



OLD COVENTRIANS RFC MINI AND JUNIOR SECTION

2019/20 Season

Registered Charity 1166051



Accredited Club



Welcome to Old Coventrians RFC Minis and Juniors

September 2019

We are now into the third year of being a charity in the form of a Charitable Incorporated Organisation (CIO) with a wholly owned trading subsidiary (OCRFC Trading Ltd). Our charity aims and current projects can be found on our website. The Mini and Junior Section is part of the CIO with management responsibility from **Jane Waterhouse** as Trustee/Mini and Junior Chair and **Charlotte Burns** as Mini and Junior Secretary who attend and represent the mini and junior section at the monthly Main Management Committee meetings.

We continue to have a very effective Mini and Junior Committee with some excellent volunteers. We are always keen to get more support and if you can help out then please get in touch!

At Senior level, **Alan Roberts** continues to be the head coach with **Marc Thomas** as the backs/skills coach. The coaching team continue to be responsible for all senior coaching ensuring consistency in the transition from Juniors to Colts to Senior Rugby.

We are delighted that the Club Captain this season will be **Jack Tolley** and the 1st XV Captain is **Alex Telfer**, both started their rugby as Junior Players at OCs. They are planning a successful season, supporters always welcome.

Your membership fee helps to support the cost of running the club. The fee is £75.00 with additional player / family member options.

All players **MUST BE** registered/re-registered by **30th September**. As members you are welcome to use the Club House bar and facilities.

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 **Jo Banks** on 07977 425664 is the person to contact. Our Ladies Touch team are always looking for new players!

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

All parents and players are encouraged to read the section on the back page regarding the headcase information. We have first aiders who are RFU trained who are able to make decisions on whether a player should be removed or return to play.

Enjoy the new season at OCs and watch out for the events we have organised throughout the season!

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Useful Info

Telephone Number:

024 7671 5273

Website:

www.oldcoventriansrfc.co.uk

Facebook: Old Coventrians RFC

Twitter and Instagram: Old Coventrians RFC

Room Hire—Contact Jim see over

Volunteers Wanted! How can **YOU** help? Check out www.oldcoventriansrfc.co.uk/volunteers

**AGE
GRADE
RUGBY**
COMING SEPTEMBER 2016



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 or contact **Jim Brady** on 07515 488899.

Who's Who for 2019/20

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! If you require further information on volunteering, **just see John!** johnlapworth638@gmail.com or on 024 7667 3715. **We need our parents to volunteer to support our coaches when their team is on duty with gate, parking and serving food in the kitchen.**

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.

OCs Kit

Visit:

Andy Blair Sports
88-90 Barkers Butts Lane,
Coventry, CV6 1DY



Website:

www.andyblairschoolwear.co.uk

Email: andyblairsports@yahoo.co.uk

Telephone: 024 7659 8080



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.

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 and a change of clothes for the Club House are recommended.

A Kit Shop is open for stock items only from 10.00am to 11am on Sundays and from 6.30pm—7.30pm on Wednesdays only.

Kit Shop Stock Items

Gilbert Shorts £12.00	Caps £6.50	Gum Shields from £3.00
Socks (old style) £5.00	Woolly Hats £6.00	Junior Bow Ties £6.50
Ties £8.00	Beanies £6.00	

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

The "NO BOOTS IN CLUBHOUSE" rule applies for obvious reasons and remember to bring a change of kit to change into before entering the Club House. 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 16s.

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

Latest information on fixtures is available on the Website or contact the OCs Fixture Secretary **Andy Burns** - andyburns10@sky.com for all Mini and Junior Fixtures.

ALL PLAYERS must play in their right age group (i.e. their School Year, e.g. Under 11s is School Year 6), if unsure speak to the coach. This remains RFU Regulation for the 2019/20 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, shorts and socks.

Member Application Forms **must be** completed. 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. Parents of all new players **must** now complete the online Player Registration Request to the club through the RFU System. Further information will be provided.

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 DBS (Disclosure and Barring Service) check to ensure their suitability for working with our young players. Our Policy can be found on our Website:

www.oldcoventriansrfc.co.uk/governance.php

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

- Quality coaching and training for coaches and players
- Training in safeguarding
- RFU Regulations 15 and Codes of Practice in place
- Playing Half a Game
- 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 and please use the bins provided.

Club Safeguarding Officer:

Nina Farrimond

ninafarrimond@gmail.com

Player Welfare:

Richard Davies

richard.davies54@googlemail.com

First Aid Coordinators:

Charlotte Burns / Corrinne Allsopp

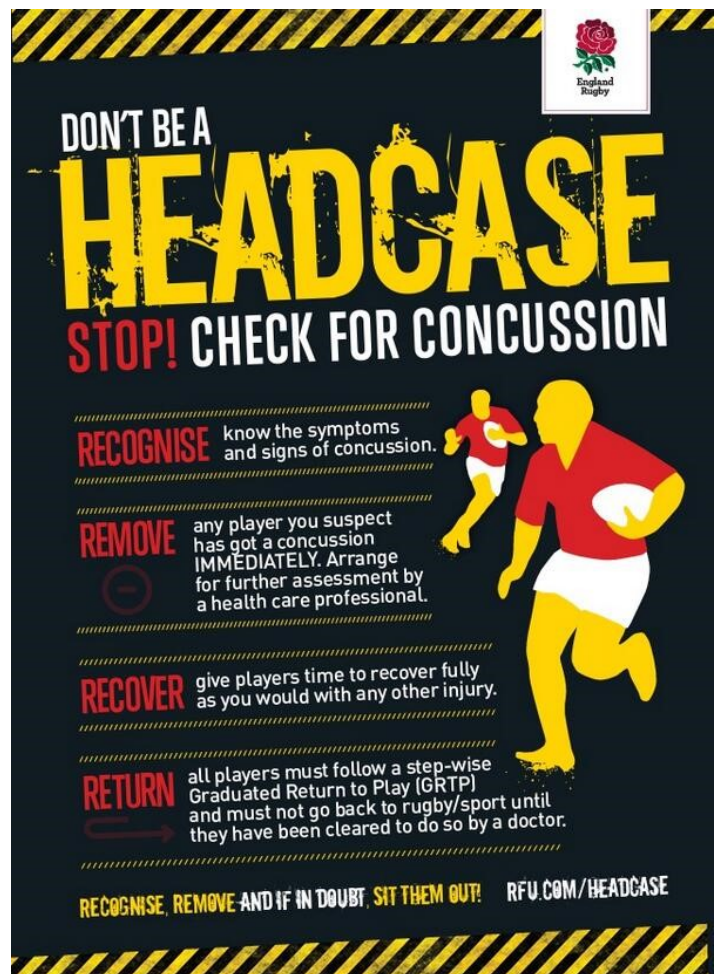
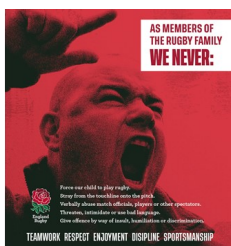
c.e.burns@sky.com / corrinne.allsopp@hotmail.co.uk

RFU Core Values of Rugby

We are all part of the rugby family and at OCs we need to ensure we work within these Core Values for **Teamwork, Respect, Enjoyment, Discipline and Sportsmanship.**

We suggest you read them and together we can set good standards all involved.

OCs will not tolerate inappropriate behaviour and will take action as appropriate.



Check out the video - <https://www.englandrugby.com/participation/playing/headcase>

England Rugby—Half Game

We are committed ! For more information on half game see below.



WE ARE A HALF GAME CLUB
englandrugby.com/halfgame



OLD COVENTRIANS
R.F.C.

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, Twitter and Instagram:

Old Coventrians RFC