



Welcome to Woodbridge RUFC 2012/13 Season



Woodbridge RUFC youth section is thriving with over 300 youngsters who get a huge amount of fun and enjoyment out of the game of rugby! Rugby is an inclusive sport; anyone and everyone can play, enjoy themselves and find the right level that suits them. Those who attend regularly find their fitness levels improving as well as their skills.

Our aim is to

1. Provide a safe environment for all children regardless of gender, race, colour, ability or size
2. Make sure their rugby is fun and enjoyable (that way they want to keep coming back)
3. Teach them the basic ethos of the game and even a few skills as well!

Please come and make yourself at home in the clubhouse where there is a bar and a kitchen serving hot drinks and bacon sandwiches. The notice boards along the corridors will give you a feel for everything going on at the club, Check our website www.woodbridgerugbyclub.co.uk for more information and news

Club Development

With a large youth section, three senior men's teams and a thriving ladies team, the changing facilities were inadequate. WRUFC have just completed an exciting extension project costing in the region of £190k, which now provides six changing rooms including private showering facilities and the addition of a Gym facility. This was achieved by dedicated club officials gaining substantial Grant funding and the tireless efforts of club members where each age group contributed funds.

This development enables all three pitches to be played on at the same time, and the club to fulfil the RFU guidelines on changing room segregation requirements for children, women and senior men.

WRUFC is run by a dedicated group of unpaid volunteers, if you could become more involved we always welcome extra support, please complete the volunteers slip on the reverse of membership forms, if everyone does a little its easy and fun.

Finally if you have any questions at all do ask us or any of the coaches or other club officials.

John Leming
Junior Chairman
07739 082495

Alex Briginshaw
Vice Chair U7-U12
07703 681821

Russell Stowe
Vice Chair U13-Colts
07885 174986

Deana Richards
Membership
07811 087155

Karen Debenham
Junior Fixtures
07836 228328



WOODBRIDGE RUGBY UNION FOOTBALL CLUB Ltd.

Founded 1969. Woodbridge Rugby Union Football Club is the trading name of Woodbridge Rugby Union Football Club Ltd.

Reg. Offices: Hatchley Barn, Orford Road, Bromeswell, Woodbridge, Suffolk. Tel: 01394 460630

Reg. No. 28926 R

What we will do for your children

At Woodbridge we provide the following:

- At least one coach per age group trained to RFU Rugby Ready or level 1 (minimum)
- Coaches who are all CRB checked
- Appropriate equipment for all training.
- Qualified first aiders
- A new playing shirt for new club members who've registered for a couple of kitchen duties.
- Club shop offering additional kit items.
- A calendar of matches and training sessions
 - Sunday mornings from September to end of April for all players (matches or training)
 - Tuesday evening training U17-Colts and Senior Men
 - Wednesday evening training for U13, U15, U16, Women and Veterans
 - Thursday evening training for U9 – U12 & U14s
- Woodbridge Academy for the best players in each squad
- Referees for matches
- Clubhouse where the children can relax and get warm after training / matches
- Hot food and cold drinks free after matches.
- Food and drink to purchase after training.
- Insurance from the date of your registration.
- Presentation day / Annual Awards / Christmas Party
- Clubhouse bar for parents
- Social functions for the parents
- Regular emails and club web site to keep you informed
- Entry in local festivals and our own development festival for Mini & Midi players



WRUFC Child Protection Policy

This is a brief overview should you require a full copy please ask a club official or see the website

- The welfare of the Child is paramount
- All children whatever age, culture, disability, gender, language, racial origin, religious beliefs, and/or sexual identity have the right to protection from abuse.
- All suspicions or allegations of abuse will be taken seriously and responded to swiftly and appropriately.
- All staff (paid/unpaid) working in sport have a responsibility to report concerns to the appropriate officer.

Policy Statement

- WRUFC has a duty of care to safeguard all children involved in playing rugby from harm. All children have the right to protection and the needs of disabled children and those who may be particularly vulnerable must be taken into account.
- WRUFC will ensure the safety and protection of all children involved when playing rugby through the adherence to the child protection guidelines adopted by the RFU
- A child is determined as anyone under 18 (The Children's Act 1969)

Policy Aims

- The aim of WRUFC Child Protection Policy is to promote good practise by:-
- Provide children and young people with appropriate safety and protection whilst in the care of WRUFC
- Allowing all staff/volunteers to make informed and confident to specific child protection issues.
- Contact Hayley Charles if you have any Child Welfare or Protection concerns.

What we ask you to do.....

- Try us out for a couple of weeks. Complete a registration form and once you have decided to join then pay your subs (£8 per month). Registration and fees are essential as this covers your RFU insurance and helps the club operate.
- Tell us about any relevant medical conditions we need to be aware of.
- Inform us of any issues or concerns you may have – if we don't know about them we can't do anything about them
- Buy a gum shield and make sure your child wears it during training and matches.
- Make sure your child wears full and correct kit for all matches, WRUFC sky/black shirt, black WRUFC shorts and sky/black WRUFC socks. Every two years a voucher for a new shirt is supplied on registration, 2nd hand kit is advertised on the noticeboards.
- Stay, watch and support the youngsters on a Sunday morning. We are not a babysitting service so please don't drop your child off and leave unless you have informed one of the coaches in advance.
- Show respect for the referee and club officials at all times (if you can't do this then please go and join a football club instead!) Pick up and use the RFU Code of Conduct card.
- Make sure your child is not being disruptive and spoiling the enjoyment of others
- Commit to helping out in the kitchen on at least two Sunday mornings per season, and support the running of the club whenever you can. Kitchen Roger Aston 07787 908496, rogast@hotmail.com
- Consider how else you might be able to help (admin, coaching, kit sales, transport, first aid) and don't be shy about volunteering. All the other officials are volunteers too – some of them aren't even parents!
- Support the club's social functions and help wherever you can. We have a wide range of events planned this season see www.woodbridgerugbyclub.co.uk. Become a social member if you want to.
- Key Events 2012/13
 - WRUFC Development Festival 14th Oct (parent helpers required)
 - Christmas Party and Team Photos 23rd December
 - Presentation Day Sunday 12th May

Support the RFU Spectators and Parents Codes of Conduct

- Show respect for officials and other players
- Encourage in your support
- Applaud good play
- Remember victory is not everything
- Do not do anything which is likely to offend by way of insult, humiliation or discrimination
- Do not verbally abuse match officials -remember, they are volunteers
- Do not force your child to play
- Do not verbally abuse players or other spectators
- Do not threaten or intimidate
- Children are playing for their own enjoyment
- Be courteous to all
- Verbally support in a proactive manner
- Enjoy the day & transmit that enthusiasm to the players
- Do not become involved in physical aggression
- Do not use bad language
- Do not stray on to the pitch at any time.

NB New RFU regulations insist NO Parent or Spectator may enter the field of play for ANY reason, without the knowledge and permission of the referee. All parents must remain behind any barrier, rope or designated line; or where none is provided, at least two metres behind the touchline.

Please support WRUFC in complying with this at Home or Away

The small print

Age groups

The age group is determined by your child's age on August 31st each year. So as an example a child born between September 1st 1997 and August 31st 1998 would be playing in the U15s, School year 7 children will be U12s, year 2 will be U7 etc.

Subscription charges

Our full season subs are charged at £8pcm payable by monthly standing order or alternatively paid by cheque at £96 per annum. Unlike many other sports there are no regular match or training fees although for some festivals/tournaments (usually 1-2 per year) a nominal contribution may sometimes be payable to cover entrance fees. WRUFC is a 'not for profit' organisation and all subscriptions are used to run the club and improve facilities.

Brand new members for 2012/13 season includes a fantastic new reversible match shirt.. existing members should continue to use their playing shirt issued in 2011/12 season and have good condition playing kit for matches.

A voucher is issued after signing up for kitchen duties. New shirts will only be issued with a slip confirming registration complete and kitchen or other duties assigned.

Registration form

Registration forms are available on line or from the clubhouse. Please make sure all contact details are accurate and that all the information on the reverse including the volunteers slip is completed. Ideally hand your form in at the registration desk in clubhouse during September alternatively you can give it to any of your coaches or to a club official.

Photo ID Cards

These are now a compulsory requirement of the RFU, please email membership@woodbridgerugby.co.uk with a digital player image asap including name and age group or attend a photo ID session in the clubhouse. Your photo ID card will entitle you to discounts at a number of local retailers and businesses, see the website for details.

Team selection

For routine fixtures we operate a policy of giving every child some game time and an opportunity to play matches regardless of ability. This means there may be times when your child has to take a turn as substitute, or even play for the opposition to make the numbers even.

For festivals, cups and tournaments (usually only two or three per year) we will make a team selection based on ability.

Fixtures and Events

Always check the website for latest fixture and event details.

Fixtures and timings can change from those shown in the handbook, and sometimes get cancelled at short notice in severe weather, so always check your email and the website on the day especially before travelling to away fixtures. Always let your coach know if you are unable to play in an organised fixture.

Rugby – laws of the game

There is a comprehensive document ("The Rugby Continuum") which governs very strictly how children should develop through the game. In particular it controls the contact areas of tackling and scrums so that they are gradually introduced to the physical elements at an appropriate age. There are new rules affecting U7 – U9 in 2012. If you want to see the full document it is available on the RFU website.