



the RUGBY MATTERS @ Northwich RUFC

Welcome to the Rugby Matters @NRUFC.

Season 2018-19.

ISSUE 8

Northwich RUFC is your local club at the heart of your community, with a desire to increase links with local schools. Keeping players involved throughout their school days and beyond means that they benefit from being part of the rugby family and from the friendships and health benefits that our sport offers.

The credit for our success as a club is due to the commitment of our young players, the endeavours of the club's qualified and enthusiastic coaches, our marvellous volunteers, players' parents, supporters and our sponsors. We would like to thank you all and look forward to your continued support.

With a full fixture programme and a program of social events coming up, we would be delighted to see our new players and their parents and families fully involved.

We are always glad to have help, so please talk about volunteer roles with our coaches, managers or ourselves. Jobs range from doing the weekly register, looking after the kit, team manager, all the way to putting your boots on and running around supporting the coaches. There is a job for everyone.

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RFU VOLUNTEER RECOGNITION PROGRAMME

England Rugby and Mitsubishi Motors have developed the Mitsubishi Motors Volunteer Recognition Programme to provide grassroots rugby clubs, Constituent Bodies and the rugby community with opportunities to recognize and reward the volunteers who make up an integral part of the game.

Volunteers are one of the most valuable assets of our rugby organisation. They offer time, effort and expertise and deserve to be recognised and rewarded for their hard work. We say thank you to all the volunteers at Northwich rugby club or who deserve to be rewarded for their efforts. Last year **Mark Preece** was nominated and attended the Mitsubishi Awards & **Dave Johnson** received a club volunteer award at the end of season 2018 presentation.

Do you know a Northwich RUFC volunteer who has given so much that they deserve to be recognised for their work at the Mitsubishi Motors Volunteer of the Year Awards 2019?



Meet the Team

Our club Safeguarding Officer is Rachel Watkins who on occasion can be tremendously busy, as there are many tasks to perform to ensure that the club lives up to its high standards so that your children are properly registered and cared for throughout the season. However, if any parent or guardian has a particular concern, this can be discussed in confidence with her. Her contact details can be found on the club noticeboard or you can make a note of it here - rachelwatkins@hotmail.co.uk.

Simon Pritchard Jones is the Assistant Safeguarding Officer as well as the Manager of the thriving Under 12s team. (New players for the U12s are always welcome to come along on Sundays at 10.30, contact Simon for details at smpritchardjones@gmail.com). Rachel and Simon work together to ensure that the Safeguarding needs of the Minis and Juniors are met.

Rachel became a club volunteer in May 2018 following the previous volunteer, Claire Gibbons, stepping down. She can be found watching the Under 12s matches or training as her son has been playing in Northwich teams for the last five years.

Her role has many facets including regular DBS checks of those coaches who support the Mini and Junior sections, liaison with RFU to ensure the club is compliant with the required standards, support for the coaches, meeting the parents, attending RFU courses and much more.

Rachel's volunteering role takes up around 5 hours per month at peak times. If you have spare time and can offer a service to the club please inform a team coach or committee member.

Please make an effort to attend and contribute to the social events for the Minis & Juniors this season. For example the Under 12s team has an annual camping trip as well as an upcoming team / families trip to watch Sale Sharks and a rugby Mums night out.

Many thanks for your continued support, and if we can be of help with anything please just get in touch.



The plans for Northwich Festival 2019 are well underway! We have been working hard in the background to ensure we bring you new experiences for 2019! If you have any suggestions, or events you would like to see at Northwich Festival 2019 please get in touch!
eddy_naylor1@hotmail.co.uk

We are looking for:

- 🔗 Small food/artisan style businesses
- 🔗 Sport demonstrations for the main arena
- 🔗 Fashion Show businesses
- 🔗 Afternoon Tea Caterers
- 🔗 Ice Cream van / Stall Holders
- 🔗 Live / Local Musicians
- 🔗 ...and much more!

fees will apply for the above

250 Club: Introducing the "250 Club".

250 members to contribute only £1 weekly, via standing order.

50% of the funds will be used to help fund the day to day running costs/support improvement projects across the club.

The remaining 50% will be available as prize monies. "250 Club" members will be allocated a number on joining the scheme,

which will continue to be entered in the season prize draws so long as they remain members. You can purchase more than one number if you so wish! In

season prize draw winners will be notified and published on the club website. You can subscribe either by cheque, cash, standing order. Payment can be yearly or monthly. Please complete and return a form to your captain or any club official. *Note prizes are based on achieving & maintaining a full membership for 12 months.



January winners 1st £95 George Stoker, 2nd £45 Gareth Thomas.

You have to be in it to win it.

250 membership form below.

ROTARY CLUB OF NORTHWICH CHARITY SWIMATHON 2019

Annually the Northwich Rotary Club organises a 50-50 charity Swimathon at the Memorial Court Pool, Northwich. (50% to Rotary chosen charities, 50% of your teams raised Sponsorship to your chosen charity ie NRUFC).

This year they are hoping for a bigger and better event, with more people joining the fun on 23rd & 24th March and, ultimately, more money raised for the chosen charities.



The event is for swimmers of all ages and abilities, although it is not a race. This year they have invited Northwich RUFC to enter teams of around six swimmers, who then ask friends, relations and work colleagues to sponsor them. Each team has a 55-minute slot but only one member of each team swims at once so there is no need for any one individual to swim for the whole 55 minutes. Team members usually take it in turns to swim a length each. All sponsorship is based on the team total of lengths. Light refreshments are provided for all swimmers after their swim and each is given a team photograph, a certificate showing the number of lengths swum by the team and a memento of the event showing that they've participated in the charity Swimathon.

Can NRUFC raise a team? Teams are invited to express their interest in entering the event by emailing swimathon.rcnorthwich@gmail.com.



Depending within which banter camp you frequent, parentage is often debated.

But there is no doubt regards the DNA lineage running through the Dale, Naylor, Burmah family connection.

They all recently made an appearance during the Cheshire Vase semi-final victory over Sandbach.

Juniors



U12s continued their 2018/19 season with a Sunday morning of training focusing on the tackle. Coach Matt quickly got the session going, reverting to the core basics of the tackle: approach, stance, psychology, contact, the embrace, squeeze and drive forwards. Starting with the basic key features and techniques of the tackle, over the next hour and a half everyone developed, built confidence, to display a final tackling masterclass.

Northwich U12s are looking forward to the next few weeks with fixtures arranged with old friends from Helsby RUFC, Knutsford RUFC, Crewe & Nantwich RUFC and New Brighton RUFC where they hope to put into practice all the hard training that they have put in over recent weeks. Under 12 & 13 continue recruiting players for the remainder of the current season which ends in May 2019 & beyond.

Superstars



One of Northwich Superstars recently visited Sale Sharks to watch the professionals play rugby. He was accompanied by one of the Northwich coaches who also invited the manager of Majesticwoodfloors.co.uk who are one of the squad's sponsors. All three agreed it was very enjoyable.

Gary from Majesticwoodfloors thanked the club for his invite and ticket.

**majestic
woodfloors**
INSTALLATION, RESTORATION & MAINTENANCE



Children's Mental Health & Northwich Rugby, we tackle the problem! Our solution & why we started our Superstars Program.

Mental health problems affect about 1 in 10 children and young people. Alarmingly, however, 70% of children and young people who experience a mental health problem have not had appropriate interventions at a sufficiently early age.

The emotional wellbeing of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

With this in mind, this is why we started Northwich RUFC SuperStars! We are committed to the development of children's mental health and wellbeing regardless of financial restrictions or background. Our SuperStars' programme is led by qualified Primary and Secondary school teachers, RFU coaches & players across our 1XV, 2XV and 3XV team.

Our sessions run every Sunday from 10:30am and most importantly - it is free!



Would you like to be an Alickadoo?

A non-playing member of a rugby union club who helps in the running of the club by performing various roles, usually on match days. These roles are not always committee positions but are essential voluntary if the club is to function properly.

For your services you will be invited to attend match day lunch both home and away whilst following the Teams of the Town. Feel free to chat with Chairman Ken Jones to discuss which role you could fulfil.

Legend attributes the term to former Irish full back Ernie Crawford, who was rumoured to remark on a book read by a teammate by saying "You and your bloody Ali Khadu." Another possible origin dates from the amateur days of the game, when hard-pressed club helpers, when asked for more balls, players, games and beer, the reply was "it's all I can do". Hence alickadoo.



Spotlight

We are greatly indebted to our sponsors and advertisers who give so generously to support both senior rugby, youth development our superstars program and continued support of our Community event the Northwich Festival.

Overall Northwich RUFC also has other objectives, such as, providing coaching resource to schools, invest in their facilities, community activities and develop players for all levels.

Partnership is the over-riding key to developing rugby in Northwich.



Rubber Monkey
Tyre Services
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Kingfisher Court
Northwich
Cheshire
CW9 7TT
Tel: 01606 44977

We are equally indebted to all our sponsors either large or smaller companies and in this instance we thank RUBBER MONKEY tyre services for partnering with us for 2018/19.

EVENTS for your diary

9th March 1st XV
Mascot Day

13th April
Reunion & End
of season

World Rugby is to introduce a new format of rugby – **Rugby X** – later this year. The plans are to debut the new format indoors at London's O2 Arena in October.

The new version of the game, is due to feature five-a-side teams, 10 minute games, no half-time, uncontested three-man scrums, quickly taken line-outs and tap-and-go restarts from the try-line. Given that we already have a perfectly successful shortened version of the game in Sevens, and the fact that the planned timing of the launch pretty much coincides with the Rugby World Cup. So, an exciting new venture designed to appeal to a brand new audience, or just a gimmick?

All the 6 Nations games will be live on the big screen in the clubhouse beer promotions and food available as advertised on the Northwich Sportsbar Facebook page, and the 6 Nations predictions competition has again commenced. Enjoy your rugby experience @ NRUFC.



Our website is: www.northwichruffc.co.uk
Follow us on Facebook @ NorthwichRugbyUnionFootballClubOfficial
Follow us on Instagram & Twitter @ Northwich RUFC

Please register me as a member of Northwich Rugby 250 Club

Name _____

Address _____

Postcode _____ Email _____

I wish to pay by either cheque or cash and enclose payment of £48. (Please circle option)

.....

Or

I wish to pay by STANDING ORDER and my instructions are as follows:

Please pay: _____

Bank sort code 20-24-09 Account number 60227609

The sum of £4 per month starting _____

Or

The sum of £48 annually starting _____

To the Manager of _____ Bank/Building Society

Branch address _____

Name of account holder _____

Bank Sort Code _____ Account number _____

Signed _____ Date _____

Charity Northwich RUFC Junior Section is registered as a Charitable organisation (No. 1122898). This means that it is able to reclaim tax from all donations made to the club, including subscriptions.

Please complete below so that we can use this reclaimed tax to assist with club funds. I / we agree to Gift Aid [] Please tick box.

Name of Tax Payer:

Please return the completed 250 subscription form to administrator Andrew Hennrietta or any club coach or official.

Many thanks for your support of The Teams of the Town at Northwich RUFC.