

ROSSENDALE
rugby RUFC



CLUB
MARK

Rossendale Rugby Juniors have been awarded Seal of Approval from the RFU. This is a recognition of quality of coaching and club organisation.

This award contributes to safe coaching for players.

We have procedures in place for emergency situations and safeguarding issues. These are available to view on the website or in the clubhouse on Sunday mornings.



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ROSSENDALE RUGBY JUNIORS INFORMATION LEAFLET



Rossendale R.U.F.C
Rossendale Sports Club
Marl Pits
Newchurch Road
Rawtenstall
Rossendale.
BB4 7SN

ROSSENDALE RUGBY JUNIORS

WHO CAN JOIN?

Children from the age of 6 years to 17 years

WHEN DO WE MEET?

Sunday mornings at 10.30am—12pm

WHERE DO WE MEET?

Marl Pits, Rawtenstall

WHAT TO WEAR?

- You'll need to wear tracksuit pants or shorts (no zips)
- Football or rugby boots (we have a box of boots that players have grown out of, so if you want to come for a couple of weeks before you buy boots, you can borrow some from the box)
- A few layers, including a warm top and waterproof
- (Hoodies are not suitable as the hood can be pulled during training and potentially cause an injury)
- It is important to bring a change of clothes as it is often wet or very muddy.

Changing is either in the rugby club or pavilion next door, your coach will let you know where to change. There are showers available in both areas.

TRAINING

We usually train on Sundays throughout the year, except school summer holidays, Christmas and Easter. Some teams do midweek evening training, this is dependant on availability of facilities and coaches.

MATCHES

During the rugby season (September to May) we have a mixture of training days and match days. Our matches are either at home or away and we usually play other teams in the Lancashire area, although some teams play in tournaments which may include away games elsewhere in the North West.

Fixtures are arranged in the January before the season starts. As this is a long time in advance sometimes games have to be cancelled or rearranged.

CLUBHOUSE

We provide drinks after training and these are available in the clubhouse.

On match days we provide food for players who have played games. On these days there is usually the opportunity to buy food e.g. bacon/sausage butties.

Tea and coffee is usually available and the bar is open after training.

COACHES

We have qualified coaches for every age group

U7, U8, U9, U10, U11, U12, U13, U14, U15, U16

Tag rugby is played by U7 and U8 and rules are added in as prescribed by the RFU as the players get older.

KIT STALL

We have a selection of training kit, mouthguards and Rossendale Rugby branded items on sale on Sunday mornings.

Match tops are provided for matches and these are to be returned to the coach the end of the game for washing by the club.

NEWSLETTERS

These are produced throughout the season to give updates and information.

WEBSITE

[Www.rossendalerugby.co.uk](http://www.rossendalerugby.co.uk)

IF YOU ARE INTERESTED OR WANT FURTHER
INFORMATION
PLEASE CONTACT
rossendalerugbyjnr@tiscali.co.uk OR
PAUL KILSHAW
07733315599