



# OLD COVENTRIANS RFC

## MINIS AND JUNIORS SECTION

### 2016/17 Season



Accredited Club



## Welcome to OCs Minis and Juniors

September 2016

### Welcome to the new season at OCs and for your continued support.

Since the 1<sup>st</sup> May 2016, we are now a charity in the form of a Charitable Incorporated Organisation (CIO) with a wholly owned trading subsidiary (OCRFC Trading Ltd) with the trading company dealing with commercial operations, such as bar and external functions and separate from the operation of the charity. This means that the Junior Section is part of the CIO with management responsibility from **Jane Waterhouse** as Trustee/Junior Chair and **Charlotte Burns** as Junior Secretary who attend the Main Management Committee.

We continue to have a very effective Junior Sub-Committee with some excellent volunteers. We are always keen to get more support and if you can help out in the following key areas then please get in touch! Player Development, Player Welfare, Membership and Sponsorship and Communications and Events.

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 will be fielding a regular Colts XV again this season and will make sure their fixtures are well publicised for those who want to come and watch our up and coming talent, players from our Juniors. The Club Captain this season is **Chris Quinn** and the 1st XV Captain is **Ryan Doherty**, they are hoping for a successful season, supporters always welcome.

Your membership fee helps to support the cost of running the club. This season it remains at £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 25<sup>th</sup> September**. As an Associate Member 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 **Jenny Davies** is the person to contact - [jenny.davies54@btinternet.com](mailto:jenny.davies54@btinternet.com). Some Mums have been involved in Touch Rugby this summer!



If you would like to learn more about Junior Rugby and the various regulations you can visit the RFU Website and look up RFU Age Grade Rugby. There are some changes this year and there is information on the progression from

Under 7s through to Under 18s as part of the Age Grade Review.

From September 2016 OCs will be hosting the Wasps Developing Player Programme (DPP) for players Under 13 to Under 15s. Watch out for further details on this or speak to **Trent McMurray**.

**Enjoy the season at OCs!**

### Inside:

Room Hire 2

Sponsorship 2

Code of Rugby 2  
Online OCs Club Shop

Kit 3

Training, Playing 3  
and Registration

Player 4  
Safeguards

### Useful Info

Club Telephone Number:

024 7671 5273

### Website:

[www.oldcoventriansrfc.co.uk](http://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](http://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 or the bar team.

## Who's Who for 2016/17

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!** [johnlapworth@yahoo.co.uk](mailto:johnlapworth@yahoo.co.uk) or on 024 7667 3715. We encourage all parents to volunteer to support our coaches when their team is on duty with kitchen and parking.

## 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](mailto: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](http://www.oldcoventriansshop.co.uk).

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

Further information please contact Paul Anderson - [paulangry1@aol.com](mailto: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 12noon on Sundays and from 6.00pm—7.00pm on Wednesdays only.

## Kit Shop Stock Items

<b>Shorts</b> £12.00	<b>Caps</b> £6.50	<b>Gum Shields</b> from £2.50
<b>Socks</b> £5.00	<b>Woolly Hats</b> £6.00	<b>Junior Bow Ties</b> £6.50
<b>Ties</b> £8.00	<b>Beanies</b> £6.00	<b>Mini Shirts</b> from £24.00

**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 in to 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.

**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](mailto:ocrfcmjsfixsec@gmail.com) for Juniors Fixtures and Andy Burns—[andyburns10@sky.com](mailto:andyburns10@sky.com) for Mini 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 2016/17 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 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.

Club Safeguarding Officer:  
**Sue Applegate** - [sueapplegate@me.com](mailto:sueapplegate@me.com)

Assistant Club Safeguarding Officer:  
**Corrinne Allsopp** - [Corrinne.allsopp@hotmail.co.uk](mailto:Corrinne.allsopp@hotmail.co.uk)

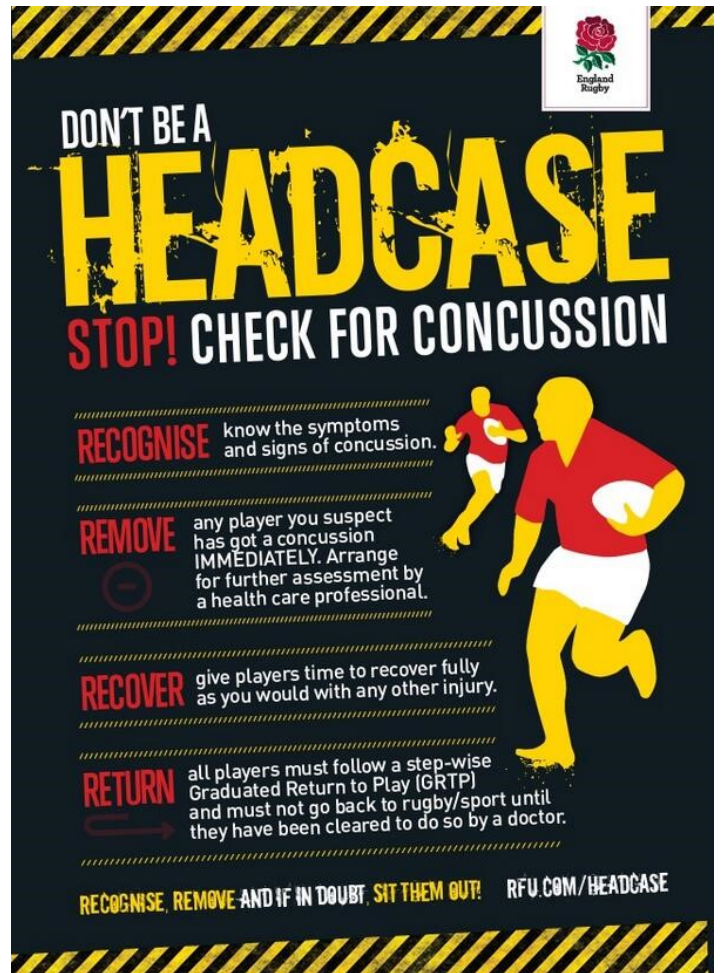
Assistant Club Safeguarding Officer:  
**Stuart Berry** - [sberry069@gmail.com](mailto:sberry069@gmail.com)

First Aid Coordinator  
**Nigel Brown** - [nigel.k.brown@btopenworld.com](mailto: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.**



Check out the video - [www.englandrugby.com/my-rugby/players/player-health/concussion-headcase/](http://www.englandrugby.com/my-rugby/players/player-health/concussion-headcase/)



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](http://www.oldcoventriansrfc.co.uk)

Facebook: Old Coventrians RFC