



OLD COVENTRIANS  
R.F.C.

# OLD COVENTRIANS RFC MINIS AND JUNIORS SECTION

2018/19 Season

Registered Charity 1166051



Accredited Club



## Welcome to Old Coventrians RFC Minis and Juniors

September 2018

We are now into the second 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! Our Theme Leads are **Trent McMurray** and **Neil Sheepy** for Player and Coach Development, **Paul Anderson** for the OCs Brand, **Richard Davies** for Player Welfare, **Emma Bailey** for Player and Parent Junior Membership and **Jo Banks** for 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. **Trent McMurray** heads up our Colts set up as Colts Head Coach with support from **Lau Langkilde** and **Neil Sheepy**.

We will be fielding a Colts XV Team 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 who have come up through our Junior Section. We are delighted that the Club Captain this season is **Paul Wilkes** and the 1st XV Captain is **Elliott Sheepy**, both started their rugby as Junior Players at OCs. They are planning a successful season, supporters always welcome having gained promotion last season. Your membership fee helps to support the cost of running the club. There is no increase this season and remains at £70.00 with additional player(s) £30.00. A parent/carer will become a member when they register the first player. To upgrade to a VP is an additional £30.00. All players **MUST BE** registered/re-registered by **Sunday 23rd 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 **Jenny Davies** 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. OCs will be again 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**.

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### Useful Info

#### Telephone Number:

024 7671 5273

#### Website:

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

**AGE  
GRADE  
RUGBY**  
COMING SEPTEMBER 2018



Enjoy the new season at OCs!

## 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 2018/19

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](mailto: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 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.

### OCs Kit

**Visit:**

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

**Website:**

[www.andyblairschoolwear.co.uk](http://www.andyblairschoolwear.co.uk)

**Email:** [andyblairsports@yahoo.co.uk](mailto:andyblairsports@yahoo.co.uk)

**Telephone:** 024 7659 8080

Further information please contact **Paul Anderson**

[paulangry1@aol.com](mailto:paulangry1@aol.com).



## 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

<b>Gilbert Shorts</b> £12.00	<b>Caps</b> £6.50	<b>Gum Shields</b> from £3.00
<b>Socks (old style)</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	

**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 15s.

Games arranged for **SUNDAYS** for up to Under 15s.

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 **Andy Burns** - [andyburns10@sky.com](mailto: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 2018/19 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.

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. 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/juniors\\_docs.php](http://www.oldcoventriansrfc.co.uk/juniors_docs.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:

**Sue Applegate**

[sueapplegate@me.com](mailto:sueapplegate@me.com)

Player Welfare:

**Richard Davies**

[richard.davies54@googlemail.com](mailto:richard.davies54@googlemail.com)

First Aid Coordinator:

**Nigel Brown**

[nigel.k.brown@bopenworld.com](mailto:nigel.k.brown@bopenworld.com)

## 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 - [www.englandrugby.com/my-rugby/players/player-health/concussion-headcase/](http://www.englandrugby.com/my-rugby/players/player-health/concussion-headcase/)

## England Rugby—Half Game

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



**WE ARE A HALF GAME CLUB**

[englandrugby.com/halfgame](http://englandrugby.com/halfgame)



Rugby Football Union, The RFU Rose and the words 'England Rugby' are official registered trademarks of the Rugby Football Union and are subject to extensive trademark registration worldwide.



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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, Twitter and Instagram:

Old Coventrians RFC