



# Northwich Rugby Football Club

*-the community rugby club for Mid Cheshire*

Moss Farm, Northwich, CW8 4BH

Tel: 01606 810601 Web: <http://www.northwichrufc.co.uk> &  
<http://northwichgirlsrugby.co.uk>



## Welcome to Northwich RUFC Juniors 2008-9

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 250 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 Football Rugby Union and work closely with the *Vale Royal Sports Partnership* 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 1<sup>st</sup> September. Our youngest team is Under 7's and our eldest team is the Junior Colts (U17). 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 U15 and U18 teams. The number of players required in matches at each age group varies and increases with age. We welcome as many boys and girls 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 Huw Williams Tel: 01606 551652, U8's Nigel Waterhouse Tel: 01928 787532. U9's Steve Leyland Tel: 07976 898767, U10's Paul England Tel: 01606 782847, U11's Ian Finn Tel: 01606 79661, U12's Mark Llewellyn 07980 601369, U13's Andy Wells 01606 46722, U14's Karl Colyer Tel: 01606 45016, U15's Steve Jones Tel: 01606 784304, U16's Dave Jefford Tel: 01606 46265, Junior Colts Ken Houghton Tel: 01606 558677, Girls U15's & U18's Kevin Jones 01606 592494.

### **Playing and Training**

Our season runs from the beginning of September until the end of April, although some tournaments occur in May. During the season we meet every Sunday morning at Moss Farm, either for training or matches. (Older girls play on Sunday afternoon). 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. We have recently upgraded to a new look shirt with a new design and material. These, as well as other items like socks and shorts can be bought in the club shop every Sunday morning at competitive prices. 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 when involved in contact (U9 upwards). Other protective gear can be worn, but speak to your coach for guidance first.

## 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 registered players are covered by the RFU, Vale Royal and 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, £50 for multiple player membership or £75 for family membership. We don't expect new recruits to pay their subscription until they have settled in. We are happy to make arrangements to spread payment for those parents who have difficulty in paying the subscription in one go. 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](http://www.northwichrufc.co.uk)) and via our regular electronic 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 801601 or e-mail me at the address below, otherwise enjoy your rugby.

## Bob Phillips

Chairman; Junior Section Tel: 01606 810601

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