

Livingston Rugby Football Club Youth Section Newsletter

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Welcome to our second newsletter of the Season, we hope that you have enjoyed yourself as we get ready for the Winter months.

JILL PATERSON – YOUTH CHAIR

Wow, what a busy 4 months it has been since our last newsletter was published way back on registration day in August. With over 80 games played, a race night, school events, rugby world cup events, launch of the Academy, Heineken day and a Halloween night, it's not surprising we feel like we have barley drawn breath! But here we are approaching silly season and the youth section is going as strong as ever. Without the hard work of the committee, coaches, parents and players we would not have achieved so much so early into the season. My sincere thanks to everyone who has worked so hard so far this season, and there is lots of fun times ahead.

Many of our players in the youth section are seen often at senior games either being ball boys, mascots or just supporting the team, it's really good to see. We also are pleased to see our under 18's David, Callum and Connor helping with coaching our P5's and p7's, in fact Connor recently achieved his Level 1 coaching award, so well done. Not to be outdone our under 16's Jamie and Fraser are helping with the micros and Dan is helping with the p4's, and Jack (under 15's) also helps with micros. Great commitment boys, well done.

It's great to see our numbers building with new micros appearing every week and new players in our p5's and S1's following a club/school event. Our Academy is up and running and making good progress and Gavin has organised a coach development evening to run on 23rd November, to which all coaches are invited to will be warmly welcomed to work with the Academy. I am pleased to say that we have achieved 75% of our coaches completing rugby right, the link open on the SRU web site if everyone else wants to get on and complete this. Special mention to Alistair Robinson (p4 coach) and David Hogg (p7 coach) who have achieved their coaches' qualifications this year. There are more dates available for anyone else who would like to do this, please check the SRU web site.

In the next few weeks we hope to have a lot more rugby played as the conference leagues start up again, with Livingston sitting in mid table in the league, we wish our u13-u18's the very best of luck in their leagues. Our annual Christmas bowling event will be held on Sunday 13th December at Deer park for all age groups up to and including under 14's (s2's), further details on this will be sent out from your manager.

That's about it from me, looking forward to hearing how everyone gets in the games between now the end of December!



Volume 1, Issue 2 November 2015

Upcoming Events

December 13

Christmas Bowling Party



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with match reports or team updates Sunday before 7pm ☺

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Minis and Micros (P1-3)



The Micro section of Livingston Rugby offers a fun "tag" contact introduction to the sport to boys and girls in Primary 1, 2 and 3.

This season has seen a steady increase in our playing numbers as a direct result of the kids encouraging their class mates and friends to come along and join in the fun.

The fantastic performances of the Scottish Rugby boys at the World Cup are also having a direct impact on participation numbers as we have increased from 15 players in August to our current level of 32 players across all three age groups.

The P1, P2 and (new) P3 players are predominantly involved in our fun based one-hour coaching sessions held on the rugby pitches at Livingston Rugby's Almond Park on a Sunday morning from 10:30 to 11:30.

Whilst the more experienced P3 players take part in regular fixtures in and around Edinburgh and the Lothian's to augment their training sessions.

The Micros have acquitted themselves extremely well in all of their fixtures to date (we don't keep scores) and have been commended for their skills, their sportsmanship and manners on and off the field. There really is no better sight in sport than seeing players from opposing clubs giving three cheers to the opposition and shaking their hand after their games. We have to make special mention to our flying "tacklers" Callum, Logan and Milo whose boundless energy levels encourage their team mates every week.

Team Details

Manager : TBC

Contact Barry Black
jbarryblack@hotmail.com

Coaches/Parent Helpers:

Gavin Kidd (*Head Coach*)

Johnny Bruton

Mark Struthers

Kevin Miller

Ian Steel

Barry Black

Fraser Paterson

Jamie McGrotty

Jack Steel

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P4 Team



Details

Manager: Donna Howard

howarddx2@talktalk.net

Coaches/Parent Helpers

Ally Robertson

Anton Connolly

Terry Edwards

Dean Edwards

Daniel Robinson

Photographer: Ronnie McInnes

P5 Team



Details

Manager: Donna Howard

howarddx2@talktalk.net

Coaches/Parent Helpers

Kevin Drysdale

Gary Barker

David Palmer

Calum Roberts

Photographer: Ronnie McInnes

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P6 Team



P6 now have a squad of 23 players with a mixture of very experienced players (Finn, Jake & Ben P have been with us from P1) and very new players joining this season (Isaac, Matt M, Logan, Lewis A). With such a large squad of varying abilities and experience the 4 coaches (Scott, Ben, Keith & Andy) do find it a challenge to plan training sessions and keep everyone enthused and learning.

However, the biggest challenge comes when trying to get enough competitive game time for everyone, given that we play 8 aside and most tournaments restrict squad numbers to 12. Let's face it, kids don't learn much standing on the touchline watching others.

It's a real balancing act and some of the things the coaches have been juggling with are:

- Kids develop quickest when playing against teams of a similar ability. Neither team develops when the score line has been 10 – 0 or the big guy just runs through the little guys.
- Good players develop quicker when playing with other good players. We've seen our more experienced players get frustrated when team mates won't tackle or keep dropping the ball and the team descends to the lowest ability. The developing players also hide behind the better players so to speak, allowing them to do all the tackling and attacking.

Details

Manager: Scott Philp

scott.philp@bt.com

Coaches/Parent Helpers

Scott Philp

Ben De Mora

Keith Hill

Andrew Foskett

- We split the squad in to 2 teams on a Sunday for matches. Squad morale is higher when we split in to 2 equal teams (although the better players want to play with the other better players) rather than a firsts and seconds.
- It is genuinely all about fun and developing the players and not about the results. However, we develop the players so they can be a better rugby TEAM and win more games, so I suppose the ultimate aim is to win games.

Our conclusion is that we mix it up depending on the opposition. We give everyone equal game time and try where ever possible to make this against players of similar experience. Sometimes it works, sometimes it doesn't but trying to keep a big squad of varying experience and ability happy, is a challenge. An even bigger challenge is keeping the parents happy, who after all pay the same money, drive the same distances and want to watch their kids play and develop. Thankfully we have a very supportive group of parents.

Our results so far this season have been pretty good overall. We win some, we lose some but I have yet to come across a squad as big as ours and with the strength in depth that we have. Our aim is to develop the whole squad so we are prepared for the 15 aside games to come.

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Team Details

Manager: Sharon Day

sharoneday@sky.com

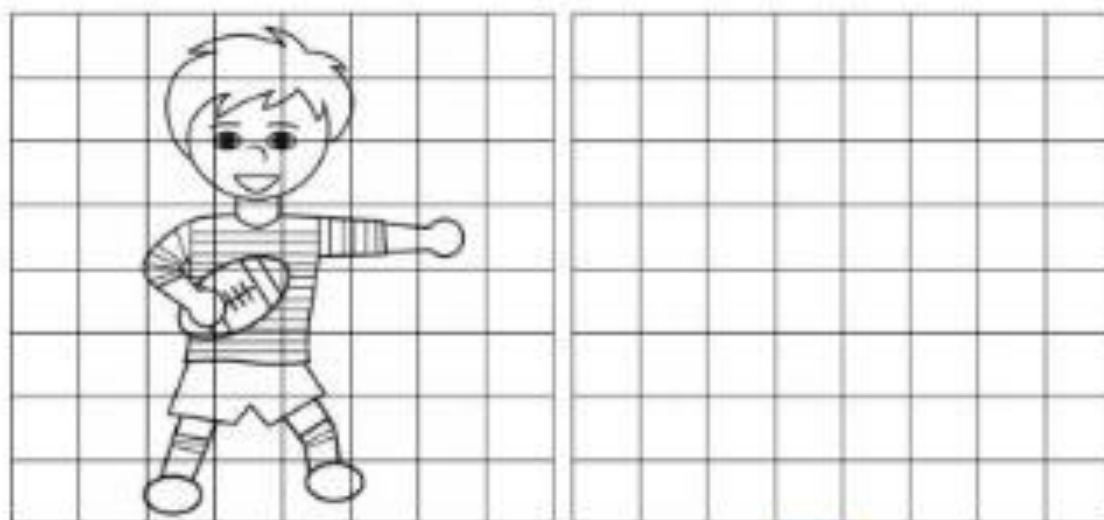
Coaches/Parent Helpers

David Hogg (Head Coach)

Alistair Day

Connor Davies

Copy the Rugby Player



Copy the picture using the grid lines as a guide. You might find it easier to copy one square at a time. Count the squares carefully!

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Girls Youth Team



Livingston Rugby Football Club Girls Youth Team is steadily growing with a fantastic group of girls from S1 and above. The focus of the girl's team is one which promotes health and fitness. The girls have the opportunity to socialize within a constructive, healthy and enjoyable environment, with the focus on basic skills through fun activities; catching, running and passing.

The team is run by qualified experienced coaches, including the club's very own President Lee Anne Steel who is helping break the glass ceiling for girls within rugby as she works through Livingston Rugby Club and with Scottish Rugby to encourage more girls in West Lothian to come along and give rugby a try and breaking stereotypical molds. To aid this a school's program will start shortly involving the primary

schools, with both boys and girls and after Christmas a secondary program will focus on older players.

In November a 7's tournament is planned which will look at competitive game play and give the girls an opportunity to watch a game. As the girls progress through rugby they will have the opportunity to get invited onto Pathway Programs, just as Jamie Lumsden (Emma's big brother) has done for the boy's team. Jamie played for Edinburgh Rugby Academy U16 team this weekend helping to secure a win at Murrayfield International pitch. Jamie not only played in the first half, he also played a different position and performed well.

The Girls would like to invite any new players who are thinking of joining to come and give rugby a try. Their manager even carries a nail file with her!

Team Details

Manager: Maria MacAulay

LRFCYouthSectionSec@Outlook.com

Coaches/Parent Helpers:

Lee Anne Steel (*Head Coach*)

Raffle tickets

£1 per ticket available Wednesday 18th November from Team Managers.

Prizes are £50 -£100 plus Various other prizes.

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U13 Team



Team Details

Manager: Wullie McBurnie

mcburnie8@yahoo.co.uk

Coaches/Parent Helpers:

Lee Baillie (*Head Coach*)

Wullie McBurnie

Stuart Pollock

The U13 Team has taken new shape this season after losing a coach and manager at the start of the season. The boys are showing a steady set of skills which will see the team grow and develop. The boys are looking for more players to come and join them as they complete the Brown Conference as part of the league. The team has plenty of room for boys to come along and join them at training on Wednesday nights and they would welcome more S1 (U13) boys to give rugby a try!

U14 Team



Team Details

Manager: Claire Millar

clairemillar78@yahoo.co.uk

Coaches/Parent Helpers:

Donald Howieson (*Head Coach*)

Iain MacAulay

Gary Murchison

Colin Hunter

Mike Paterson

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U15 Team



Team Details

Manager: Stuart Harvey

stuartharvey10@icloud.com

Coaches/Parent Helpers:

Ben Shearer (*Head Coach*)

Lee Anne Steel

Stuart Danskin

U16 Team



The under 16's are a great bunch of lads a number of them who have been with the club since micros. They work really well together, led by their captain Jamie Lumsden (also Edinburgh u16). The guys really bonded a few years ago when in S1's and they went down south in a couple of council mini buses to play rugby in the north of England. Since then they went up north to Inverness area and Holland. There a load of funny stories from their trips away, but I've

been sworn to secrecy apparently what goes on tour stays on tour! Every day is a school day when you're an under 16. One (nameless) player recently discovered on a trip away when he was in another parent's car that only female cows produce milk! Bless!

The under 16's often support the senior players and cheer on their head coach Graham Steel, it's great to see them coming down to the club and also helping out with the younger age groups.

This season has been mixed in terms of winning games, but they have enjoyed facing a number of different clubs in the brown conference. We also enjoy having an ex under 16 player Sean Redgrave along to games, who is no longer playing but concentrating on refereeing. He's really doing a great job, and I'm sure we will see him in the future, hope his banter will be as good as Nigel's was in the world cup! Our under 16's always welcome new players along, if anyone interested, please pop along to training Wednesday 18.30 – 20.00 or Friday 18.30 – 19.30

Team Details

Manager: Stephen Paterson

stevie@stevenandjill.plus.com

Coaches/Parent Helpers

Graham Steel (*Head Coach*)

Paul McGrotty

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Development Officer

Gavin Paul

livyrugbydo@gmail.com

already have current player for the Under 16 team, Jamie Lumsden who has been with the club since he joined the mini's as young player.

The fledgling Academy runs on Monday nights with a good mix of boys from Under 14, 15 and Under 16. Already there is the potential for a third night, Wednesday's, with Strength and Conditioning. Boys are encouraged to train on Fridays with Graham, Ben and Iain. The Academy will focus on special skills from; functional movement, correct techniques in lifting as well as exercises in team bonding, communication where the boys will learn to work with each other as well as learning from one another. There are many facets to the academy, from mental and physical to nutrition where Gavin will even help the boys work out their diets

using more protein and carbs to keep the boys' energy going for this fast paced program.

As part of the rugby club Gavin will also use his skills to deliver coach development in keeping the Livingston Rugby coaches knowledge and skills up to date to prepare the next set of boys who will be invited to join in the Academy next year.

Livingston Rugby Football Club's Academy run by Development Officer Gavin Paul with skilled coaches; Iain MacAulay, Graham Steel, Ben Shearer and Gary Murchison assisting the players in their development. The Academy is designed to keep young talent in Livingston Rugby Club as well as prepare the players for the First Team by pushing players towards Edinburgh Pathways system where Livingston

'BIG BLUE' Monthly Draw ONLY £5 a month

To enter the draw direct debits can be set up for £5 a month, sort code: 80-08-80 account number 00281964
For further information, contact Graham Steel

Prizes are £150, £75 & £25

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LRFC In Other News

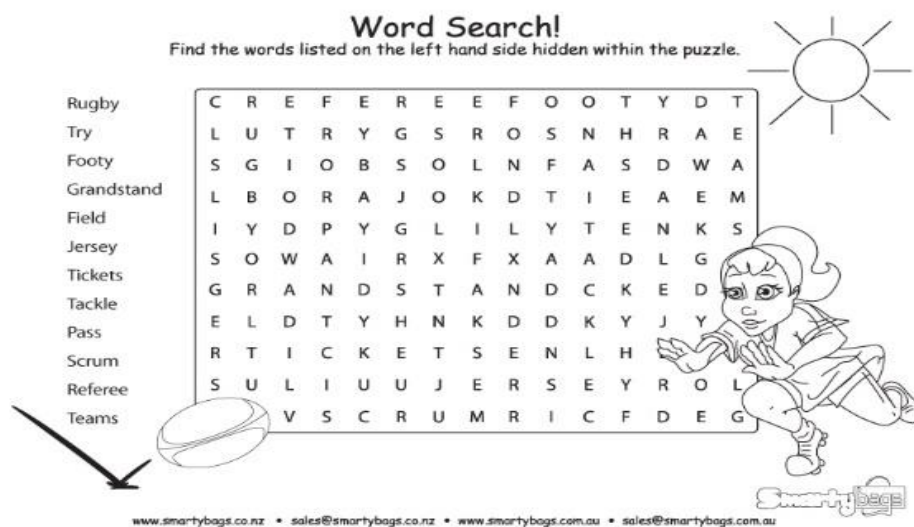
That game.....



Cammy (S2) and Ben (P6) Philp had a great day out at Twickenham watching Scotland v Australia in the RWC Quarterfinal. They used up all their own savings for a ticket because Dad had a hunch that Scotland would win. Alas Craig Joubert had different ideas. Despite the result it was an exciting match and a great experience for the boys. They have already started saving for RWC 2019 in Japan.

Lost and Found

There are a growing number of lost and found items in the Youth Section Room, please contact Maria by email on LRFCYouthSectionSec@Outlook.com to retrieve any belongings.



Next Newsletter due out in January 2016

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