

Carlisle Rugby Club
Carlisle RFC



RUGBYFIRST

Carlisle RFC
Player, Coach and
coordinator
handbook
2009–2010
season



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Chairman's introduction



The Junior and Youth sections at Carlisle RFC have never been healthier; the best quality of rugby is being progressed at every age group.

We now have more registered players, qualified coaches and referees than ever before, the benefits of this knowledge and experience is being seen through every level.

In addition, more volunteer coordinators and assistants at each age group are ensuring fixtures are plentiful, kit is available and all the necessary arrangements are in place for budding young rugby players to concentrate on the most important aspect of their rugby lives... **PLAYING & ENJOYING RUGBY**

The amount of work carried out by these volunteer individuals, behind the scenes is nothing short of exceptional. On behalf of the club, myself and all players younger and older, may I thank you sincerely, what you do is truly wonderful and very much appreciated.

At this, the beginning of another season 2009 / 2010 can I take this opportunity to welcome one and all, encourage you to strive to achieve the best you can, safe in the knowledge we at Carlisle RFC will back and help you in any way we can to achieve exactly what you wish for.

If I can help, please do not hesitate to ask me, approach me at any time.

If you can help, please do not hesitate to offer...

Martin Plummer
Chairman of Rugby

Youth Section
Chairman's welcome to the new season



For many this will not be your first season with us and you are very welcome back. For some this will be your first time with us and we are very pleased to see you.

Our philosophy in youth rugby is to introduce young people to the game of rugby and to give them the opportunity to enjoy the game and all that goes with it.

For the mini and midi teams Under 7-Under 12 we have a very structured progression through the age groups where players are given the opportunity to develop basic skills and to understand the game of rugby; the objective being to give everyone the opportunity to try all the positions of play.

As players progress into youth rugby from U13 to U16 we develop more of the techniques and tactics to enable them to play full rugby according to the laws of the game for Under 18s.

We believe that for all our young players, the social aspects of rugby are as important as playing the game.

The fixture list this year is filled with opportunities for every age group to visit clubs in the North of England, to enjoy their rugby and socialise after the game. We aim to be good hosts when teams visit us too.

The facilities we use at Carlisle are excellent. Volunteers to help with the Youth Section are always welcome.

Ian Scott
Chairman of Youth Rugby



Communication

Changes to match day arrangements will be sent by email or text by your coordinator.

- **You must** make sure that your coordinator has your player mobile number, parent/guardian mobile number
- **If any of these numbers change during the course of the season it is your responsibility to notify your coordinator**
- Match day information will be given to players on weekday training night and by text
- **It will be assumed that players are available** for training and Sunday Matches unless coordinators are advised accordingly

Age group	Evening	Start Time	Finish Time
Under 16's	Tuesday/ Thursday	6.30pm	8.30pm
Under 15's	Wednesday	6.30pm	8.00pm
Under 14's	Wednesday	6.30pm	8.00pm
Under 13's	Wednesday	6.30pm	8.00pm



Players' rugby routines

Sunday is either a match day or a training session depending upon the age group of your squad.

Travel to the game ready to play, bring your own navy blue club rugby shorts and club red socks. Team shirts will be provided.

Remember to name all of your kit, and to bring it all with you especially **boots** and **gum shield**.

Remember:- NO GUM SHIELD means NO GAME for you

Bring a towel to shower and change after the game.

Have a shirt with a collar and tie to wear after the game, preferably a Carlisle Club tie, but if not any tie.

Trousers and shoes should be worn after the game in preference to jeans and trainers.

Remember to entertain your guests at home games.

Coaching philosophy

Maximise enjoyment for all, players, coaches and parents

Remain positive at all times

Expose all players to the competitive environment of rugby as often as possible throughout the season

Aim to have 2 competent players in every position

Get as many parents as possible involved in coaching, refereeing, organising, volunteering

Rotation policy will be operated to ensure full involvement.

Captaincy will be rotated throughout the season and decided upon by coaches, looking out for captaincy qualities.

teamwork, leadership, communication, performance etc.

Training Philosophy

Game based play

Conditioned games

Contact at all times where safe to do so.

Work on full sized pitch where possible



Carlisle RFC officials 2009 - 2010



Chairman of Rugby
Martin Plummer



President
David Burnett



Youth Chairman
Ian Scott



Youth Vice Chairman
Fixtures & Registration Secretary

Barry Israel
☎ 07776 187109
✉ barry_israel@msn.com



Youth Section Secretary
Fiona Taylor
☎ 07887 844359
✉ taylorndentist@aol.com



Chairman Fundraising and
Sponsorship Committee
Sue Glendinning
☎ 07773 342223
✉ sue.glendinning@o2.co.uk



Carlisle RFC officials
2009 - 2010
Under 16 Squad

Bill Taylor



Team Manager

☎ 07721 005038
✉ taylordentist@aol.com

Jim Clark



Head Coach

☎ 07841 451383
✉ jimandali888@aol.com



Carlisle RFC officials
2009 - 2010
Under 15 Squad

Sue Glendinning



Team Manager

☎ 07773 342223
✉ sue.glendinning@o2.co.uk

Phil Healy



Head Coach

☎ 07782 350841
✉ phil.healy@cumbriacc.gov.uk

Chris Kirsopp



Position: Squad Coach Forwards

Lewis Boyd



Position: Squad Coach Backs



Carlisle RFC officials
2009 - 2010
Under 14 Squad

Barry Israel



Team Manager

☎ 07776 187109

✉ barry_israel@msn.com

Mike Laidlaw



Head Coach

☎ 01228 535312

Mike Davidson



Coach

☎ 07889226355

✉ mike.davidson@btinternet.com



Carlisle RFC officials
2009 - 2010
Under 13 Squad

Peter Fulton



Team Manager

☎ 07789 001882

✉ peterfulton@abvtraining.co.uk

Alistair Grant



Head Coach

☎ 07725 724542

✉ alistair.grant@borderconstruction.co.uk



Carlisle RFC officials
2009 - 2010
Under 12 Squad

Iain Kyle



Team Manager

☎ 07885 317815

✉ iainkyle@glenison.freemove.co.uk

Paul Senior



Head Coach

☎ 01228 525842

✉ senior.paul1@sky.com



Carlisle RFC officials
2009 - 2010
Under 11 Squad

Neil O'Brien



Team Manager

☎ 01228 535342

✉ neil.o'brien@rpa.gsi.gov.uk

Steve Park



Head Coach

☎ 01228 534332

✉ stephen.park@cumbriacc.gov.uk



Carlisle RFC officials
2009 - 2010
Under 10 Squad

Chris Barker



Team Manager

☎ 016973 52055
✉ chrisandkirstybarker@supanet.com

Martin Maughan



Head Coach

☎ 01768 896201
✉ martin@thecairn.plus.com

Under 9 Squad

Graham Whittaker



Team Manager

☎ 07775 997685
✉ graham@whittaker49.plus.com

Martin Maughan



Head Coach

☎ 01768 896201
✉ martin@thecairn.plus.com

Under 7 and 8 Squad

David Ward



Team Manager

☎ 07713 760834
✉ davidmward1@btinternet.com

Fraser Forlow



Head Coach

☎ 0788 6609246

day	7's	8's	9's	10's	11's	12's
jp-09	Registration Day	Registration Day	Registration Day	Registration Day	Registration Day	Registration Day
jp-09						
jp-09	Keswick H	Keswick H	Keswick H	Keswick H	Keswick H	Keswick H
jp-09						
jp-09	Penrith A	Penrith A	Penrith A	Penrith A	Penrith A	Penrith A
ct-09		Wigton A		Wigton A		Wigton A
ct-09	Darlington A	Darlington A	Darlington A	Darlington A	Darlington A	Darlington A
ct-09		Aspatria H	Millom A	Aspatria H	Millom A	Aspatria H
ct-09						
iv-09	Kirkby Lonsdale H	Kirkby Lonsdale H	Kirkby Lons & Tynedale H	Kirkby Lons & Tynedale H	Kirkby Lons & Tynedale H	Kirkby Lons & Tynedale H
iv-09		Upper Eden H		Upper Eden H		Upper Eden H
iv-09		Egremont A		Egremont A		Egremont A
iv-09						
iv-09						
iv-09		Cockermouth A		Cockermouth A		Cockermouth A
ic-09	Penrith H	Penrith H	Penrith H	Penrith H	Penrith H	Penrith H
ic-09		Wigton H		Wigton H		Wigton H
ic-09						
ic-09	KITCHEN CLOSED	KITCHEN CLOSED	KITCHEN CLOSED	KITCHEN CLOSED	KITCHEN CLOSED	KITCHEN CLOSED
in-10	KITCHEN CLOSED	KITCHEN CLOSED	KITCHEN CLOSED	KITCHEN CLOSED	KITCHEN CLOSED	KITCHEN CLOSED
in-10						
in-10		Cockermouth H		Cockermouth H		Cockermouth H
in-10		Upper Eden A	Millom H	Upper Eden A	Millom H	Upper Eden A
in-10						
in-10						
ib-10	Kirkby Lonsdale A	Kirkby Lonsdale A	Kirkby Lonsdale A	Kirkby Lonsdale A	Kirkby Lonsdale A	Kirkby Lonsdale A
ib-10				ONLY IF REQ'D		
ib-10			ONLY IF REQ'D			
ib-10	Keswick A	Keswick A	Keswick A	Keswick A	Keswick A	Keswick A
ar-10	Darlington H	Darlington H	Darlington H	Darlington H	Darlington H	Darlington H
ar-10		Aspatria A		Aspatria A		Aspatria A
ar-10		Egremont H		Egremont H		Egremont H
ar-10					ONLY IF REQ'D	
or-10	KITCHEN CLOSED	KITCHEN CLOSED	KITCHEN CLOSED	KITCHEN CLOSED	KITCHEN CLOSED	KITCHEN CLOSED
or-10			ONLY IF REQ'D			

Sunday	13's	14's	15's	16's
06-Sep-09	Registration Day	Registration Day	Registration Day	Registration Day
13-Sep-09	Penrith A	Penrith A	Penrith H	Penrith H (League)
20-Sep-09	Cockermouth A	Upper Eden A	Cockermouth A	Upper Eden A
23-Sep-09			Workington A	Cockermouth A (League)
27-Sep-09	Kirkby Lonsdale H	Kirkby Lonsdale H	Percy Park A	Percy Park A
04-Oct-09	Darlington A	Darlington A	Darlington H	Darlington H
11-Oct-09	Ponteland H	Ponteland H	Egremont A	Keswick A (league)
18-Oct-09	Percy Park A	Percy Park A	Aspatria H	Workington A (League)
25-Oct-09	Cockermouth H	Cockermouth H	Cockermouth H	
01-Nov-09				
08-Nov-09	Keswick H	Keswick H	Kirkby Lonsdale A	Kirkby Lonsdale A
15-Nov-09	Aspatria H	Egremont H	Ponteland A	Ponteland A
22-Nov-09	Blaydon H	Blaydon H	Blaydon A	Blaydon A
25-Nov-09			Workington H	Cockermouth H (League)
29-Nov-09	County Cup ?	Gosforth H	County Cup ?	Barrow H (League)
06-Dec-09	North Shields A	County Cup ?	Alnwick H	County Cup ?
13-Dec-09	Morpeth A	Morpeth A	Morpeth H	Morpeth H
20-Dec-09	Gosforth H	Cockermouth A	Aspatria A	Upper Eden H
27-Dec-09	KITCHEN CLOSED	KITCHEN CLOSED	KITCHEN CLOSED	KITCHEN CLOSED
03-Jan-10	KITCHEN CLOSED	KITCHEN CLOSED	KITCHEN CLOSED	KITCHEN CLOSED
10-Jan-10	Tynedale H	Tynedale H	Tynedale A	Tynedale A
17-Jan-10	Alnwick A	Alnwick A	Kirkby Lonsdale H	Kirkby Lonsdale H
24-Jan-10	Keswick A	Keswick A	Egremont H	Wigton H (League)
27-Jan-10				Keswick H (league)
31-Jan-10	Penrith H	Penrith H	Penrith A	Penrith A (League)
07-Feb-10	Vale of Lune A	Vale of Lune A	Vale of Lune H	Vale of Lune H
14-Feb-10	Kirkby Lonsdale A	Kirkby Lonsdale A		
21-Feb-10				
28-Feb-10	Darlington H	Darlington H	Darlington A	Darlington A
07-Mar-10	Percy Park H	County Semi?	Gosforth A	Barrow A (League)
14-Mar-10	Cup Semi?	Percy Park H	County Semi?	Workington H (League)
21-Mar-10	Morpeth H	Morpeth H	Morpeth A	Morpeth A
28-Mar-10	Cup Final ?		Cup Final ?	
04-Apr-10	KITCHEN CLOSED	KITCHEN CLOSED	KITCHEN CLOSED	KITCHEN CLOSED
11-Apr-10				
18-Apr-10	Aspatria A	Egremont A (PM K.O.)	Percy Park H	Percy Park H
25-Apr-10	Fylde H	Cup Final / Fylde H	Fylde A	Cup Final / Fylde A
02-May-10	Blaydon A	Blaydon A	Blaydon H	Blaydon H
09-May-10	25	25	26	27
		K.O. TIME T.B.A.	Evening K.O. T.B.A.	Evening K.O. T.B.A.



Carlisle rfc
Travel Details
2009-2010

APPROX BUS TIMES	FOR 11:00 K.O.
ALNWICK	08:15
ASPATRIA	09:45
BARROW	08:30
BLAYDON	08:45
COCKERMOUTH	09:30
DARLINGTON	08:30
EGREMONT	09:30
FYLDE	08:30
GOSFORTH	08.45
KESWICK	09:15
KIRKBY LONSDALE	09:00
MILLOM	08:30
MORPETH	08:45
NORTH SHIELDS	08:30
NORTHERN	08:45
PENRITH	09:45
PERCY PARK	08:30
PONTELAND	09:00
TYNEDALE	09:15
UPPER EDEN	09:15
VALE of LUNE	08:30
WORKINGTON	09:30



Carlisle rfc Kitchen rota duties 2009-2010

This year each squad is responsible for ensuring that they have someone from their squad available to help out in the kitchen with the catering requirements for that Sunday's games / training sessions.

In the event a squad does not provide cover for the kitchen then the youth section committee have determined that there will be no food prepared that day.

It is for each squad therefore, to ensure that they rally the support of their parents to ensure that the kitchen rota is covered.

Some basic do's and don'ts in the kitchen

- If you have long hair. Please tie it back
- Flat heeled shoes, preferably with a non slip sole should be worn. No boots (Wellington or otherwise) straight from the rugby field please
- The rugby club enforces a no smoking policy. Therefore, you are reminded that if you do wish to smoke, you may only do so away from the clubhouse. If you do smoke then remember to thoroughly wash your hands before serving food
- After handling money you should wash your hands:or better still organise your squads rota so that you have someone designated to handle the money
- Remember to serve visiting teams first before our own as a sign of hospitality
- Please be prepared to clean the kitchen after using it ready for the next event



Carlisle RFC
 Club merchandise
 2009-2010

ITEM	SIZE/S	PRICE
ADULT		
KOOGA SENIOR MATCH SHIRT	S / M / LG	£35.00
KOOGA VORTEX JACKET	XLG/M/S/ XS	£25.00
KOOGA CLASSIC POLO SHIRT	S / M / LG	£25.00
KOOGA TEAM TECH POLO SHIRT	M / L	£20.00
JUNIOR		
KOOGA JUNIOR MATCH SHIRT	SB / MB / LB	£30.00
KOOGA CLASSIC POLO SHIRT	LB	£20.00
KOOGA TRACK SUIT BOTTOMS	ALL SIZES	£15.00
GILBERT/KOOGA RUGBY SHORTS	30 - 42	£9.50
GILBERT/KOOGA RUGBY SHORTS	24 – 28	£7.50
BEANIE HAT	N/A	£8.00
SENIOR RUGBY SOCKS	7 - 11	£5.00
JUNIOR RUGBY SOCKS	??	£5.00



These can be purchased from the club shop
Carlisle RFC
Club merchandise
 2009/2010
 Israel for further Stock Details

ITEM	SIZE/S	PRICE
DRESS SHIRT	16½ to 18½	£22.50
DRESS SHIRT	15½ to 16	£19.50
DRESS SHIRT	14 to 15	£16.50
CLUB JUMPER	ALL SIZES	£5.00
CLUB TIE	N/A	£10.00
STICKY MITS	ALL SIZES	£5.00
GUM SHIELDS	ALL SIZES	£1.00
STUDS	ALL SIZES	£0.25ea
SENIOR RUGBY BOOTS	7 - 12	£30.00
JUNIOR RUGBY BOOTS	3 - 6	£25.00
HOODIES	ALL SIZES	£30.00



Carlisle rfc Social calendar 2009-2010

25 November 2009: Leave the men at home

An evening for all rugby Mum's featuring;

- Girly Glamour
- Tasty treats
- Seasonal cheer

Drop in between 6.30PM - 9pm at the clubhouse

£3.00 includes a glass of wine

13 December 2009: Bowling for the players

Further details will be available from team managers nearer the time

14 February 2010: February Fun Night

Casino event for all rugby parents

Auction of various items to raise funds for the youth section

Dust off your dinner jackets and posh frocks!

1 May 2010: End of Season Bash

An evening celebration featuring "The Evidence" band.

2 May 2010: Youth Section Presentation Day

A celebration of the seasons success for all the squads

- Awards presented by an invited guest
- Fun and games for the family

Room hire at the club

If you wish to hire a room at the rugby club for a family event, business meeting etc. please contact the Club Secretary for further details:

David Morton

☎ 01228 515486

☎ 07912 110 782

✉ mortwas82@aol.com



Carlisle rfc 2009-2010 Training Fees

Carlisle Rugby Football Club

Youth Section 2009/10 Season

Due to increasing costs in transport, catering and the loss of external funding, training fees are being introduced this season.

These fees are on top of the £20.00 membership each player has to pay.

When compared to the fees levied by other sports, the club feels that rugby provides excellent value for money.

As you can see from the table the fees range from £20-£60 dependent upon the squad the player is in. This reflects the amount of time each squad receives for training and match play, which increases with the age groups. Players who are age 16 and above will join the Colts rugby squad, hopefully aspiring to play at County level and for the first team.

If any player or family has difficulty meeting these fees please contact your squad manager who will give you the Youth Section Chairman's contact details.

All enquiries will be treated in confidence and dealt with at the Chairman's discretion.

Youth Section Squad	Membership Fee	Training Fee	
Under 7's and 8's	£20	£20	
Under 9's and 10's	£20	£30	
Under 11's and 12's	£20	£40	
Under 13's and 14's	£20	£50	
Under 15's and 16's	£20	£60	
	Youth Section Squad	Membership Fee	Training Fee
Under 7's and 8's	£20		£20
Under 9's and 10's	£20		£30
Under 11's and 12's	£20		£40
Under 13's and 14's	£20		£50
Under 15's and 16's	£20		£60

CARLISLE RUGBY FOOTBALL CLUB

GIFT AID DECLARATION FORM

(Please complete in BLOCK CAPITALS)

Gift Aid enables Carlisle Rugby Football Club to reclaim 28p of every £1 donation made providing you pay income or capital gains tax to HMRC.

We would like all our supporters to register as soon as possible.

To allow us to reclaim the 28p from any donations made by yourself, we would ask that you complete and return this form in an envelope marked "GA" to:-

**Carlisle RFC
The Rugby Club
Warwick Road
Carlisle, CA1 1LW**

Name: _____

Address: _____

Post code _____

Telephone _____

Email _____

Please treat all my donations from _____

or from the date I began paying income tax if after

_____ and until further notice as Gift Aid

I confirm that I pay an amount of UK income tax or Capital Gains Tax equal to that Carlisle Rugby Football Club will reclaim on my donations.

I will notify Carlisle Rugby Football Club of any name or address or tax status change

Signed _____

Date: _____



Carlisle RFC Players & Spectators Code of conduct

Players will be encouraged to:

- a) Recognise and appreciate the efforts made by coaches, parents, match officials and administration in providing the opportunity to play the [game](#) and enjoy the rugby environment.
- b) Understand the values of loyalty and commitment to adults and team mates.
- c) Recognise that every player has a right to expect their involvement in rugby to be safe and free from all types of abuse.
- d) Understand that if an individual or group of players feel they are not being treated in a manner that is acceptable, then they should tell an adult either at the Club or outside of the [game](#).
- e) Play because they want to do so, not to please coaches or parents
- f) Remember that skill development, fun and enjoyment are the most important parts of the [game](#).
- g) Be attentive at all training and coaching sessions.
- h) Work equally hard for themselves and their team – both will then benefit.
- i) Recognise good play by all players on their team and by their opponents.
- j) Be a sportsman – win with dignity, lose with grace.
- k) Play to the IRB Laws of the [Game](#) and accept, without question, all referees' decision even if they appear to make a mistake.
- l) Control their emotions. Verbal or physical abuse of team mates, opponents, coaches, match officials or spectators is **not acceptable**.
- m) Treat all players, as they would like to be treated themselves. Do not interfere with, bully or take advantage of any player

Spectators Code of Conduct

- a) Act as positive role models to all players.
- b) Be familiar with, and abide by, the RFU Child Protection Guidelines in relation to verbal and emotional abuse.
- c) Respect guidance from the Club with regard to spectator behaviour.
- d) Remember children play sport primarily for their own enjoyment, not for that of spectators.
- e) Acknowledge good individual and team performance from all players irrespective of the team in which they play.
- f) Respect match officials' decisions, even if they appear to be a mistake – remember, they are volunteers providing an opportunity for players to play rugby.
- g) Never verbally abuse players, coaches, match officials or fellow spectators: such behaviour can create a negative environment for players and their behaviour will often reflect this.
- h) Acknowledge effort and good performance rather than 'to win at all costs'.
- i) Verbally encourage all players in a positive manner, shouting 'for' not 'at' the players
- j) Encourage all players irrespective of their ability – never ridicule any individual player, regardless of the team in which they play.



Carlisle RFC Parents & officials Code of conduct

The Rugby Club will encourage parents to:

- a) Be familiar with the coaching and training programme in order that they can ensure their child is fully involved and the coaches are aware of their availability.
- b) Be familiar with the teaching and coaching methods used by observing the coaching and training sessions in which their child participates.
- c) Be aware that the Club has a duty of care to ensure the safety of players and therefore, where appropriate, assist coaches with the supervision of the players, particularly where numbers are large and there is a need to transport players to away games.
- d) Be involved with Club activities and share their expertise.
- e) Share concerns, if they have them, with Club officials.
- f) Be familiar with the Good Coaches Code. Especially be aware that:
 - coaches should recognise the importance of fun and enjoyment when coaching players
 - coaches should keep winning and losing in perspective – encourage players to behave with dignity in all circumstances
- g) Support coaches in installing these values.
- h) Remember that young people play rugby for their own enjoyment not that of their parents.
- i) Encourage young people to play – do not force them.
- j) Focus on the players' efforts, rather than winning or losing.
- k) Be realistic about the players' abilities; do not push them towards a level they are not capable of achieving.
- l) Provide positive verbal feedback both in training and during the [game](#).
- m) Remember that persistent, negative messages will adversely affect the players' and referee's performance and attitude.
- n) Always support the Club in their efforts to eradicate loud, coarse and abusive behaviour from the [game](#).
- o) Remember young people learn much by example.
- p) Always show appreciation of good play by all players both from their own Club and the opposition.
- q) Respect decisions made by the match officials, even if they appear to be a mistake, and encourage

Match Officials should:

- a) Recognise the importance of fun and enjoyment when officiating players.
- b) Provide positive verbal feedback in a constructive and encouraging manner during games.
- c) Emphasise the spirit of the [game](#).
- d) Appreciate the needs of the players before the needs of the sport.
- e) Understand the physical and behavioural development of players.
- f) Be a positive role model. Set an example, and as such, comments should be positive and supportive.
- g) Look to self-improvement e.g. participation in training courses.
- h) Recognise that the safety of players is paramount.
- i) Explain decisions, all players are still learning; parents will understand the [game](#) better.
- j) Always penalise foul play.

- k) Play advantage whenever possible in order to let the [game](#) flow.
- l) Show empathy for the age and ability of players.
- m) Be consistent and objective.
- n) Be familiar with the Good Spectator's Code and ensure that verbal abuse from players, coaches or spectators is not tolerated and is dealt with by club officials immediately.
- o) Be aware of, and abide by, the RFU Child Protection Guidance policies and procedures.
- p) Officiate to the rules laid down in the Rugby Continuum and keep themselves updated on rule changes.
- q) Check that the home Club has provided a qualified first aider, ambulance access has not been obstructed and that appropriate equipment is available along with someone trained in its use before starting play.
- r) Before training sessions and matches check that studs and other clothing are in
- s) accordance with the IRB Laws of the [Game](#)

Coaches of players should:

- a) Recognise the importance of fun and enjoyment when coaching players.
- b) Understand that most learning is achieved through doing.
- c) Appreciate the needs of the players before the needs of the sport.
- d) Be a positive role model – think what this implies.
- e) Keep winning and losing in perspective – encourage players to behave with dignity in all circumstances.
- f) Respect all referees and the decisions they make, even if they appear to make a mistake, (remember it could be you refereeing next week) and ensure that the players recognise that they must do the same.
- g) Provide positive verbal feedback in a constructive and encouraging manner to all players, both during coaching sessions and matches.
- h) Provide rugby experiences which are matched to the players' ages and abilities, as well as their physical and behavioural development.
- i) Ensure all players are coached in a safe environment, with adequate first aid readily to hand.
- j) Avoid the overplaying of the best players by using a squad system which gives everybody a satisfactory amount of playing time.
- k) Never allow a player to train or play when injured.
- l) Ensure good supervision of players, both on and off the field.
- m) Recognise that players should never be exposed to extremes of heat, cold or unacceptable risk of injury.
- n) Develop an awareness of nutrition as part of an overall education in lifestyle management.
- o) Recognise that it is illegal for players under 18 to drink alcohol or for those under 16 to smoke. Coaches should actively discourage both.
- p) Ensure that their knowledge and coaching strategies are up to date and in line with RFU philosophy.
- q) Be aware of, and abide by, the RFU recommended procedures for taking young people on residential tours at home and abroad.
- r) Be aware of and abide by the policies and procedures outlined in the Policy and Procedures for the Welfare of Young People in Rugby Union.
- s) Coach to the rules laid down in the Rugby Continuum and keep themselves updated on rule changes.



Remember

1. Play to enjoy the game of rugby.
2. Always give 100% effort in training and matches for the whole duration
3. Stay positive at all times
4. Always try to improve your own ability as a rugby player. Even the best players admit they are always learning!
5. Rugby is a team game; always work with and for your team mates!