



Northwich Rugby Football Club

-the community rugby club for Mid Cheshire

Moss Farm, Northwich, CW8 4BH

Tel: 01606 881971 Web: <http://www.northwichrufc.co.uk>



Welcome to Northwich RUFC Juniors

May I offer you a warm welcome to Northwich Rugby club. I hope you enjoy being both a member of the club and learning and playing the game of rugby.

The Club

We have a thriving junior rugby section with nearly 200 boys and girls training and playing in fixtures against other clubs in the area. We also play in festivals and our big event is the annual Cheshire Cup tournament. We are affiliated to the English Rugby Union and work closely with *Sport Cheshire* to promote sport and health. We have also been awarded the Sports England **ClubMark** in recognition that we provide a safe, well organised and enjoyable environment in which to learn and play rugby.

Age groups

The Junior section is arranged into teams by age and the age is taken on 1st September. Our youngest team is Under 7's and our eldest team is the Colts (U18). Both boys and girls are able to play and train together until the age of 12. Girls aged 11 to 18 can play in our girls U14 and U17 teams. The number of players required in matches at each age group varies and increases with age. We welcome as many boys and girls down as possible to play at each age, and we try to ensure everyone has a fair opportunity to participate, creating A & B teams if there are enough players.

Coaches

Each age group has their own coach / manager and in some cases an assistant coach as well. These are all volunteers and most have played rugby themselves when younger, however, the club makes sure that they are all qualified by attending courses run by the English RFU. The coaches are responsible for team selection, training equipment, communication and for the players' safety. All coaches can be contacted directly on the following numbers :- U7's Year 2 Ian Finn Tel: 01606 79661, U8's Phil Morris 01565 733070 U9's Dave Sweeney Tel: 0797 0066098, U10's Daniel Langston 01606 40857 U11's Dave Hunt Tel: 01606 75996, U12's Phil Clarke Tel: 01606 781441, U13's Ken Houghton Tel: 01606 558677, U14's Ashley Barber Tel: 01565 755850, U15's Sam Naylor 01606 871547, U16's Simon Bridle 01606 881971, Junior Colts Mike Naylor 01606 79578, Senior Colts Dave Johnson 01606 872070.

Playing and Training

Our season runs from the beginning of September until the end of April, although some tournaments appear in May. During the season we meet every Sunday morning at Moss Farm either for training or matches. Home matches and/or training starts at 10.30am, for away matches, we meet earlier to allow travelling time to the away club. Please bring along a drink of juice or water (no fizzy drinks please) for the matches and training. At away matches each player will be provided a free meal (usually sausage and chips) at the opposition club house. At home matches food can be obtained from the Moss Farm club house or vending machines by the club house or swimming pool.



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Playing kit

We have a mostly black kit with black shirts with gold coloured collars, cuffs and club badge, black shorts and socks. The club provides each player with their own shirt, which the player is responsible for, but there is no charge made for the shirt. All players will of course need rugby or football boots fitted with aluminium safety studs - not moulded or plastic. The use of a mouth guard is strongly recommended, as is the use of shin guards. Other protective gear can be worn, but speak to your coach for guidance first. Club socks, shorts etc. complete with the club logo can be purchased from the club every Sunday morning at competitive prices.

Safety

All junior rugby is played under the rules contained in the English RFU's 'Continuum'. This is designed to gradually introduce rugby to young people ensuring their safety and enjoyment. Younger children play 'tag' rugby until they are old enough to join the Under 9 team when they are gradually introduced to full contact (tackling, scrums etc.) In the unfortunate event of an injury, the coaches will follow the club's safety protocols. All players are covered by the club's public liability and accident insurance policies.

Registration and subscription

The club asks all players to pay an annual subscription rather than weekly match fees. This is £30 per player per year or £50 for family membership. We don't expect new recruits to pay their subscription until they have settled in and we are happy to make arrangements to spread payment for those parents who have difficulty in paying. All players are registered with the RFU and are given an official RFU registration number that will stay with them throughout their playing career.

Support & Social Events

We also encourage parents to support the children in both training and during matches. They can be an invaluable help to the coaches. As we are also a club we arrange regular social events, more details of these, fixtures, the rules and team news can be found on our own web site (www.northwichrufc.co.uk) and via our regular newsletter.

End of season awards

At the end of the season the club makes presentations in each age group for 'Best player', 'Most improved player' and 'Best Newcomer'.

If you have any questions or concerns please give me a call on 01606 881971 or e-mail me at the address below, otherwise enjoy your rugby.

Simon Bridle

Chairman; Junior Section

sbridle@northwichrufc.co.uk