



## ***Market Rasen & Louth Rugby Union Football Club Ltd***

(Affiliated to RFU Notts, Lincs & Derby RFU)

Clubhouse & Ground: Willingham Road, Market Rasen, Lincolnshire, LN8 3RE. Tel: 01673 843162

[www.rasenrugby.com](http://www.rasenrugby.com)

## **Minis and Junior Section Welcome Pack 2011/12**



**CLUB  
MARK**



## **WELCOME**

I would like to welcome you to Market Rasen and Louth Rugby Union Football Club. The Juniors/Minis section of the club boasts some 270 playing members – a jewel in the club's crown – and we pride ourselves on our friendly and approachable nature where our philosophy is to be inclusive but competitive.

The section is run by its own committee comprising of the officers and representation from all Squads. We currently have in excess of 50 coaches and assistants with all coaches carrying RFU qualifications. All are volunteers with the majority being parents of existing members

The club is proud to be part of the RFU's Community Rugby Seal of Approval programme. It is testament to all those volunteers within the club that we have been able to achieve Year 3 status – more detail on this if you read on.

2011-12 promises to be a busy one, even more so than usual. With potential clubhouse developments in the pipeline one of the key areas where we will need to pull together is in fund raising. Keep an eye on the website for further developments.

As a member this is **your** club but it does not run on hot air and moral support. We do rely on active support from parents and members. If you feel you want to get involved or can add your experience whether it be coaching, administering or general assistance please let me know. In advance I would like to thank all of you who work tirelessly to ensure the club runs smoothly so that players can enjoy their rugby year after year.

We hope that your association with the club is both a long and happy one and good luck to everyone for the season ahead.

*Norman Pringle*

Junior Chairman  
Market Rasen & Louth Rugby union Football Club Ltd

## The Community Rugby Active Sports Seal of Approval



RFU Community Rugby has introduced the Active Sports Seal of Approval accreditation programme as a method of examining, maintaining and improving the provision of rugby in the youth section of qualifying rugby clubs. The accreditation aims to recognise the effort and achievement of those clubs that reach, maintain and improve on the required standard of a club committed to the Active Sports programme.

Community Rugby has worked with Sport England to integrate the Active Sports Seal of Approval accreditation with the Sport England Clubmark scheme to ensure that the safe, effective, child-friendly club standards are met. Any club awarded the Community Rugby Seal of Approval would already have achieved Clubmark accreditation.

### Accreditation process

Clubs applying for Active Sports Seal of Approval and for Clubmark accreditation complete an assessment file to show that their programme meets the required standards. Community Rugby is committed to support all clubs who are working towards accreditation.

A youth section Development Plan will be produced by the club. The club and RDO will then review the plan on an ongoing basis to assess the extent to which it has been implemented.

### The award

The Community Rugby Active Sports Seal of Approval and the Sport England Clubmark accreditation scheme are based upon a three-year award system.

A club will qualify in the first year by the completion of the assessment file and the writing of a 12-month youth section Development Plan. By implementing the first year development plan and having the second year plan approved, a club will qualify for Year II status. The same process in year three will lead to Year III status.

The Award will be indicative of the quality of provision a club offers, and its commitment to the continued development of young rugby players. A club will receive certification to confirm accreditation, both from Community Rugby and Sport England.

## Introduction

Young players are introduced to rugby in three clearly defined stages (referred to as Mini-Midi Rugby), so that by U13 players have acquired the skills and knowledge required to participate in the full 15-a-side game. Each stage has its own rules distinguishing it from the adult game and should not be considered as being merely a shortened version of senior rugby. This progression has been structured to accommodate the changing developmental abilities of children as they mature with the emphasis being on the improvement of individual skills through purposeful and enjoyable activity. Provision is made for testing these skills in match situations during a limited number of competitive fixtures and festivals/tournaments each season.

The three stages are:

Stage 1: Mini Tag Rugby -played by Under 7 and Under 8 age grades

Stage 2: Mini Rugby - played by Under 9 and Under 10 age grades

Stage 3: Midi Rugby - played by Under 11 and Under 12 age grades

Players then move up to junior rugby – U13's to U19's (School year 8+) played to RFU Laws with variations for each age group, distinguishing it from the adult game.

Girls' rugby currently differs slightly, whereby they play mixed rugby (through the 3 stages as above) up to Under 11. At Under 12 (school year 7) they can continue to play mixed rugby for one more year and/or play in the RFUW Lower Age Band (classed as U15, i.e. school years 7-10. At U16 girls then play in the Upper Age Band (classed as U18, i.e. school year 11+). The game is played to RFU U14/U17 Laws with RFUW variations.

## Training and Playing Times

Training and matches take place from the beginning of September through to the end of April. Pre-season training takes place in many age groups. Please contact the relevant group coach for further details

### Minis – U6's – U12's (Year 1 –Year 7)

- Training and matches take place on Sunday mornings
- **From 10.00** Arrive (parking is often busy)
- **10.30 – 12.00** Training
- **Please note:** Start and finish times will vary on match days.

### Juniors – U13s – Colts (Year 8 – 6<sup>th</sup> Form)

- Matches take place on Sundays
- Training takes place midweek on the following days:
  - U13, U14, U15s and U16s** – Tuesdays 6.30pm
  - U17, U18 and Colts** – Thursdays 6.30pm
- **Please note:** Start and finish times will vary on match days

Whilst we request you turn up ready to start at the allotted time coaches are not responsible for youngsters prior to the start of a session

## Coach Qualifications

We have a growing number of experienced and trained coaches, all of whom are understanding and aware of the needs of developing children. We encourage all coaches to hold an appropriate RFU coaching qualification – normally either Level 1 or 2.

If anyone is interested in taking up coaching, we can arrange to send you on a coaching course which is appropriate to the age group you wish to coach.

## Working with young children

The RFU now insists that all coaches and relevant volunteers are Criminal Record Bureau cleared (enhanced status) to enable them to work with children. As a "Seal of Approval" club MR&L RUFC adheres to this policy.

## How do I register?

All new members must register with the club and the Rugby Football Union or Rugby Football Union for Women.

To register with the club, please complete and return within 2 weeks the Club Registration/Medical Consent Form (available on website)

New members will also need to complete an RFU Young Player Registration Form on registering with the club. This to be completed and signed, enclosing 3 passport size photos\* (with name on the back, please). (Available as paper based only)

### How much does it cost to join?

New members only are entitled to 3 free taster sessions.

The subscription fees are:

#### Junior Playing

<b>Junior (U13 and above)^</b>	<b>£60***</b>
<b>Mini (U12 and below)^</b>	<b>£50***</b>

\*\*\* First sibling of a Junior/Mini player is half price (If one a Junior and one a Mini then the Mini pays half price). Subsequent siblings are free of charge.

^ Age groups are defined as the child's age as of midnight on August 31<sup>st</sup>

## The Clubhouse

Open on training days as well as match days, parents, family and friends are welcome to drop into the clubhouse for a hot drink or snack.

On match days we also serve hot snacks such as bacon cobs, sausage cobs or chips etc. The bar is also open. After matches all players are provided with a light meal.

## What kit do I need?

Players should come adequately equipped to cope with the likely weather conditions. Shirt and shorts are fine for warm weather. When it's cold and wet, Layers of warm and waterproof clothing are essential (waterproof top/tracksuit bottoms or similar, hat and gloves). Boots with studs that are kite marked and recommended for rugby. A gumshield is advisable and a bottle of water. Protective clothing e.g. head guards, shoulder pads, may be worn if they conform to IRB (International Rugby Board) Regulations. Match Kit – club shirts, white rugby shorts and club socks are required. Bring a change of clothing (and a towel) for after training/matches. Dirty kit, boots and kit bags are not allowed in the social area of the clubhouse.

## When are fixtures played?

Fixtures are played on Sunday mornings, from September through to April only. The fixture list is arranged in accordance with the RFU & RFUW Youth Structured Season by our fixtures secretary. The fixture list is posted on the notice board and the website. If you would like a hard copy, please ask. Fixtures are added to the list throughout the season or, due to unforeseen circumstances, cancelled at short notice, so check with your coach for the latest information or look on the website. Teams at Under 13 and above may be entered into NLD Cup Competitions. At U17 and U19 league games are arranged by the NLDRFU.

## Can parents help out at the club?

Parents/guardians are encouraged to get involved and help out at the club if they wish to do so.

The club is run entirely by volunteers. Most of the coaches are parents and/or players or former players.

Amongst other things, we need your help to transport youngsters to matches, but you can help out on the Junior committee, in the kitchen, help manage a squad, organise activities or get involved in coaching, for which training is provided.

## Rugby courses

Players are given the opportunity to attend player development courses which are run by the RFU. These may be held at the rugby club or other clubs or venues within the three counties (Notts, Lincs or Derbys). The RFU also organises a residential player development course every year at Worksop College.

Players Under 13 and above will be given the opportunity to attend county trails and will be nominated to these and the Schools of Rugby where the club feels it appropriate.

Youngsters from the age of 16 can get on the first rung of the coaching ladder by taking the Community Sports Leader Award (CSLA).

## Child Protection Policy

The care and supervision of youngsters taking part in our training sessions is paramount. Under RFU guidelines we have adopted a Code of Conduct and a Child Protection Policy. The Code of Conduct is printed in the back of this booklet. The Child Protection Policy encompasses various policies including a photo policy, equity policy as well as guidelines and procedures relating to disclosure, suspicions and allegations of abuse within or outside the rugby club.

The policies are posted on the clubhouse notice board and on the website. If you would like copies, please ask.

Please do not hesitate to contact either a member of the senior coaching staff, the Child Welfare Officer or any member of the committee if you have any concerns or questions.

## Photography

While not wanting to be too prescriptive on this, we appreciate that this is a sensitive area and we do not want any children or parents to have any concerns. Therefore, we have set in place a policy which is based on the RFU Guidelines on Video/Photographic Images.

### First and foremost:

- Any adult seeking to take photographs of any MR&L Minis player must first speak with the lead coach of that age group ideally or as an alternative, the coach taking that session. This is a fundamental requirement, not just a courtesy.
- If any of the players' parents or people looking after them who are present object, then no photographs may be taken.

### In addition:

- All young people must be appropriately dressed for the activity taking place.
- Photography or recording should focus on the activity rather than a particular young person and personal details, such as their address, should not be revealed.
- Where an individual has achieved success in the game, permission must be gained from a parent/guardian and the young person to use the images and relevant details.
- Wherever possible, photographs/recordings should represent the diverse range of young people participating in rugby.
- Anyone taking photographs or recording at any rugby event must have a valid reason for doing so.
- Lead coaches may authorise, from time to time, the taking of head and shoulder photographs of players for the purpose of identifying children. These photographs are not for publication.
- All concerns regarding inappropriate or intrusive photography should be reported in confidence to the club's Child Protection Officer.
- Any parent/guardian who objects to their child being photographed should notify the coach (as above) or the Chairman, Secretary/Vice-chairman or Child Protection Officer, otherwise it is presumed that photographs may be so taken and that any images may be used on the website, rugby related publications or in press-releases

## Health and Safety (an abridged version)

The objective of playing rugby is to have fun and that means being warm, safe and properly kitted out. Set below are some key points regarding safety.

- We strongly recommend that gumshields/mouthguards are worn for training and matches (preferably one prepared by your dentist).
- No jewellery to be worn.
- Do not chew gum.
- Shin pads are highly advisable.
- Wear kite marked studs recommended for rugby. Regularly examine boots and replace any worn or missing studs.
- Severe weather clothing. All players should come adequately equipped (warm/waterproof kit, hats, gloves) to cope with the weather conditions that can occur during the winter months. If players are cold and wet they are unlikely to enjoy themselves and may be put off rugby.
- If not already done so, all players should have a preventative course of tetanus injections. GPs should be able to advise.
- Injuries. We all hope that no player gets hurt. If, unfortunately they do, first aid will be administered at the site and the parent/guardian notified. If, in the opinion of the first-aider the child needs hospital treatment, appropriate arrangements will be made. If a parent/guardian is unavailable, the club will ensure the child is accompanied and the parent/guardian notified as soon as possible. Where concussion is sustained the player will be removed from the field and irrespective of age, will have a compulsory 21 days off rugby.
- Medical or other conditions. Parents/guardians must notify coaches of any conditions, egg asthma, diabetes, which may affect a player during a session.
- Under no circumstances will a club member/coach accept responsibility for securing or administering a child's medication.
- Nor can a coach act as "in loco parentis"

## Codes of Conduct

### Players agree to abide by the following code:

- all members must play within the rules and respect officials and their decisions.
- all members must respect their opponents.
- members should keep to agreed timings for training and competitions (or inform their coach or team manager if they are going to be late (contact details for your team manager are available on the website).
- members must wear suitable kit for training and match sessions, as agreed with the coach / team manager.
- members must pay any fees for training or events promptly.
- junior members are not allowed to smoke on club premises or whilst representing Market Rasen and Louth Rugby Club at competitions.

- junior members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.
- Understand that you, as an individual, have the right to share your concerns, if you have them, with a coach, club official or another adult

### Volunteers agree to:

- consider the wellbeing and safety of participants before the development of performance.
- develop an appropriate working relationship with players, based on mutual trust and respect.
- make sure all activities are appropriate to the age, ability and experience of those taking part.
- promote the positive aspects of Rugby Union (such as fair play).
- display consistently high standards of behaviour and appearance.
- follow all guidelines laid down by the national governing body and of Market Rasen and Louth Rugby club.
- hold the appropriate, valid qualifications and insurance cover.
- never exert undue influence over players to obtain personal benefit or reward.
- never condone rule violations, rough play or the use of prohibited substances.
- encourage players to value their performances and not just results.

### Parents/Guardians agree to:

- Encourage your child to learn the rules and play within them.
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by recognising fair play and applauding the good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept officials' judgements.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and proper language at all times.

### Key Contacts for the Junior/Mini Section

<b>Chairman</b>	<b>Norm Pringle</b>	<b>01507 607164</b>	<b>07738 553187</b>
<b>Vice Chairman</b>			
<b>Head of Minis</b>	<b>John Waters</b>	<b>01507 523349</b>	<b>07877 679012</b>
<b>Secretary</b>	<b>Kim Palmer</b>	<b>01673 828974</b>	<b>07800 871927</b>
<b>Treasurer</b>	<b>Steve Everton</b>	<b>01673 861925</b>	<b>07768 641958</b>
<b>Membership Secretary</b>	<b>Hannah Jackson</b>	<b>01673 828938</b>	<b>07825 252812</b>
<b>Fixture Secretary</b>	<b>Sandra Pace</b>	<b>01652 678062</b>	<b>07771 682161</b>
<b>Child Welfare Officer</b>	<b>Julie Grindley</b>	<b>01507 313697</b>	<b>07946 819536</b>
<b>U6 Manager</b>	<b>John Waters</b>	<b>01507 523349</b>	<b>07877 679012</b>
<b>U7 Manager</b>	<b>John Waters</b>	<b>01507 523349</b>	<b>07877 679012</b>
<b>U8 Manager</b>	<b>Andy Chapell</b>	<b>01652 628015</b>	<b>07770 573746</b>
<b>U9 Manager</b>	<b>Jo Topper</b>	<b>01526 353677</b>	<b>07824 327523</b>
<b>U10 Manager</b>	<b>Michael Wakeling</b>		<b>07766 603456</b>
<b>U11 Manager</b>	<b>Rob Harper Smith</b>	<b>01652 679006</b>	<b>07804 233006</b>
<b>U12 Manager</b>	<b>Kim Palmer</b>	<b>01673 828974</b>	<b>07800 871927</b>
<b>U13 Manager</b>	<b>Sandra Pace</b>	<b>01652 678062</b>	<b>07771 682161</b>
<b>U14 Manager</b>	<b>Andrew Osmond</b>	<b>01522 730855</b>	<b>07711 651622</b>
<b>U15 Manager</b>	<b>Tim Lishman</b>	<b>01507 450271</b>	<b>07884 491877</b>
<b>U16 Manager</b>	<b>Martin Driscoll</b>	<b>01652 628525</b>	<b>07748 920218</b>
<b>U17 Manager</b>	<b>Mark Colebrook</b>	<b>01472 371606</b>	<b>07974 206280</b>
<b>U18 Manager</b>	<b>Mark Colebrook</b>	<b>01472 371606</b>	<b>07974 206280</b>

Other contact details are available on the club's website – [www.rasenrugby.com](http://www.rasenrugby.com)

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