



OLD COVENTRIANS RFC

MINIS AND JUNIORS SECTION

2015/16



Accredited Club



Welcome to OCs Minis and Juniors

September 2015

Welcome to the new season at OCs. Our Junior Section continues to be very successful with the quality of our juniors now coming through at senior level from our successful Colts XV. This is something we continue to strengthen. **Jane Waterhouse** continues to head up the Junior Section as Chair and supported by a Junior Committee with **Paul Anderson** and **Richard Davies** as Junior Vice Chairs and **Charlotte Burns** as Junior Secretary.

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 Juniors to Colts to Senior Rugby. In an injury hit season the 1st XV were relegated. They will be in Midland 3 West (South) league but hope to bounce straight back up! However our Colts had a successful season and won the Warwickshire Colts Bob Coward Cup final in an exciting match against Stratford in April. They will be coached by **Paul Donaldson** and **John West** and supported by **Nigel Rix**. The Club Captain this season is **Richard Allsopp** who is also a good link between the Mini and Junior Section through to Colts and Seniors.

Your membership fee helps to support the cost of running the club, however, once paid, that's it until next season! There are no weekly subs to pay. This season it is £60.00 with additional player(s) £30.00. A parent/carer will become an Associate Member when they register the first player. To upgrade to a VP is an additional £10.00. All players **MUST BE** registered/re-registered by **Sunday 27th September**.

As an Associate Member you are welcome to use the Club House bar and facilities. We are always looking for sponsors to help fund our training kit, tour 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 Chair, **Jane Waterhouse** - janeurfu@btinternet.com or **Symon Whitehouse** our Sponsorship Secretary - symon@isos.co.uk 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! For all you Rugby Mums if you fancy giving it a go then **Jenny Davies** is the person to contact - jenny_davies54@btinternet.com. Some Mums have been having a go a Touch Rugby during the summer!

If you would like to learn more about Junior Rugby and the various regulations you can visit the OCs website to look up RFU Age Grade Rugby. This provides information on the progression from Under 7s through to Under 18s.

Enjoy the season at OCs and of course the Rugby World Cup!

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Useful Info

Club Telephone Number:
024 7671 5273

Website:

www.oldcoventriansrfc.co.uk

Facebook: Old Coventrians RFC

Room Hire—refer to club website.

Volunteers Wanted! How can **YOU** 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 refer to the club website for further details.

Who's Who for 2015/16

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 that 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.

Sponsorship?

If you are associated with a business which might be interested in helping with club sponsorship, e.g. pitch side advertising or contributing to playing equipment for junior rugby etc., please contact **Symon Whitehouse** - symon@isos.co.uk.

Code of Rugby

The Rugby Football Union's Core Values, the "Code of Rugby", is fully supported by Old Coventrians RFC.



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.

Rugby Football Union. The England rose is an official registered trademark of the Rugby Football Union.

Online OCs Club Shop

Visit www.oldcoventriansshop.co.uk.

Choose from various items available from the Scorpion Sports website online.

Further information please contact Paul Anderson - paulangry1@aol.com.

Other rugby supplies available from **Andy Blair Sports**, 88-90 Barkers Butts Lane, Coventry, CV6 1DY

Kit

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 10.00am to 11.30am on Sundays and from 6.00pm—7.30pm on Wednesdays only.

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.)

FOR TRAINING RUGBY BOOTS/TRAINERS, SOCKS

- SHORTS/TRACK SUIT BOTTOMS (No zips!)
- T SHIRT/RUGBY TOP/SWEAT SHIRT
- GUM SHIELD AND SHIN PADS

Kit Shop Stock Items

Shorts £12.00	Caps £6.50	Gum Shields £5.00
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Socks £5.00	Woolly Hats £6.00
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Ties £8.00	Beanies £6.00
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The **"NO BOOTS IN CLUBHOUSE"** rule applies for obvious reasons.
Please ensure all players respect this rule. Thank you!

Training, Playing and Registration

SUNDAY mornings from 10.30am until 12noon.

WEDNESDAY evenings from 6.30pm to 7.30pm for Under 7s to Under 13s and 7.30pm to 8.30pm for Under 14s to Under 15s.

THURSDAY evenings for Under 16s.

Games arranged for **SUNDAYS** for up to Under 16s.

Our **Colts** train on Senior Training nights which are Tuesdays and Thursdays.

Latest information on fixtures is available on the Website or contact the OCs Fixture Secretary **Trent McMurray** - ocrfcmjsfixsec@gmail.com.

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 remains an RFU Regulation for the 2015/16 Season.

There is normally a Tuck Shop open and Bacon Batches and Hot Dogs are for sale. We encourage all players to buy their OCs Junior shirt and shorts.

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 players
- 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
- Trained First Aiders



Accredited Club

We thank you for supporting no smoking on the touchline, please use the bins provided.

OCs Club Safeguarding Officer:
Sue Applegate - sueapplegate@me.com

Assistant Club Safeguarding Officer:
Corrinne Allsopp - Corrinne.allsopp@hotmail.co.uk

Assistant Club Safeguarding Officer:
Stuart Berry - Stuart.sas@btinternet.com

First Aid Coordinator
Nigel Brown - nigel.k.brown@btopenworld.com

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.**

The poster features a black background with yellow and white text. At the top right is the England Rugby logo. The main title 'DON'T BE A HEADCASE' is in large, bold, yellow letters. Below it, 'STOP! CHECK FOR CONCUSSION' is in white. The poster lists four key actions: RECOGNISE, REMOVE, RECOVER, and RETURN, each with a brief description. At the bottom, it says 'RECOGNISE, REMOVE AND IF IN DOUBT, SIT THEM OUT!' and 'RFU.COM/HEADCASE'. There is an illustration of a player in a red jersey running with a ball.

Check out the video - www.englandrugby.com/my-rugby/players/player-health/concussion-headcase/

The left poster shows a man shouting and pointing, with the text 'As members of the rugby family WE NEVER:' and a list of negative behaviors: Force our child to play rugby, Stray from the touchline onto the pitch, Verbally abuse match officials, players or other spectators, Threaten, intimidate or use bad language, Give offence by way of insult, humiliation or discrimination. The right poster shows a man cheering, with the text 'As members of the rugby family WE ALWAYS:' and a list of positive behaviors: Support positively and applaud good play, Respect officials and opposition players, Remember that children are playing to have fun, Behave as good role models on the touchline, Congratulate the opposition and make their supporters welcome. Both posters feature the RFU logo and the slogan 'THIS IS RUGBY. TEAMWORK RESPECT EQUIPMENT DISCIPLINE SPORTSMANSHIP'.



Old Coventrians RFC
Tile Hill Lane
COVENTRY
CV4 9DE

Club Telephone Number: 024 7671 5273

For the latest news and information
please visit

Website: www.oldcoventriansrfc.co.uk

Facebook: Old Coventrians RFC