

## **Information for New Mini Members**

It gives us great pleasure in welcoming you to Rochford Hundred Rugby Club we hope your stay with us will be a long and enjoyable one. We have set out below a few useful guidelines to help you.

You will be trained by qualified coaches, so don't worry if you haven't played before. All coaches, managers and club officials have been checked by the CRB (criminal record bureau). We also have qualified first aiders.

## **What you need to wear.**

### **Training**

Old T shirt or rugby top, don't wear your good clothes as they could get ripped.

Either jogging bottoms or shorts

Boots, studs must be metal. Trainers can be worn but are not suitable in some conditions.

Don't forget a towel and clean clothes to change into, it can get very muddy. You won't be allowed in the bar area wearing very muddy clothes.

A drink will be provided half way through the training session. It will be orange squash, so if you don't like orange squash you can bring your own.

### **Matches**

Gum shield.

Black rugby shorts (Club shorts have Rochford logo)

Black Socks (Club socks have white band at top)

Playing shirts will be handed out on match day; these should not to be taken home, unless its your parent washing all the teams shirts.

Studded boots. No plastic studs, metal studs only, the referee will check your boots before the match.

Warm clothing for standing pitch side.

Drink and snacks especially for long journeys to fixtures.

Each team has water bottles for half time; you can bring your own if you wish.

Valuables – It is best not to take any valuables with you to matches as they may get lost.

## **Match days always on a Sunday**

Whether you are playing at home or away an after match lunch will be provided free of charge, it's normally a hot dog or chips. Lunches are not provided at festivals so a packed lunch will be needed.

A coach is provided for most matches. The pick up details will be given to your parent/carer on training days.

## **Discipline**

Ill discipline is not tolerated on or off the pitch. You must respect the referee, even if he is wrong. You must respect your opposition after the match. You must not retaliate on or off the pitch. Verbal abuse to any other player, spectator or official is an offence and will be brought before the disciplinary committee.

## **Some other clubhouse rules**

Boots must never be worn in the clubhouse. It makes the floors dirty and is a safety hazard.

**Parent/Carer**, you will feel the following statement is not relevant to the minis, however I feel it should be included in this information, just to let you know, that we as a club feel very strongly about the statement and want to make you feel that your child is in a safe environment.

Rochford Hundred Rugby club has a ZERO tolerance on any illegal drugs, this includes cannabis. Anyone found to be in possession of, under the influence of, or passing drugs to other members will be automatically banned from this club; both the police and the RFU will be notified. The RFU will cancel your registration therefore you will not be able to register with any other club or play any representative rugby. **IT'S NOT WORTH IT.**

Finally boys, girls, parent or carers, if there is anything you want to ask whether it is regarding the above or not please do so. You can speak to your manager, coach, Steve Hurst – Youth Chairman, Gary Barber – Youth Vice Chairman, Jayn Van-Waard – Club Safeguarding Officer. There is usually one of us available on training days or match days.