

RAM's Website – www.blairgowrie-rams.co.uk

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Welcome Handbook Blairgowrie RAMS RFC
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Introduction

Blairgowrie Rugby Club has had a junior section for 13 years, we meet every Sunday at JJ Coupar Recreation Park, Coupar Angus Road, Blairgowrie PH10 6JT from August through to May and we welcome girls and boys of all ages and abilities from age 5 to 18.

What you need to do when you join our club:

The **first 4 weeks are free** for you to try Rugby. To become a full member of the club, complete your membership details on our Pitchero website: <http://www.pitchero.com/clubs/blairgowrierams> and make payment of your membership fee. **Please note that membership fees must be paid via Pitchero before a player can be entered for Club Match Fixtures.** For further information or help with this please contact: Farah Adams, Club Secretary, Tel: 01250 874485 or farah@adams-law.co.uk

Age Grade Law Variations: Information about Rugby for different Age Groups

The Scottish Rugby Union (SRU) website has lots of information which is readily accessible at <http://admin.scottishrugby.org/get-involved/coach/resources> then under "Player Welfare" click on "Age Grade Law Variations" to download the latest handbook from the SRU which is the definitive guide and is regularly updated by the SRU.

Training sessions

Location – JJ Coupar recreation ground. **Sundays at 11am – 12noon (please arrive at 10.50am ready to start training at 11am)**

Clothing and equipment

Children need to be dressed appropriately for all weather conditions as training continues in all weathers. It is suggested that your children come to training and matches with the following:

• Tracksuit	• Lightweight Waterproof Jacket
• Rugby Boots (outdoor training)	• Trainers (indoor – winter if nec)
• Gum Shield	• Water Bottle

Please note your child will be provided with a full strip on arrival at a home or away match. **You can purchase RAM's RFC replica kit - for further information visit our Pitchero website:** <http://www.pitchero.com/clubs/blairgowrierams>

Matches

Home & away - All fixtures will be shown on the Pitchero website and your child's team coach will discuss details i.e. location, time and date. This information will appear on the RAMs website and an email will be sent as a reminder.

If your child cannot attend training or a match fixture at anytime, please contact your child's coach by text and/or set availability on our website.

Coaches *(this is the current list of coaches available and may change from time to time depending on individual coaches availability)*

P1 -3 Micros	Dave Scott and Gordon Stark
P4 – 5	Colin Murdoch, Mark Simpson and Roy Jenney
P6 – 7	Kevin Brown
S1-2	Alan Robertson/Gavin Hart
U15's – U16's	Simon McCaig
U18's	Callum Gordon

Membership

- Cost indications, per annum: (after first four weeks free of charge)
 - P1 – P7: £60 per child
 - S1 – S6: £90 per child
 - Family Membership £130 (for 2 adults and 3 children)
- The above is an indication of the fees, however please visit our Pitchero website for the payment options and detailed fee options and information

Your annual membership contributes towards the following:

- Full Strip
- Regular laundry costs
- Catering for home matches
- Match fee's for away games
- Equipment

Are you keen to get involved with our club? Contact our Club Secretary, Farah Adams on 01250 874485 or farah@adams-law.co.uk

- Coaching – How to get involved – contact our Club Secretary for more information.
- Catering – Each time we entertain visiting clubs we are looking to provide hot drinks, soup and home baking. Over the years we have had tremendous support from the families of our players. We would like to continue to offer our visitors such refreshments. If you can help in any way by making a donation or volunteering to serve on the day of the match, please reply to emails that are sent before the fixture date.
- Funding/Sponsorship – contact alan@learmonth.org.uk/sponsorship@blairgowrie-rams.co.uk (Mobile) 07970 105047

Who's who

President	Gavin Hart
Vice President	Colin Murdoch
Secretary	Farah Adams
Treasurer	Simon McCaig
Funding & sponsorship	Alan Learmonth:
Fixtures	Mary Simpson
Membership	Tracey Gregor
Catering	Mary Simpson and Roy Jenney
Child welfare	Una McQueen
Coaches Coordinator	Billy Campbell