



the RUGBY MATTERS @ Northwich RUFC

Issue 1 Season 2019 / 20

This summer promises to be full of excitement and has been awaited with tremendous anticipation.....

Dear Club Member, Parent, Coach, Manager, Official, Administrator or Spectator,

The challenge is on, not just for our respective 1st XV players, but for the whole club. Our 1st XV's may produce the results on the pitch, but the strength of our teams depends hugely on the strength of the whole club and the tremendous work put in by everyone not just on the pitch but off the pitch as well. We are only the current custodians that make up the history of our club. Northwich RUFC will continue long after we have departed, so let's turn our years of association with the club into its glorious years!

The Club still needs much help and as they say, "More Hands Make Light Work". Don't just rely on the faithful to do everything; they need help and there are many ways that you can divide up the duties. More significantly, there are also some vacant positions that require filling fast and I ask you all to look and see if you can commit time to boost the success of the club by taking on these tasks. I would like everyone to closely scrutinise their giving to our rugby family, not financial (which would be equally welcomed) but your time and commit to help the club, be it any of the ways possible, assisting our Junior coaches on Sunday mornings, seeking club / team / player sponsorship or helping as a volunteer.

After 4 years in the driving seat

Director of rugby Martin Poste is excited at the prospect of leading the "Blacks" once more and has again strengthened his backroom staff. Steve Lander remains his number 2, and Mike Penny returns to the Club working closely along-side Postie as he takes charge of the 2s & 3s. Steve Dorrington will assist with specialist scrum and lineout sessions throughout the coming season. Training will be lead by fitness guru Mike Donnan with Sam Naylor also taking an active role in leading the sessions. The 1st team once again captained by Matt Poste and deputy Joel Baker, whilst Mike Penny will appoint his assistants and captains.

Northwich are clearly building a future from within.



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Walking Rugby

There is an open invitation for all to join this FREE community activity at Moss Farm the home of Northwich Rugby, every Monday 7pm. Jim Creighton of Sale Sharks community trust recently tweeted "Walking Rugby at @NorthwichRUFC. We allow under 50's to take part as this helps with recruitment & sustainability Northwich have over 50's, first team, ladies, those with additional needs & M&J taking part in an inclusive way"



Another participant quoting "Great banter and camaraderie. And a nice pint or two in the clubhouse afterwards". Join us 7 - 8.30pm.

Events

We continue to promote your Club in a number of ways and provide opportunity for all to enjoy not only the rugby but a variety of community activities, but we need you all to read, promote, share our posts and give your support & involvement in these initiatives to help grow your club.

6th July: Northwich carnival - all aspects of the club will be joining this year's carnival - all members welcome to attend to raise club profile in the community. Meet 10am at Moss Farm then walk over to Verdin Park.

21st July: Superstars end of season party

22nd August: Northwich Festival Sportsman's Dinner guest speaker Brian Moore.

23rd August: Northwich Festival Independent living awareness day.

24th August: Fizz & Frocks We will be welcoming Bella Boutique to Northwich Festival 2019.

24th August: Oasis tribute band (one free drink & food on entry)

26th August: Bank Holiday Extravaganza @Northwich Festival, carboot sale, classic car show, bikes & scooters, fun fair, charity stalls, business stands, food & Bar.

14th September: GIN & FIZZ fest at NRUFC

5th October: Presidents / Sponsors day

19th October: potential England QF – 09:00 K.O. EVENT: BOTTOMLESS BRUNCH 11:00 - 14:15

26th October: World cup FANCY dress party

14th December: Christmas Jumper and festivities social

29th Feb: Sammy's 8th Birthday party fancy dress (leap year)

14th March: 6 Nations closing party / Chairman's day

18th April: Last 1XV home game - End of year BBQ and club members past and present social

Northwich Festival

Did you know that Northwich Rugby Club organise, provide manpower and logistical support in running an annual five day Northwich Festival, which encourages local charities, activity groups and anything "Northwich" to advertise, exhibit and demonstrate what they provide for the local community whilst allowing them opportunity to raise vital funds for their respective organisations. The festival is now celebrating its 33rd year.



YOU can help to promote us and our community activities, if you are a Facebook user please like our satellite page **Northwich Festival 2019**, invite your friends to the page, and please share our events posts.



Spotlight

Sponsors of NRUFC contribute in many ways including financial support, provision of services, donation of products, and media and advertising support. In return we offer visibility and opportunities to our sponsors who we view as partners in the sustainability of the club. Recently a number of our sponsors featured in Rugby Blindside magazine.

Another sponsor has joined our Superstars program, Ian Johnson has a long association with sponsoring Northwich & both his children played in our junior section. Ian is the owner of Eric Johnson of Northwich Limited an experienced, well established electrical contracting organisation with a proven track record.
Specialist in: Electrical Installation
Structured Cabling Design & Estimating
High Voltage Cabling.



Unsung Hero's

As a Club we truly appreciate all the hard work undertaken and many hours of their free time that our volunteers offer the club in keeping us operational and maintaining our facilities. Steve Lander has ensured a good playing surface by working in partnership with Mark Swaffield (Brio) and Tim Young (Countrywide). The main pitch has again been verti-drained and treated last week with seeding and feeding to come during the next few weeks. We used our RFU Nat West Grant to do some work around the Club. A new access was created out from the bar area to the back where future plans are to situate a Marquee and terrace. Dave Johnson and John Ridgway were instrumental in sourcing and completing this work. Stripping out changing room 3 ready for painting and conversion to a small gym has begun for player use and rehab work. Dave and John with a small team work tirelessly behind the scenes to ensure the smooth running of these projects. Without their work none of this would have been progressed. Thanks also to Matt Purbrick in assisting with the resourcing of materials.



There is still much work to be done prior to September and we hope players of all teams will give their time and support to helping complete the work. If you can assist please contact Steve, John or Dave.

Superstars

Northwich Rugby Superstars our FREE sessions for all sexes age 5 – 11 continues until 21st July with an end of season party for all the families. We extended the season for the program to engage with more families through the summer months. This has proven to be fruitful as the numbers of children increase weekly. Next season will be challenging as a number of new 7 / 8 year aged teams maybe formed from this large group, which means coaching or assistant and administrator volunteers will be required, is it YOU?

The superstars format will also continue next season, but for now do your neighbours or relatives have kids in this age group, invite them down on Sunday mornings to have a free 4 week taster prior to the party and prepare them for next season.



Juniors

Northwich U12s brought their season to an enjoyable conclusion training was completed with a twist, Northwich RUFC Under 12s headed out to conquer the Locks and Bridges of the River Weaver. A great evening had wandering through the mud and puddles. 4.7 miles, with a few cheeky surprises thrown in for good measure. Next season the team steps up a level to U13 and are seeking to constantly expand the age group to offer more youth rugby coached by RFU qualified coaches to ensure that the game is played safely within the RFU guidelines.

We value Kids First style of rugby coaching. It's aim is to put the child at the centre, moving on at the child's own pace and development so that more children experience success.

Junior teams play and train on Sundays at 10.00 am till midday, starting Sept, additional sessions are also run from 6pm on Tuesday nights. Contact Simon or Matt and get your child involved next season email: rugby@northwichruffc.co.uk

Seniors

After a couple of months of rest and recuperation, the senior squad get back to work, there is a players meeting 7pm Tuesday 2nd July to discuss a training plan, aspirations of players and staff and introduce the new coach's. Pre-season training commences the following Thursday 4th July at 7 pm prompt.

Odds & Ends (& yes we need you)

Carboot sales are booked in over the next few months and our inaugural Twilight carboot is on 12th July from 6pm – 9pm - club volunteers required on sale days.

Plans for this year's Northwich festival are well underway, with entertainment to cater for every flavour. Volunteers required over the August bank holiday.

Details of these can be found on either facebook or our website



A tremendous effort and contribution has been made by ex-captain and 1st team legend Steve Campbell who volunteered with his work colleague to run the London Marathon raising funds for our M&J section. Steve Tucker also arranged with Waitrose for Northwich to be part of their Green Token scheme. A grand total of £2073 was raised for the club juniors & Northwich donated an additional £917 to the partner charity Tiny Steps.

The RFU is committed to providing the platform for more teams and players playing more matches.

Game On provides flexibility and options for clubs that do not have access to a large pool of players to play more games, more often. Based on feedback from players and with the aim of ensuring more games are played and reducing the number of cancellations, the Game On principles allow teams to be more flexible with the laws to allow the match to go ahead.

With Game On a match can now take place as long as each team has a minimum of 10 players. In addition, the result will stand as long as the match is a minimum of 40 minutes rather than 80.

Rolling substitutions can be made and teams are encouraged to apply the Half Game rule to ensure that each player in every match day squad plays at least half of the available playing time.

The principles also allow for both scrums and lineouts to be uncontested.

Both teams must agree which of the Game On principles will apply to the match and notify the referee at least 30 minutes prior to kick off. If both teams cannot agree which principles to apply the match will proceed without the application of the Game On principles.

Please support your club by simply sharing facebook posts and inviting friends to our social media pages and support our functions and events, fun is guaranteed at your club Northwich Rugby “the Teams of the Town”.

If you have news to broadcast, fundraising or events to share email: jablower@hotmail.com