



Youth Rugby Welcome Pack



Youth Rugby

Dear New Member

Invitation to join our Club

Welcome to RHC Cougars Youth Rugby.

We would like to invite you to join our club, and I enclose a "Welcome Pack" for your information which includes a Registration Form and Subscriptions Form.

We look forward to seeing at our next training session. If you have any questions please do not hesitate to contact me on any of the telephone numbers below.

Yours Sincerely

Philip Williams

Philip Williams
RHC Cougars
Youth Rugby Convener
& Child Protection Co-ordinator

Tel 01313128581
Mobile 07771954985
E mail- williamsphilip@sky.com

Yours Sincerely

Jim Donachie

Jim Donachie
RHC Cougars
Mini Convener

0131 336 4033
James@finestcakes.co.uk

Welcome to RHC (Royal High Corstorphine) Cougars Youth Rugby

A NEW VENTURE

Royal High and Corstorphine rugby clubs merged in 2003 combining the successes of Corstorphine in the Scottish Premier Leagues with the well established and expanding youth section at Royal High. RHC Cougars has plans to field a Senior Ladies team, 3 senior men's teams, a U-21 Development side and youth teams at all age groups between Primary 3 and Under 18 during all seasons.

Primary school rugby is mixed boys and girls. It is hoped to establish senior schoolgirl's rugby in the coming seasons in support of our successful Ladies side.

SPORTING

RHC has long established itself as a safe, efficient and child friendly rugby club adhering to the '**Fair Play Codes for Coaches, Players, Referees, Parents and Spectators**' as produced by the Scottish Rugby Union and more recently the nationally sponsored child protection guidelines. The code is available to download from the **SRU website** <http://www.scottishrugby.org/>

EXPERIENCE

Qualified coaches supervise all the squads.

Our Coaches and Administrators are expected to implement and observe the SRU's Fair Play Codes, and our aim is to introduce and develop youth rugby at all ages providing opportunities for players to develop both individually and as team members.

We have potentially over 100 young players participating on Sundays from September to April, training for - or playing - competitive rugby. In addition the Under 18 Colts play regular competitive fixtures on Saturday afternoons.

The Youth Section is further supported by experienced coaches, referees and players from the senior club and by the SRU through the national rugby apprenticeship scheme

The RHC Youth coaching and selection policy is 'inclusive', all players being involved in inter-club fixtures and the season's Minis tournaments with the only significant selection occurring as the more senior teams enter national competitions.

Child Protection is a topic of importance; it is taken most seriously while recognizing the issue requires balance, common sense and sensitivity.

COMPETITION

Our fixture list for the 10 junior age groups (Primary 3s to the Colts) extends to a wide variety of different clubs from all around the country, playing league, cup and the normal friendly fixtures. Additionally, we enjoy visiting and hosting touring sides from other countries.

The Under 18s play on Saturdays and enjoy a challenging mix of fixtures, with opportunities to progress to the club's Development XV and to play age-group representative rugby.

FACILITIES

At Barnton, RHC Cougars have a custom-built clubhouse and utilizes 3 senior pitches and a large training area in the Royal High School grounds.

Additionally RHC Cougars have a clubhouse and facilities at Union Park, Corstorphine where selections of senior matches are played.

SO, WHAT ABOUT IT ?

RU Ready for Rugby Union? TRY Rugby this Sunday!

For more information, contact RHC today through Philip Williams the Youth Rugby lead on 0131-312 8581 or (williamsphilip@sky.com) or contact any of the coaches directly overleaf or visit our website www.rhcrugby.co.uk

RHC Youth Rugby Section
The Mini and Youth Rugby People

The Youth Executive

Youth Rugby Convener Philip Williams williamsphilip@sky.com
0131 312 8581 or 07771 954985

Child Protection Co ordinator Philip Williams

Committee Members

Treasurer Jim Donachie

Secretary David Taggart

Mini Organiser Jim Donachie

Community Coach Steven Leckie

Committee Members David Taggart
Suzanne Philip
Sarah Burnett
Sandy Low
Andrew Saltoun
Tom Gorham
Lee Fraser
Steven Garrity

Contact Phone Numbers

Clubhouse Barnton 0131 476 6033
Union Park 0131 334 2744

The Coaching Teams

Senior Club Coaches Steven Leckie 07787112926 rhccoach@googlemail.com
Mike Whiteside

Midi Rugby Contacts
All Teams Philip Williams 0131 312 8581 williamsphilip@sky.com

Mini Rugby
All Teams Jim Donachie 0131 336 4033 james@finestcakes.co.uk

Girls Rugby
Under 14 (p7/S1 & S2) Sonia Cull 07980892836

Training Dates and Times - Check Website

New players are always welcome – whether new to the game or not.

Current details for training sessions for every season are as follows

MINI SECTION

All training commences at 1pm on Sundays

JUNIOR SECTION

All training commences at 1pm (11am U15) on Sundays and 6,30pm on Tuesdays and Thursdays
Girls U14 6-8pm on Wednesdays
Visit website for more details

FIXTURES

Visit website for more details.

Questions and Answers

How much do we pay for the sessions?

Our annual subscriptions are as detailed on the current subscriptions form, and are payable to the club (Cheques should be made payable to RHC Youth Rugby) and are due before 1st October each year. Please pay your subs as soon as possible to aid our early season cash flow. Subscription Forms are enclosed with this Welcome Pack.

PLEASE NOTE - IF YOU DO NOT PAY YOUR SUBS AND REGISTER YOUR CHILD IS NOT INSURED UNDER THE SRU CONDITIONS OF RUGBY.

Do we have to fill in a players registration form before any game is played?

We require you to fill in a SRU Players Registration Form, confirms their Date of Birth which will be necessary for age based games. Player registration forms should be requested from the coach for your section. They are also attached to this Welcome pack

Will the club be open when we come for sessions and games?

The clubhouse will be open and drinks and sweets will be available for purchase. On game days we normally provide a meal and a drink for the players, coaches and referees. We do provide refreshments and food for parents and family members to purchase. We will probably run a raffle on game days to finance our expenses.

Can we help?

We will require help throughout the season, in the kitchen on game days, selling raffle tickets and serving the spectators and players. We especially need help on the day of our mini tournament when we invite another three rugby clubs who will bring along fifteen teams.

We also require coaches, helpers, administrators and assistants for all teams at all levels throughout the season.

Please contact the team coach to enquire on this item.

Does the club require sponsorship?

Yes, as with all clubs, we always require sponsorship to survive. Our sponsorships packages are listed as follows with any help from companies most welcome- (We can also provide other packages on application)

Typical Sponsorship Items (Circa 2010 prices)

**Company Logo emblazoned on team water bottle carriers
(1 team-Minis or Juniors) £25
(5 teams -Minis or Juniors) £100
(10 teams-Minis and Juniors) £175**

**Company Logo on Team Training Tops
(1 team-Minis or Juniors) £75
(5 teams- Minis or Juniors) £350
(10 teams-Minis and Juniors) £1000**

Company Logo on Team Strips

**(1 team-Minis or Juniors) £125
(5 teams- Minis or Juniors) £550
(10 teams-Minis and Juniors) £1100**



YOUTH RUGBY

Players Code of Conduct	Coaches Code of Conduct	Parents/Spectators Code of Conduct
<ul style="list-style-type: none"> • Play for fun • Play by the laws of the game • Do not argue with the referee • Control your temper • Never give up • Be a good sport. • Be fair • Improve your skill • Don't be selfish • Don't show off 	<ul style="list-style-type: none"> • Be reasonable • Teach them to play by the laws of the game • Avoid mistakes • Don't favour your best players • Never Condemn • Being coached should be fun too • Get the right equipment and facilities • Give your voice a rest • Be generous with praise • Good coaching means they run with the ball • Doctor knows best • It's your players who matter - not their won/lost record 	<ul style="list-style-type: none"> • Never force a child to play • Always remember children play rugby for their enjoyment not yours • Encourage your child to play by the rules/laws • Teach your child that victory isn't everything • Never yell at a player for making a mistake • Applaud good play - by either team • Encourage your child to improve his/her skills through coaching • Stay off the pitch • Don't abuse anyone (especially the referee)

Training sessions and Games

Mini Rugby Training starts 1pm on Sundays. Each training session usually goes on for an hour. However this can continue for longer depending on the weather and age group concerned. Please ensure that you deliver your child to the club house, ensuring that a number of coaches are present before leaving your child. However, all parents are WELCOME to watch the training sessions, and especially the games. Most MINI section games are played on Sundays. The times vary according to whether it is at home or away or the distance being traveled by the opposition.

We can not afford the luxury of coaches to transport children to away games and so rely on parents for transport to and from away games. Car sharing is encouraged whenever possible.

What to wear and what not to wear!

Clothes for Training

The Rugby training at RHC tends to runs all year round. At the start of the season, jerseys, shorts etc. should be fine. However during winter training sessions, please ensure they have a number of layers on. With younger children we recommend that they wear woolly hats and some form of waterproof jacket and trousers (these are easy to clean!)

It is better for the children to wear plenty of layers that may be removed accordingly.
What NOT to wear

It is very important that jewelry is not worn at training sessions or for games, this includes earrings, studs and chains. Also, hooded tops and tops with loose cords or ties should not be worn for rugby sessions.

Clothes for Games

For games, children are proud to wear their RHC Cougars jerseys, which will be supplied by the club. However, please make sure they have sufficient clothing underneath and a fleece or jacket to go on over their jerseys in between games.

Rugby Boots

As it becomes wetter and muddier, boots are required. Soccer boots are OK, but make sure the studs are aluminum, and the approved kite-marked type complying with BS6366. The studs should be checked regularly for jagged edges as these pose a serious danger to other players. Please note that rugby studs may be worn for football, but not vice versa.

Moulded plastic studs and rubber blades may be used but must be checked on a regular basis - however boots with 'blade' type soles which have a metal tip on the rubber/plastic blade are not allowed for rugby.

Second Hand Boots

We all recognize how quickly kids can grow out of their shoes. Therefore the club has a small collection of second hand boots that can be taken with a small donation given to the club for them. Any boots that your child has grown out of can also be donated to this collection.

Gum Shields

The Club recommends that players in all age groups wear gum shields. Gum shields tailor-made by your dentist are ideal once your child has their full set of adult teeth, (speak to your dentist about this). However, sports shops sell DIY versions that you soften by heating in boiling water and then mould around the teeth.

Parents Section

The Mini section of RHC Cougars Rugby Club relies on the willingness and effort of its volunteers. All coaches at the club are volunteers and give up their time to encourage children to take part in a sport that they believe will supply them with years of enjoyment as well as introducing them to benefits of a team sport.

While the Coaches are busy each week there are still other jobs that are required to be done to keep the Mini section running efficiently. These are mainly on the Sundays when there are games or tournaments on and other clubs are bringing their children to us.

The kind of jobs that are required include contributing some home baking to sell, helping out behind the coffee bar, selling raffle tickets to name but a few. The more volunteers we have available then the less often you will need to help.

If you are not required to help please stay at the Rugby club during games and tournaments and support your child, the team, and the club.

We also require help in preparing juice for the kids after training nights.

We welcome and encourage you to also stay to watch both the games and training sessions and to get involved with the club. If you are interested in coaching the youngsters, full training will be provided.

A code of conduct for parents and supports is attached

Health and Safety

Permission forms with emergency contact details must be completed. Any changes during the year must be given to coaches etc.

Any illness which could affect your child must be discussed with your Childs coach prior to the start of any training session.

Medical or Other Conditions

Parents/carers must notify coaches of any condition, eg asthma, diabetes, attention deficit disorder, epilepsy, that could affect a player during a session. Appropriate medication should be with the players' parents/carers at all times.

Concussion

This is rare, even in adult rugby. However, if any player suffers a knock which results in momentary unconsciousness, confusion, memory loss or unsteadiness, then there is evidence of definite concussion injuries. The player in question should be taken from the field of play and proper medical attention sought.

Please note that in any event, irrespective of age, the player may not play rugby for a compulsory twenty one day period.

Tetanus Injection

If not already done so mini rugby players should have a preventative course of tetanus injections. General Practitioners should be able to advise.

Child Protection Policy

RHC Cougars Rugby Club, its officers and Coaches, recognise the personal dignity and rights of children, towards whom we have a special responsibility and a duty of care. As a Club and as individuals, we undertake to do all in our power to provide children and young people with safety and protection from harm while they are in our care. If we have reason to suspect that abuse has been perpetrated, we undertake to report our concerns to the appropriate authority.

All coaches will undergo Disclosure Scotland Procedures and training courses for coaches. Any queries regarding our child protection policy should be referred to our Child Protection Officer (See contacts page for details)

New Player	<input type="checkbox"/>
Change of Details	<input type="checkbox"/>



SRU Registration No: _____

PLAYER REGISTRATION FORM

Please complete, tick all relevant boxes and return to Player Registration at Scottish Rugby Union, Murrayfield, Edinburgh, EH12 5PJ. If you have any questions, please call 0131 346 5162. Form must be signed by player/parent or guardian* and a Club Official/Head Teacher.

1. Personal Details: (Please print clearly)

Forename: _____ Surname: _____ DOB: ____/____/____

M/F: _____ Address 1: _____ Address 2: _____

Town/City: _____ Postcode: _____ Contact Tel: _____
(inc. code)

Email: _____ Name of Parent/Guardian*: _____

Contact no: _____ Email/postal address _____
(if different from above)

• **Eligibility to play for Scotland:**

Place of Birth: _____

If not Scotland are you eligible through one of the following:-

Parent/Grandparent born in Scotland Permanent Residency (3yrs+) Have not played Rep. rugby for any other country

• **Rugby Club/School of which you are a playing member:**

Rugby Club: _____

School: _____ Do you play rugby at this school? **Yes/No**

Position: (tick all that apply) **Non-Position Specific**

Tight Head Hooker Loose Head Left Lock Right Lock Blindside Flanker Openside Flanker
Number Eight Scrum Half Stand Off Left Wing Inside Centre Outside Centre Right Wing Full Back

4. Declaration:

I declare that the above information is correct. In signing this form I agree that the above named player shall be bound by the regulations, bye-laws, general regulations and directives of the International Rugby Board and the bye-laws and resolutions of the Scottish Rugby Union and the rules of the player's club. I understand that this form, which includes personal data about the above named player for the purposes of the Data Protection Act 1998 ("the Act"), will be kept by Scottish Rugby Union plc ("the SRU"). As well as being held by the SRU, I understand that this data will be processed by the SRU in the following ways: disclosure to medical advisers and other lawful third parties; and disclosure to rugby clubs (including non-affiliates of the SRU), all within the terms of the lawful purposes specified in the SRU's notification to the Information Commissioner under the Act, and I consent to this processing.

Agreed by: _____ **Date:** ____/____/____
Player or Parent/Guardian if Under 16 years of age

Agreed by: _____ **Date:** ____/____/____
(Club Official/Head Teacher)

***If player under 16**



**YOUTH RUGBY
MEDICAL DISCLAIMER**

Has your child ever suffered from an illness affecting the following: Heart, Liver, Lungs, Epilepsy, Kidneys, Blood
If Yes to any of the above please give brief details:
Does your child suffer from any other Medical condition? If so, please specify
Is your child on any long term medication?(If Yes, please state what it is):

CHILD PROTECTION FORM

	Please initial
I have seen a copy of the RHC Cougars Child Protection and Good Practice Policy Statement. (Refer to website- rhcrugby.co.uk for a copy)	
I am happy for my child to be photographed and named in photographs and articles to do solely with RHC Cougars Youth Rugby.	
I know that Philip Williams is RHC Cougars Child Protection Co-ordinator and his telephone number is 0131 312 8581.	
I consent to my telephone number and e mail address and home address to be used by club officials and club members purely for means of communication about RHC Cougars and its rugby activities.	

I declare that the information given above is correct and that I, and my child, will comply with the rules of RHC Cougars Youth Rugby.	
Signed	Date / /
Name	

Company: RHC Cougars Youth Rugby(Excerpt from Accounts)
 YEAR: 2009/2010

Profit and Loss Account (£35 subscriptions split)

Income

Subscriptions (U17/Minis)	£1,480.00
Fundraisers	
Pig Race	£1,309.00
Bag Packing	£450.00
Corstorphine Fair	
Inflatable	£133.00
D Mains Gala	
Inflatable	£123.00
	<u>£2,015.00</u>

Outgoings

Expenses	Merchandise Contribution	£30.00
Float for U17 Catering		£160.00
Pig Race Costs		£320.00
General Equipment		£261.00
Minis Strips		£616.00
Cowal Trip		£1,069.00
SVQ Costs		£960.00

Credit

£3,495.00

Debit

£3,416.00

Credit for Year 2009/2010 £79.00

Percentage of Fundraising

Subscriptions **42%**
 Fundraisers **58%**

PERCENTAGE of EXPENSES v INCOME
Split of subs

Merchandise	1%	£0.30
Float for U17s	5%	£1.60
Pig Race Costs	9%	£3.20
General Equip.	7%	£2.61
Minis Strips	18%	£6.17
Cowal Trip	31%	£10.71
SVQ	27%	£9.61
Balance	2%	£0.79
		<u>£35.00</u>