

Parents / Guardians

Our aim is to give kids an introduction to rugby in a safe and enjoyable environment, where they have the opportunity to be the best they can be.

Please note the following;

1. On non-match days, training starts promptly at **09.30am** and finish at **10.45am** sharp. Apologies to those for whom this may not suit, but whatever time we choose seems to clash with something.

2. The IRFU have standardised the age groups into calendar years. They are as follows:

Under 7 - born in 2003 (i.e. 01.01.03 – 31.12.03)

Under 8 - born in 2002

Under 9 - born in 2001

Under 10 - born in 2000

Under 11 - born in 1999

Under 12 - born in 1998

We will continue to pair the years in terms of coaching, e.g. the U-7 & U-8; the U-9 & U-10 and the U-11 & U-12 will train together. However, for matches players will be separated into their age groups.

3. U12's that have not previously registered will need a copy of birth certificate or other proof of date of birth and 2 signed, passport photos for IRFU Registration. The Ulster Branch has informed us that photos are not required for the younger groups. The proof of d.o.b. will still be needed for those who haven't previously provided it. For the Club's records we want everyone, even those who have previously registered to complete the forms, including signing up to the Codes of Conduct.

4. Three Coaches will be in charge of each pair of age groups:

U7 & U8 Terry Totton, Mark Rosborough, John Maguire

U9 & U10 Alastair Keys, Alan Crooks, Alf Pincombe

U11 & U12 Brian Foster, David Dane, Kevin Boylan

Each group will focus on the skills and aptitudes befitting that particular age, i.e. the U7+U8's will concentrate on basic co-ordination, balance, agility etc, compared to U11+U12's who will work on more rugby specific technique and game awareness.

There will be relatively little contact for the youngest age groups, whereas tackling, rucking, etc will be very much part of the game for the older kids.

5. Miriam Pincombe acts as Family Liaison Officer. Rene Dane and other volunteers have agreed to support when they are available. Miriam will look after player registration and welfare. Should you have any concerns, please contact Miriam in the first instance (Mobile: 07595929270).

6. Subscriptions – £20 per Child. This represents exceptional value as there are 28 Saturdays planned, subject to weather.

We would like to welcome you, not just to the mini-rugby section, but the Club as a whole. From now on the Clubhouse will be open, with tea/coffee available, for those who wish to stay and watch the sessions (or TV in the club-house!).

Thank you to Russell Shaw (President), Andy Smallwoods (Chairman Rugby Committee) and Bob Doherty (Child Protection Officer) for their support, not least in making money available for equipment, etc over the past few weeks.

We trust you will enjoy the season and thank you for your support.

Alastair Keys