

## **To all Mini Section players and parents**

I would like to wish you a warm welcome to Twickenham Rugby Football Club (TRFC), and in particular to the Mini section of the Club. Twickenham Rugby Football Club is one of the oldest Rugby Clubs in the world! Founded in 1867, we have the most famous name in English Rugby with a long and proud tradition. Despite being one of the oldest clubs, we are not one of the biggest but instead have a warm and friendly atmosphere that is the envy of many so called bigger clubs.

The Mini section comprises every age group from Under 6s (Reception Year) to Under 12s and we have an enthusiastic team of qualified coaches for each age group, who aim to make rugby enjoyable and inclusive for all players. We are happy to coach children of all abilities, with the emphasis on enjoyment and improvement. If your child hasn't played rugby before, don't worry – it's our job to teach them – no matter what age they are. Equally, if you haven't encountered rugby before, please feel free to ask your child's coaches about any aspect of the game.

There is a mixture of training sessions and matches, both home and away, against other teams from around the area. These take place on Sundays, 10.00am to midday.

Junior rugby is also thriving at TRFC with ages 13 to 18 playing regularly on a Sunday. The U13s to U18s can also train on certain evenings (coaches will advise) starting at 7.00pm until 8.30pm.

We also run a number of senior sides of varying standards. If you would like more details, please contact us.

We hope that you will be able to support us throughout the season. Parents are encouraged to help where they can as this maintains the family atmosphere within the Club, whether it is coaching, team administration, refereeing, team first aider or fund-raising. Please talk to your coaches or team administration if you would like to help.

This pack is designed to provide you with more information about the Club. In the following pages you will find:

- Information about TRFC
- How we play rugby at TRFC
- Contact details for coaches in Minis
- A suggested kit list
- Codes of Conduct for players, parents and coaches
- Membership application and medical/media consent form
- Social events

If you have any questions or concerns, please do not hesitate to contact any of the coaching staff, team administrators or myself. But most importantly, enjoy your rugby!

Marcelle Hill  
Head of Mini Rugby

## **About Twickenham RFC**

Address: TRFC, Parkfields, South Road Hampton TW12 3PE

Email: [play@twickenhamrugby.com](mailto:play@twickenhamrugby.com)

Web: [www.twickenhamrugby.com](http://www.twickenhamrugby.com).

We run Mini and Junior sections and four senior teams. We are very proud of our achievements over the years and the excellent attitude of all our players. The Club aims to ensure that players, coaches, parents, spectators and volunteers uphold the Core Values of Rugby Union: Teamwork, Respect, Enjoyment, Discipline and Sportsmanship. We are delighted by the number of players who progress up the age levels and into our senior teams. We encourage you all to watch and support all our teams in what looks to be an exciting season.

Minis rugby at Twickenham follows the RFU Continuum for Youth Rugby, which aims to gradually introduce core rugby skills in a way which maximises player safety and development. U6, U7, U8, U9 and U10 follow the New Rules of Play.

Mini Rugby:

U7/U8 – 4 and 6 a side Tag rugby with no deliberate physical contact.

Midi Rugby:

U9/U10 – 7 and 8 a side limited contact rugby. Tackling only at U9 with limited contesting for the ball and scrums at U10

U11/U12 – Expanded rules, pitch size and team size but still not the full rules played by teenage and adult teams. Kicking from hand & conversions introduced at U11.

**IMPORTANT NOTE:** Schools do not follow the Continuum in the same way as clubs, so you may find that what the children learn and play at school is different to TRFC.

## **Membership**

To ensure that the Club can live up to its high standards and that your children are properly registered and cared for in the coming season, we would ask that subscriptions are paid within four weeks of joining, so that we can handle the finances to everyone's benefit. We have one price for Family Membership and for the 2014/2015 season it is £90. This covers a family with children playing across the Mini and Junior sections. Children will continue to be covered until they become adults, full playing members or students. Family Membership also carries entitlement to use all of the Club facilities, for one adult to attend and vote at General Meetings of the Club and entry into the ballot for International Tickets and to benefit from our relationship with Harlequins. In addition, for U6s to U12s, there is a £12 food subscription per player to cover post-match refreshments when we host visiting teams.

The relevant membership forms are contained within this pack and can also be found on the website, in the information section. Please fill them in and give to your coaches or team administrators along with payment at the registration desks on the first few Sundays of the season or put in an envelope, addressed to Brendan Griffin stating "Membership" and hand in at the bar or the kitchen. In cases of difficulty in paying the fees, please consult your age group coach/team administrator or the Membership Secretary so that alternative methods of payment can be considered.

## **Kit**

Kit details are available on the Club website.

Items marked\* are available to purchase in the Club shop - open during training every Sunday

Club shirt red and black irregular hooped jersey\*

Club socks red and black irregular hoops\*

Black shorts\*

Boots studs\*

Only studs conforming to BS6366 1983 or equivalent are allowed. All aluminium studs are acceptable and can be purchased from the Club shop. Boots should be examined regularly to ensure there are no missing studs or rough edges. Boots with jagged edges pose a serious danger to other players particularly in the older age groups where there is more likelihood of players lying on the ground.

Gum shield\*

TRFC mini and junior sections consider gum shields mandatory and should be obtained as soon as possible. Players (U9 upwards) will not be allowed to take part in training sessions or matches if not wearing a gum protector / shield unless the parent or guardian specifically accepts the risk of so doing.

Shin Pads / Body Armour/ Scrum Cap

Safety equipment must carry the 'IRB approved' label or it will be deemed to breach the IRB standards and will not be allowed to be used.

## **Severe Weather Clothing**

Parents or guardians are responsible for ensuring players come adequately equipped to cope with the weather conditions that can occur during the winter months. Additional clothing (underlayer, thermal leggings), gloves, hats and waterproof equipment should be provided.

## **Attendance**

We start at 10am whether training or a fixture; Home or Away. Please try to make sure you arrive promptly so that your child can be ready in time and that the coaches are aware of who is playing. Under guidance from Middlesex Rugby Football Union, Coaches, Managers and Helpers cannot take legal responsibility or act in parentis loco for players whose parent or guardian leaves them during a session. Therefore parents must remain responsible at all times for their child.

## **Fixtures**

There is always the possibility of some changes during the season, coaches and managers will keep players and parents informed.

## **First Aid**

First Aid support is available on site. If you are a qualified First Aider, Nurse or Doctor, we would be grateful if you could make your coach aware. If you would like to volunteer as a first aider please talk to your coach or team administrator.

Should a parent or guardian not be present when a child suffers an injury, then you consent to your child being taken to hospital and receiving medical treatment if this, in the opinion of a coach or qualified First Aider, is considered the appropriate action.

Middlesex RFU recommends that, if not already done so, Mini and Junior players should have a preventative course of tetanus injections.

### **Clubhouse & Changing Rooms**

The clubhouse and changing rooms are open for every training session and fixture. We provide competitively priced hot and cold food and drinks for all parents and players (10% discount on drinks at the bar when showing membership card). To minimise mud entering the clubhouse, we ask that all boots are taken off and that players change out of any muddy clothes before entering the clubhouse. Players are very welcome to use the changing rooms to change boots and clothes. We would ask that parents or guardians do not enter the changing rooms unsupervised under Child Protection guidelines.

Parents and guardians are responsible for their children at all times. Specifically all parents/guardians and children must abide by the rules of TRFC. Whilst on Club premises all Club members are expected to behave courteously to fellow users of the Club. Parents and guardians are responsible for their child's safety on Club premises and should acquaint themselves and their child with the hazardous areas, e.g. stairs, doors and car park.

### **Volunteering**

TRFC is dependent on the generosity of its volunteers to be able to run in a financially sustainable way. We have a variety of roles/opportunities that fit in with the amount of time – no matter how small – you might be able to spare. If you want to know of any currently open volunteering positions, or any specific skills we are interested in, please check out the website, or talk to your coaches or team administrators or ask to be contacted by the Club's Volunteer Coordinator – Caroline Duncan [caroline@freebananas.co.uk](mailto:caroline@freebananas.co.uk)

### **Keeping in Touch**

Club communication is principally by email, via the Club website [www.twickenhamrugby.com](http://www.twickenhamrugby.com) or by telephone. We would encourage you / your family to join the Club website as this will be one of the main means of communication, and contains the most up to date information on the Club as well as fixtures, contact details, membership forms, Club events, match reports and photographs. Please contact our webmaster with any other material you wish to be added or want to provide feedback.

Parents must notify the Membership Secretary (Brendan Griffin, [Brendan@twickenhamrugby.com](mailto:Brendan@twickenhamrugby.com)) of any changes to their email, home address or any other contact details.

### **Photography**

The Club's website offers individual sections the opportunity to post photos of matches, tournaments, social events etc. This is an excellent opportunity to involve all members of the section. We work on the basis that all parents and guardians will be presumed to have given consent for photos of their child(ren) taken whilst taking part in TRFC Mini activities to appear on the club website. No child's picture will be used on the website or in TRFC printed material if their parents or guardian so requests.

## **Playing Philosophy**

At TRFC we take an inclusive approach to our rugby. This means we put development and enjoyment above results. By doing our best to give players the same amount of game-time (whatever their ability), and rotating players through different positions, over the longer term we will develop, and retain, more rounded and effective players. Some people might question why we should prioritise development over winning, and the simple answer is that, over time, focusing more on winning means that the development of weaker players is neglected, and they give up and leave the game. Neglecting weaker players because they won't help you win games, we believe, is a very short-sighted approach and one that neither the Club, nor the RFU, will support. Given the huge variations in a child's development over time, this season's weaker player, with the right support and coaching, could be next season's star player. We want all of our players to compete to the best of their ability, but from a coaching point of view, we are more interested in how the players are developing rather than the result.

## **Club Equality Policy**

TRFC is committed to ensuring that equality is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definition of sports equality:

- Sports equality is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.
- The Club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.
- The Club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.
- All Club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.
- The Club will deal with any incidence of discriminatory behaviour seriously, according to Club disciplinary procedures.

## **Management and Coaches**

TRFC Mini and Junior sections are run by a Management Team consisting of the Officers of the individual sections. Decisions of the Management Team are final in the operation of each section. Parents, guardians and carers are encouraged to raise any issue with the Officers or the Management Team, which meets monthly. Lead coaches are to be supported in their leadership of their age group. Any issues regarding a child (health, attendance etc) should be brought to the Lead Coach's attention. Lead coaches have the final say in selection matters and the organisation of the age group. Parents must accept the decisions of Lead Coaches graciously. Any of the Officers may be consulted should a parent have any issue with a Lead coach / coach.

## **Coaching Approach**

A large number of players leave the game at 13 and at 16-18, and the RFU have spent a considerable amount of time researching why this was happening. Poor coaching was identified as the key reason – in particular outdated methods and a win at all costs mentality. In light of these findings, the RFU coaching approach was overhauled 5 years ago to provide a greater focus on aiding development and enjoyment through a game based approach, rather than

repetitive drills. To deliver the best coaching, TRFC is investing a significant amount of time and finance to support our coaches with equipment and training courses. The coaches are all encouraged to attend RFU courses and join in education events that the Club, the county and the RFU provides for them.

If you have any questions about either our playing philosophy or our coaching approach, please speak to your age group coach in the first instance.

### **Mini Coaching Contacts**

U6s

Richard Whitney: [whitney599@hotmail.com](mailto:whitney599@hotmail.com)

U7s

Paul Neville: [pneville@lenovo.com](mailto:pneville@lenovo.com)

U8s

James Loizos: [jloizos@collis.richmond.sch.uk](mailto:jloizos@collis.richmond.sch.uk)

U9s

Mick O'Flaherty: [mof@ukgateway.net](mailto:mof@ukgateway.net)

U10s

Andrew Morgan: [wellshad@gmail.com](mailto:wellshad@gmail.com)

U11s

Chris Brooks: [cbrook369@gmail.com](mailto:cbrook369@gmail.com)

U12s

Steve Fitzwater: [sfbuildingservices@hotmail.co.uk](mailto:sfbuildingservices@hotmail.co.uk)

### **Other Contacts**

Head of Mini Rugby

Marcelle Hill: [marcelle\\_hll@yahoo.co.uk](mailto:marcelle_hll@yahoo.co.uk)

Mini Fixtures Secretary

Kieron Collins: [Minifixtures@twickenhamrugby.com](mailto:Minifixtures@twickenhamrugby.com)

Minis Webmaster

John Littler ([jlittler@strategicrevolutions.com](mailto:jlittler@strategicrevolutions.com) )

Club Safeguarding Officer \*

Catherine Smith: [cas.smiffy@blueyonder.co.uk](mailto:cas.smiffy@blueyonder.co.uk)

Louise Greasley: [louise.greasley@gmail.com](mailto:louise.greasley@gmail.com)

\* Club Safeguarding Officer (was previously known as a Club Welfare Officer) and is responsible for the safety and wellbeing of all players under 18 years of age at the Club. The safeguarding policy can be found on our website under Club Code of Conduct.

All coaches, helpers and parents connected to and working with any under 18 will be vetted and have a DBS check undertaken as a condition of working within TRFC Mini and Junior sections. Failure to agree to this requirement will automatically lead to their application being rejected. Any suspicious incident must be reported immediately to the Head of Mini Rugby.

## **Twickenham Rugby Football Club Mini Code of Conduct**

TRFC is fully committed to safeguarding and promoting the wellbeing of all its members. The Club believes that it is important that members, coaches, administrators and parents associated with the Club should, at all times, show respect. You are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the Club with either Marcelle Hill (Head of Mini Rugby), Terry Clouter (Head of Junior Rugby), Iain Brown (Head of Senior Rugby), Catherine Smith/ Louise Greasley (Club Safeguarding Officer) or any other Member of the Executive Committee if your issues are un-resolved in the first instance.

As a member of TRFC you are expected to abide by the following Mini and Junior Club rules:

### **Mini and Junior Players Code of Conduct**

- Play because you want to – not to please parents or coaches.
- Skill development, fun and enjoyment are the most important part.
- Never argue with the referee.
- Play well for yourself and your team. Understand the importance of team loyalty.
- It is a 'team' game! It is very rewarding to play rugby with your mates. Don't try and grab all the glory yourself
- Be a good sport; recognise all good play whether by your own team or your opponents win or lose.
- If you lose, accept it with good grace and try harder next time
- Treat all players as you would like to be treated; do not show off, do not interfere with, bully or take unfair advantage of any player.
- Be attentive at all training and coaching sessions.
- Play by the Laws of the game and accept without question, the referee's decision.
- Wear your Club kit with pride and remember that you are a representative of the Club when you are wearing it.
- Members must wear suitable kit (boots with safety studs, mouth guards, Club kit) for training and match sessions, as agreed with the coach/team manager.
- When necessary internal disciplinary hearings will be held with parent and child present.
- Control your temper.
- Listen to your coaches and referees, work with teammates. Without them and your opponents, you cannot play!

### **Parents / Carers Code of Conduct**

- Encourage your child to learn the laws and play within them.
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance and playing fairly, not just results.
- Never force your child to take part in sport; they should play for their enjoyment not yours.
- Never ridicule or yell at your child for making mistakes. Support and encourage your child. Console them when they lose but encourage them to try harder next time.
- Set a good example by recognising fair play and applauding the good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept officials' judgements.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and proper language at all times.
- Do not question a referee or a linesman's judgement or their honesty. There is no place for 'touchline rage' in mini or junior rugby.
- Breaches of the above could result in your membership being withdrawn.

- Support all efforts to remove verbal or physical abuse from junior rugby. Report anything that concerns you to the Chairman of the Mini or Junior Section.
- Help the Club function properly by turning up on time with the appropriate kit. Be prepared to help out if asked.
- Value the importance of the volunteer coaches. They give up their time to provide recreation for your child. Support their decision when your child has not been selected for a game. If you have issues with the way a coach is performing, talk to them first. Refer any issues to the Head of Mini Rugby or Head of Junior Rugby as appropriate.

### **Coaches Code of Conduct**

- Young players develop at different times; provide experiences matched to the player's ages and abilities, as well as their physical and mental development.
- Don't overload young players with demands, technical information and tactics – remember they are children and they are playing rugby for fun.
- Ensure youngsters are coached in a safer environment with first aid to hand.
- Avoid the overplaying of the best players, by using a squad system which gives every player satisfactory playing time.
- Winning isn't everything – teach your players to enjoy taking part and performing to the best of their ability. Encourage each player to reach his or her potential
- Never question an official's judgement or honesty.
- Coaches behaviour should be exemplary at all times, ensuring that players and parents have a good role model which practically demonstrates and supports the Codes of Conduct
- Never allow a player to train or play when injured.
- Ensure supervision of players, on and off the field.
- Never abuse, yell, criticise or ridicule children for making mistakes or losing a game.
- Recognise that young players should never be exposed to extremes of temperature, or unacceptable risk of injury.
- Be aware of and abide by, the policies and procedure outlined in the Club's/RFU/Sport England Child Protection policy.
- Be organised – establish a structure for the season, prepare a coaching plan for each session, have the appropriate kit. Above all, communicate to players, parents and fellow coaches to set expectations.
- Make sure players develop an understanding of the laws of the game, that they respect opponents, teammates, coaches and officials.
- Coaches working with players up to the age of 12 must follow the guidelines laid down by the RFU Rugby Continuum. CRB clearance is compulsory.
- Coaches working with players 13+ must be aware of the law variations, according to the RFU Rugby Continuum. CRB clearance is compulsory.
- Qualification at RFU UKCC Level 1 and above is mandatory for Mini age group Head Coaches. Assistant coaches will need to working towards this, or have also passed this award.
- Ensure players and parents behaviour is appropriate and in keeping with the spirit of the game and the expectations of the Club.

We do not accept bad behaviour or bad sportsmanship or any breach of the above codes.

**Just one more thing, cherish Rugby for what it is -FUN! No More, No Less**