)

## New Gear

### ROYAL RAMBLER 2025 WARM UPS



### ROYAL RAMBLER 2025 TANKS



What we're asking of you: First, sign up at a starting commitment of \$30.00 or more per month. Second, contact your old teammates you played with not currently on this program, and help us sign up at least two of them. Third, ask these friends to do the same.



# CLUB FUNDRAISERS & SPONSORS



*Felix's Pizza Pub*  
 The best New York Style Pizza and best bar in St. Louis...they are socially delicious. Located in historic Dogtown.  
 6401 Clayton Ave, St. Louis, MO 63139



*Amsterdam Tavern*  
 Amsterdam Tavern in Tower Grove South, where St. Louis soccer fans come to watch soccer on TV, hang with friends, drink craft beers and enjoy eats from The Dam.  
 3175 Morgan Ford Rd, St. Louis, MO 63116

## CLUB SPONSORS

Thank you to our club sponsors as without them we could not do what we do today.  
 The club is always looking for new sponsors, particularly for our youth programs as we'd love to be able to give every youth player a ball and a uniform.

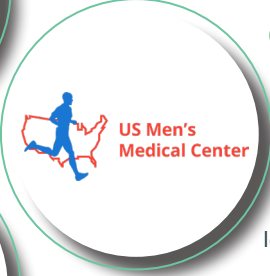
*HealthMarkets*  
 A health and life insurance agency that specializes in assisting clients with all their health and life insurance needs to protect both their health and wealth.  
 For our rugby players, ask them about their accident plans!



*Tubeco, Inc.*  
 Your leader in Corten Steel products  
 Since 1993, Tubeco, Inc. has been specializing in supplying companies with corten square, rectangular and round tube.



*Five Star Saloon*  
 One of the best neighborhood bars around, friendly staff, rugby on TVs and now featuring the club's team photos dating back over nine decades.  
 2317 McKelvey Rd, Maryland Heights, MO 63043



*US Men's Medical Center*  
 Missouri's premier Testosterone Replacement Therapy Center. Low testosterone can affect all areas of your life including muscle loss, weight gain, hair loss, low sex drive, and decrease in memory. TRT helps to restore the impact that low testosterone has on your life.

StCharlesRugby.com | RRC.Coach@gmail.com

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1. Download the Veo Live App from Apple Store or Google Play.
2. Search for Royal Rambler Rugby Club and follow the club.
3. You'll receive notifications when games go live or rewatch at a later date.