

OLNEY R.F.C.



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Olney Rugby Football Club

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September 2023

Olney RFC Minis and Juniors Return to Rugby

Training/ matches return on Sunday 3 September	Support, encourage, be positive. Never criticise. Don't be that one.	Registration/ season opening night 22nd September.
Keep Volunteering, but more people. New Volunteering recognition.	Review Headcase website, videos and e-learning (not just coaches)	Training times and pitches speak to your coaches.
Registration/ affiliation - ensure all signed up.	Bar, BBQ, Hut and Kitchen rota attached	New tackle height laws

Welcome back everyone!

The BBQ's been cleaned, the bar restocked and the pitches remarked, yes we Return to Rugby this **Sunday 3rd September**.

2022/ 2023 was a stand out season for the M&J section both on and off the field, let's make this season even better. We hope you are all looking forward to the new season; whether you are returning to the Club or joining us for the first time.

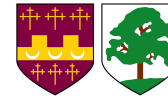
Return to Rugby - all age groups return to training & playing matches on Sunday mornings, from 10 - 12 (approximately), the Girl's section will normally train earlier and play matches on Sunday afternoons. Please speak to your specific age group coaching team for timings and locations for Sundays and any mid-week training.

Player Welfare

It is at the heart of the club's ethos that every player is able to enjoy rugby in a safe and supportive environment and we ask that all parents, supporters, coaches and players continue to practice this.

Whilst we have amazing support, unfortunately last year we had isolated incidents of behavior which fell short of the club's expectations. Please continue to support in an appropriate and respectful way which reinforces our club's standards.

Across the Rugby community we are seeing a rise in reportable concussions and we can all do our bit to recognise the symptoms and act on them. I would urge all parents to visit the England Rugby Headcase Website and review the attached. The majority of coaches, supported by your age groups' first aiders have completed training modules on this also and are there to help and support.



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<https://www.englandrugby.com/participation/playing/headcase>

<https://www.englandrugby.com/dxdam/a8/a8de3371-faf7-40c8-8150-6fda7bcb9cd8/HEADCASE%20OVERVIEW%20V2.pdf>

See this excellent simple video - <https://www.youtube.com/watch?v=6gfD-JFf9s>

At the bottom of this note I have included some useful links for those wanting further information on Return to Rugby, Players Welfare and England Rugby Age Grade Regulations.

There are new tackle height laws for this year, whatever your view on these they are here to stay. There will be a learning curve with these new laws and we may see an increase in penalties or cards. Our coaches and referees are all aware of the changes and we will need to work together to adapt to them. Thankfully our children will learn very quickly.

Dogs at the Club

Please be mindful whilst the Club allows dogs pitchside and in the clubhouse, they must be kept on a lead and under control at all times. They must never be taken onto the playing surfaces or training areas and any mess must be cleared up immediately. Failure to adhere to this may mean a blanket ban on dogs at the Club.

RFU Affiliation and Club Registration

You will have received an email notification from the RFU to affiliate your child to the Club. Simply login to your GMS account and select your child and confirm their club affiliation.

Please note that players can not participate in any matches, whether friendlies, league or cups, if they are not affiliated with the club.

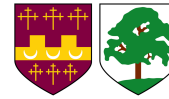
Club Registration and payment of subs will continue online as last season, information and payment details will be emailed to all parents separately.

The Club has decided to keep M&J subs at the same price (for the 6th year running) £80.00 per player & £40.00 for siblings which includes social membership for parents; this represents the best value of sporting clubs in the area and beyond.

On **Friday 22nd September from 6pm** we will be hosting a start of season open night. You will be able to obtain further guidance about registration, purchase kit, book Christmas Party tickets, join the 100 club and catch up with friends old and new. We look forward to seeing you at the first, of many, social events of the season.

Volunteering

We couldn't have survived for 50 years without the support of the hundreds of volunteers, you make the Club what it is and why the Club is envied throughout the region. You are the



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best of the best, but this year I have a call to arms – we want more. Each age group has over 60 parents who could volunteer for a shift on the bar, the BBQ, be a first aider or help with one of the many roles the club needs.

Please don't leave this to the same 15 or so people from your age group, the most successful age groups are those who work together.

The BBQ, Hut, Kitchen & Bar rota has been sent out to all age groups. Your team admins will be in contact with you directly to organize your help – do remember money raised from these shifts go to your child's age group!

This is all possible due to the efforts of coaches, volunteers and sponsors. On that note, as we enter the 25th year of their sponsorship, we must say a massive thanks to Michael Graham for their continued support of the Mini and Junior section.

Let's have a fantastic season, roll on Sunday!

Andy German

M&J Chair

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Useful Links

The Age Grade Rugby section of the England Rugby Website has lots of useful information, link below.

<https://www.englandrugby.com/participation/coaching/age-grade-rugby>

Age Grade Rugby Regulations.

<https://www.englandrugby.com/dxdam/ae/ae46f18b-65a1-4a77-b5af-c7bff302e80b/RFU%20Regulation%2015.pdf>

Girls New Age Bands

https://www.englandrugby.com//dxdam/da/da5079b1-7d2a-45ac-890c-d797e11e17c3/ER_Girls%20Age%20Bands.pdf