Castling (from Jim Wayne)

When you start a game of chess, you have two problems you need to solve:

1. Your king is right in the center, at the place where the attack of your opponent is strongest.  He can be attacked from the front and from both sides.

2. Your rooks are in the corners, where half their possible moves are lost.

Castling solves both problems.  It moves the king to one side, so that your opponent cannot attack him as easily from both directions, and it moves one of your rooks to the center, where it is easier for it to get out from behind the pawns and attack the other side.

The rook is the second most powerful piece on the board, just after the queen.  Most point systems for rating the value of pieces gives the queen 9 or 10 points and the rooks 5 points each.  But it is stifled at the beginning of the game since it is behind a "fence" of pawns.  To get  around the pawns can take as many of three moves, which violates a basic tactical principle of not concentrating on one piece too much at the beginning of the game.  The easiest way to get in front of the pawns is to go through a gap created by a capture or a gambit.  In most opening sequences, it is the pawns in the center that are the most likely to be lost or sacrificed, thus offering the rook a chance to get through and attack.

I hope this is enough information for your team.