



How to Start a Quad Rugby Team

The main ingredients in starting a new rugby team are commitment and hard work. Every great program was developed with that base. It's amazing what one or two committed people can do. Here are some basics to help you get started.

Players

- Who can play? First, to play Quad Rugby one must have some impairment in all four limbs, this includes quadriplegics, post-polio, amputees, or any other four-limb impairment.
- Finding Players: Talk with friends, Rehab Centers, PT and OT's, Centers for Independent Living, Doctors, even strangers when out and about. Quads are everywhere. Contact your local newspapers and TV stations and ask them to do a story on your quest. Tell them about the sport and use all of the resources that are available to you.

Staff/Volunteers

- Physical and Occupational therapists, rehab professionals, medical equipment professionals, retirees, ex-coaches from high schools or college, all are solid contacts.
- Contact your local parks and recreation and all local media. Put the word out and get your stories and information out there.
- Again, Rehab Centers and Centers for Independent Living are good resources.
- Friends are usually a solid volunteer resource.

Finding a Gym

- Contact the Parks and Recreation department, local schools, churches and community centers.
- You'll need insurance. Liability insurance is provided with your membership to the USQRA.
- Clean up after yourselves and be courteous to the caretakers. Gyms are golden.

Equipment

- New chairs cost anywhere from \$2,000 to \$3,500 each.
- Used chairs are what most players started playing in. Ask around and put an inquiry on Rugby Talk on quadrugby.com
- There are two primary suppliers of chairs in the United States. Eagle Sportschairs is located on the east coast and Vesco Metal Craft is located on the west coast.
- Eagle Sportschairs...Barry Ewing...770.972.0763... bewing@bellsouth.net
- Vesco Metal Craft...Tom or Neil Vesco...619.470.4063... tom@vmcrugbychairs.com

Fundraising: Ask for the USQRA's tips on Fundraising

Questions

- See FAQ's on murderball.quadrugby.com
- Contact a [USQRA Board Member](#) for further assistance