

## **Information for New Youth 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 a qualified first aider in each team.

### **Some of the facilities provided for you at Rochford Hundred Rugby Football Club are:**

Changing areas with showers

Gym for over 16's only (anyone wishing to use the gym must first be trained, any under 16 player who is 16 or any under 17 player must be with a trained adult.)

Large bar area. Bar where you can purchase soft drinks, sweets and crisps.

Kitchen, where meals can be purchased on training days.

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

### **Training**

Old T shirt or rugby top, don't wear good clothes 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 muddy clothes.

### **Matches**

**Gum shield, a referee can stop you from playing if you do not have one.**

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 are not to be taken home.

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

Warm clothing for standing pitch side.

All clubs visited will have shower/bath facilities so a towel is essential.

Drink and snacks especially for long journeys to fixtures.

Number 1's (see Match days)

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

Valuables – these will be collected and held by your manager until after the game. Do not leave any valuables in the changing rooms.

### **Match days**

Rochford prides itself on its well turned out players when arriving at any away fixture, therefore all Youth players must wear white shirt and club tie (known as number 1's) when representing Rochford, the only exception is when it is a home match you can arrive in training gear but must have your number 1's to change into after the match.

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 sausage and chips. Lunches are not provided at festivals.

A coach is sometimes provided for very long journeys to matches. You will be notified of this 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.

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 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.