



Royal Rambler Force Rugby Club

WELCOME TO THE 2026 ROYAL RAMBLER FORCE HIGH & MIDDLE SCHOOL RUGBY PROGRAMS

Our goal has always and continues to be the growth of youth rugby and this is evident with the continuation of the Royal Rambler Force teams. We want rugby to be accessible to all, both girls and boys, as rugby is one of the few true team sports that allow kids to play an exhilarating sport that builds lifelong friendships and respect.

First, we will use Teamsnap for our schedules and primary source of communication. If you are not on Teamsnap or need us to update contact info, then please let us know. You can sync the Teamsnap schedule to your preferred calendar on your phones.

Our middle and high school program is the Royal Rambler Force and welcomes all middle and high school players from the St Charles and surrounding areas who do not have their own high school team. The head coach is Colin Heath and he's assisted by Alexis Mosele and Joe Hunter.

The Coaches

All our coaches are certified by USA Rugby and this certification includes taking the nationally recognized Safe Sport certification and Concussion Protocol Certification.

Colin Heath

Semi-retired player and currently one of the] coaches of the St Louis Royal Rambler Rugby Club. Started playing rugby at the age of 8 years in the United Kingdom and have played pretty consistently into my late 40s. I am currently a level 300 certified coach, level 1 referee and have been coaching men's rugby for over 10 years and youth rugby for almost as long. I am married to a teacher in the Orchard Farm School District and have 4 kids.

(636) 219-9166, RRC.coach@gmail.com

Alexis Mosele

Coach Alexis (Lexie) Mosele grew up in Saint George Utah playing rugby for Snow Canyon High School. During her high school years she played on All-State teams, traveled to Nationals in her junior year, and was invited to national U-18 camps. After high school, Lexie continued her rugby career at Lindenwood University. Since graduating college, she began coaching with the Warriors youth rugby team and the MRA knights, a middle school boys team. Lexie is a level 200 certified coach through USA Rugby.

alexismild22@gmail.com



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Joe Hunter III

Joe has been playing for the Royal Ramblers since 2017. He played college football at Randolph Macon before being introduced to rugby by his wife, Julia, who plays for the St. Louis Sabres. He is level 200 certified and formerly coached rugby at Chaminade.

jhunter@healthmarkets.com

The Cost

The cost of playing rugby is minimal. There is a registration fee for USA Rugby that everyone has to pay. This is a yearly fee that runs from Aug-Aug and is currently **\$110.19** for high school and **\$68.61** for middle school. See attached on how to register with USA Rugby. *If registered in fall you do not need to re-register!*

This year we'd like all players to sign up for a annual club membership. There are different levels and higher levels come with store credits to use for merchandise and events in our store. To register for a membership visit <https://royalramblerrugby.com/membership/>. All other costs are covered by the St Louis Royal Ramblers and their alumni and fundraisers (see below). The only additional costs will be for shorts and socks and warm-up T-shirts. If we travel, then tournament fees will be split between all players and travel costs will be the responsibility of the players.

Obviously, the costs to play rugby are significantly less than other youth sports in the area, however a lot of the overall costs including jerseys are offset due to the very kind and generous donations of the Royal Rambler Rugby club and their old boys. Sponsors and donations are always welcomed!

Equipment

What equipment?!?! No expensive, stinky pads, no expensive and fragile bats!!!

MOUTHGUARDS: For players involved in contact a mouthguard is **REQUIRED**. These are different from football mouthguards and should fit completely in the mouth. [Click here for an example](#), but these are readily available at any decent sports store.

CLEATS: There are special rugby cleats, but most people wear simple soccer cleats. Softball and baseball cleats are **STRICTLY FORBIDDEN**, as are ice hockey skates.

HELMETS: We do not wear helmets. Rugby players use form and technique in the tackle and other contact areas that are designed to protect the head. That being said, some kids choose to wear a "scrum cap" to protect ears and head from knocks. We do recommend these for contact players, but they are not required. These can be found online, including Amazon. [Click here for an example of scrum caps](#).



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The Schedule

Practices are 4:30-6:30 Weds and 4-6pm Sundays at Frontier Middle school. The schedule is shown below.

High School

- Jan 31: Winter Skills Camp
- Feb 2: High School Practice Starts: 4-6pm Mon and Wed, Frontier Middle School
- Feb 28: Friendly vs Eureka
- Mar 28: Friendly at St Louis Jets
- Apr 9: vs CBC (League)
- Apr 18: at Eureka (League)
- Apr 23: vs Jets (League)
- Apr 28: at SLUH (League)
- May 2: SLUH JV Sevens
- May 9: HS Championships

U12 & U14

- Jan 31: Winter Skills Camp
- Mar 2: U12 & U14 practice starts: 4-6pm Mon and Wed, Frontier Middle School
- We will have round robin games against Rhinos, Sharks and Mayhem on Sundays 1-3pm on March 29, April 12, 19 and 26 and May 3
- I am looking at adding other opportunities with middle school programs from Omaha, Wichita, Iowa and KC.

Fundraisers

To keep your costs at a minimum we ask that you support the Royal Rambler Rugby Club fundraisers as these funds go to youth rugby.

Trivia Night is on Feb 21. [Click here to register a table or become a round sponsor.](#)

Social Media

Please follow all our socials! @RoyalRamblerRugby

Club Store

Some gear is available at [Royal Ramblers Rugby Club](#) and a [BRAND NEW FAN STORE:](#)



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REGISTRATION INSTRUCTIONS

Every player must be registered with USA Rugby

1. Go to [Rugby Portal \(rugbyexplorer.com.au\)](http://rugbyexplorer.com.au)
2. Check for an account or create an account.
3. Click register in the top left.
4. Click Find a Club in the Participate in Rugby box.
5. Select the child to register, each child needs to be done individually.
6. Enter club name Royal Ramblers Force
 - a. Select the correct club: **Royal Ramblers Force**, make sure the word Force is in name
7. Select:
 - a. Role = Player
 - b. Registration Type = High School for High School; Youth for Middle School. **Do Not Select Flag.**
 - c. Duration = Season
8. Check personal info and complete registration info and sign waivers.
9. The cost should be
 - a. **High School:** Royal Ramblers Force \$110.19
 - b. **Middle School:** Royal Ramblers Force Middle School Youth \$68,61