



OLD COVENTRIANS RFC JUNIOR SECTION

NEW SEASON INFORMATION



Welcome to OC's Juniors

Welcome to the new season at OCs. We hope you have had a good summer holiday and are looking forward to playing rugby at OCs. Our Junior Section continues to be very successful with the quality of our juniors now coming through at senior level. This is something we continue to strengthen and Nigel Clews heads up the Junior Section as Chairman and represents the Junior Section on the main OCs Committee. At senior level, Alan Roberts is the head coach with Marc Thomas as the backs/skills coach. The coaching team will be responsible for all senior team coaching and ensuring consistency in the transition from Junior to Senior Rugby. Last season the senior's first team won the league and gained promotion to the Midland 2 West (South) league; something we are looking to capitalise on this year. Remember, once you have bought your shirt and paid your membership fee, that's it until next season! There are no weekly subs to pay. This is £50.00 with additional player(s) £25.00. A parent/carer will become an Associate Member when they register the first player. All players **MUST BE** registered/re-registered by Sunday 15th September. **Enjoy the season at OCs!**

Welcome to Parents and Carers

We welcome parents and carers at OCs and for supporting the Club as an Associate Members. You are very welcome to use the club-house bar and facilities. We are always looking for sponsors to help fund our training kit and Junior Club events. Can you help? If you are interested or know of someone who may be interested in supporting community sport (even in a small way), please contact our Junior Chairman, Nigel Clews on 07533 263299, or our Secretary Bill Whetstone on 07966 064684 if you would like to discuss a sponsorship package or perhaps can just suggest someone we might approach. We particularly welcome new adult rugby players. Perhaps you have played in the past and fancy a run-out? If so, please contact Rich Clarke on 07847 311516 who will be glad to help you with a gentle and enjoyable re-introduction to the game — it's a great way to keep fit and to show your son or daughter that you can still play! If you would like to learn more about Junior Rugby and the various regulations you can visit the OCs website look up RFU Age Grade Rugby. This provides information on the progression from Under 7s through to Under 17s.

Who's Who for 2013/14

Our Notice board and Website has information on our volunteers and the roles they play. **Remember we are all volunteers** and we do our best to ensure we do the right thing however if you would like to get involved, let us know! Our Club Volunteer Co-ordinator is John Lapworth. We have vacancies and there are lots of things that need to be done! For further information on volunteering, **just see John!** @ johnlapworth@yahoo.co.uk or on 024 7667 3715.

September 2013

Inside:

Room Hire	2
200 Club	2
Code of Rugby— This is Rugby	2
Kit	3
Training, Playing and Registration	3
Player Safe- guards and Codes	4
OCRFC Whole News	4

Useful Info

Club telephone Number:

024 7671 5273

Website:

www.oldcoventriansrfc.co.uk

Facebook: Old Coventrians RFC

OCs 200 Club contact

Peter Owen 024 7640 2336

Room Hire Mike Owen 07855 424097

Volunteers Wanted!
How can I help? Check out

www.oldcoventriansrfc.co.uk/volunteers

Room Hire

The club is available for hire for Anniversaries, Birthdays, Funerals, Christenings and Business Meetings etc. Please contact Mike Owen on 07855 424097 or Bill Whetstone on 07966 064684.

OCRFC "200" Club

The OCRFC "200" Club has been in existence since the mid 1960s and currently has 500 numbers amongst over 350 different members. A number costs £24 per year and £6,000 is paid out in prizes each year. The Christmas draw includes a party night at the clubhouse with lots of free beer, free wine and free hot and cold buffet for 200 Club members and their partners. For more details see our website at www.oldcoventriansrfc.co.uk or contact Peter Owen on 024 7640 2336 or by email at peterowen@tesco.net. If you want to join please complete the section on the associate membership form and pay your money to Peter Owen, cheques payable to "OCRFC".

OCs CLUB SHOP

The OCs ONLINE CLUB SHOP is on the Raging Bull Website www.ragingbull.co.uk/Shop/Old-Coventrians-RFC where you can buy a variety of items online. The link is on the OCs website www.oldcoventriansrfc.co.uk.

OCs is committed to the Rugby Football Union's Core Values and "This is Rugby".

"This is Rugby" seeks to promote **teamwork, respect, enjoyment, discipline and sportsmanship** in Rugby.

"This is Rugby" is fully supported by Old Coventrians RFC.



RUGBY FOOTBALL UNION

CODE OF RUGBY

Everyone involved in rugby in England, whether as a player, coach, referee, administrator, parent or spectator is expected to uphold the Core Values of our sport.

Teamwork · Respect · Enjoyment
Discipline · Sportsmanship

- Play to win - but not at all cost.
- Win with dignity, lose with grace.
- Observe the Laws and regulations of the game.
- Respect opponents, referees and all participants.
- Reject cheating, racism, violence and drugs.
- Value volunteers and paid officials alike.
- Enjoy the game.

THIS IS RUGBY.

Kit

Shirt Prices

from £25.00 to
£29.00 depending on
the size

Shorts £11.50

Socks £4.50 per pair

Woolly Hats £6.00

Beanies £6.00

Caps £6.50

Ties £8.00

Kit Bags from £16.00

Gum Shields £2.00



FOR TRAINING RUGBY BOOTS/
TRAINERS, SOCKS

SHORTS/TRACK SUIT BOTTOMS (No
zips!)

T SHIRT/RUGBY TOP/SWEAT SHIRT
GUM SHIELD AND SHIN PADS

All players MUST wear gum shields and we advise using shin pads for training and matches, other protective wear such as headgear and shoulder padding is not essential and is down to the discretion of the player's parent/carer. However, they **MUST** carry the IRB approval label. Hot showers are always available, therefore a towel, toiletries and a change of clothes for the Clubhouse are recommended.

A Kit Shop is open for new kit sales from 11.00am to 12noon on Sundays and from 6.30pm—7.30pm on Wednesdays. The **"NO BOOTS IN CLUBHOUSE"** rule applies for obvious reasons! **Please ensure all players respect this rule. Thank you!**

FOR MATCHES RUGBY BOOTS (with official
stud Kite Mark)

BLACK or OC Socks

BLACK SHORTS

CLUB SHIRT

TRACK SUIT BOTTOMS AND SWEAT SHIRT

GUM SHIELD AND SHIN PADS

NB: CLOTHING & EQUIPMENT SUITABLE FOR ALL
WEATHERS (i.e. Hats, Gloves, Drinks Bottle etc.)

Training, Playing and Registration "Touch, Tackle and Try playing Rugby

at Old Coventrians and tell your friends what fun it can be."

SUNDAY mornings from 10.30am until 12noon. **WEDNESDAY** evenings from 6.30pm depending on the age group (under 7s to under 14s), **TUESDAY** evenings for U15s and U16s, and **THURSDAY** for U17s. Games arranged for **SUNDAYS**.

Latest information on fixtures is available on the Website. For all away games meet at the Club for 10.00am unless told differently by the coach. **ALL PLAYERS** must play in their right age group (i.e. their School Year, e.g. Under 12s is School Year 7), if unsure speak to the coach. This is an RFU Regulation for the 2013/14 Season.

There is normally a Tuck Shop open and Bacon Batches and Hot Dogs are for sale. Volunteers are always sought after!

There is a cost to join for a year and we encourage all players to buy their OCs Junior shirt. There is no cost for training sessions or games. The Junior membership includes Associate Membership for one parent/carer is £50.00. Additional Junior Players in the same family is £25.00 each player. All players **must** complete a Player Registration Form, which is for the safety and welfare of the player. It is important that the club is informed of emergency contact numbers and any medical condition or allergies that may be relevant should the player fall ill or be involved in an accident/injury while at the club or an away game. All new players **must** also complete an RFU Registration Form. 2 passport sized photos are also needed for an RFU card but there is no additional cost for this and scanned photos will do. If you have a card already, you don't need to replace it each year! **We also need to ensure that all our young players are not involved in playing too much rugby, so please keep the coach informed on any other rugby played other than at OCs.**

Player Safeguards

We take pride that our coaches are qualified, we have a Safeguarding Policy in place and volunteers who have direct contact with young players have an RFU Enhanced DBS (Disclosure and Barring Service) check to ensure their suitability for working with our young players.

The **Key Factors** in a Rugby environment include:

- Quality coaching and training for coaches and player
- Training in safeguarding
- RFU Code of Rugby in place
- Equality of opportunity for playing
- Recording of incidents and accidents
- DBS checks undertaken
- Checks in place for the taking of photos

OCs Club Safeguarding Officer is:
Sue Applegate on 024 7640 7423.

Assistant Club Safeguarding Officers: Marie Shaw
on 024 7646 9033 and **Corrinne Allsopp** on 024
7640 7760.

Code of Conduct

OCs are very keen to ensure we work within the various RFU Codes of Conduct. There is a full set available on the Notice board and on the OCs Website. We suggest you read them, together we can set good standards and fair play for all involved.

This applies to players, coaches, parents, spectators and match officials.

OCs will not tolerate inappropriate behaviour and will take action as appropriate. This means players, parents, spectators, coaches and match officials.

OCRFC Whole Club News

Watch this space for more on:

- 'Join In' day on 8 September
- Bonfire Party Night (date TBC)
- The introduction of Young Rugby Ambassadors
- Volunteers Night on 15 November 2013



RECOMMENDED SANCTIONS FOR MEMBERS OF CLUBS INVOLVED IN OFFENCES AT MATCHES AT U18 AND BELOW

This guide is written for use by Club Disciplinary Panels when dealing with spectators/club members who offend at matches at U18 and below. It is not exhaustive and should be used in conjunction with the RFU Disciplinary Regulations, which can be found on rfu.com.

<i>For use by Club Disciplinary Panels only</i>	Suggested starting point
Entering the playing enclosure	3 weeks
Striking	6 weeks
Verbal abuse	4 weeks
Verbal abuse of match official	10 weeks
Threatening behaviour	12 weeks
Threatening behaviour towards a match official	24 weeks
Racial abuse based on religion, colour or national or ethnic origin	12 weeks
Any other act, misconduct or behaviour contrary to the spirit and/or interests of the game	6 weeks

* In assessing a penalty, Panels should take into account mitigating and/or aggravating factors which will determine a reduction or increase from the entry point.
* Clubs can, in exceptional circumstances, properly suspend wholly or in part a period of suspension.
* In the most serious cases, a life ban can be imposed.
* Clubs are encouraged to speak to the RFU Discipline Manager if they wish to seek further advice, and should always do so in the more serious cases.
Contact 020 8921 6997/020209547 or email support@rfu.com

A message from our National Governing Body is
“Lead by example, good example”.



Old Coventrians RFC
Tile Hill Lane
COVENTRY
CV4 9DE

Club Telephone Number: 024 7671 5273

For the latest news and information please visit the website as below:

Website: www.oldcoventriansrfc.co.uk

Facebook: Old Coventrians RFC