

MEDWAY RUGBY FOOTBALL CLUB

UNDER 11'S WELCOME PACK



Welcome

A warm welcome to the Under 11's for the 2009/2010 season. This pack contains information which players, parents and guardians should be aware of.

If you have any further specific questions or need clarification then please do not hesitate to ask any of the team officials or refer to the clubs website www.mrfc.net

The Game

You will find a copy of the Rugby Continuum on our webpage.

Club Registration

Enclosed you will also find a player registration form and also club membership details. We would encourage you to become members and to participate in the various activities of the club.

It is imperative that each player is registered and that the membership and subscriptions are kept up to date specifically for the following three reasons:

- (1) *Contact details.* It is vital that the team management has your contact details so that you can be kept up to date with any changes to our schedule.
- (2) *Eligibility to play in matches.* The team must have a completed registration document for all players who represent the club at a festival or match. If your child has not completed the registration document then unfortunately he/she cannot play for the club at such events.
- (3) *Insurance.* Any player who is not a paid up member will not be covered under the clubs insurance policy.



Travel

Travel is involved during the course of the season. MRFC participate in matches and festivals throughout Kent, Essex and London. Directions to any fixtures can be obtained from the away clubs website or a week in advance from the team officials.

Clothing and Footwear

Whilst the weather is warm and dry, trainers are the recommended footwear for players. Once the weather does turn wet then it is required that players wear boots with removable studs. Boots with serrated studs should not be worn.

We do have a limited supply of match shirts, which you are welcome to borrow or you may purchase one from the clubhouse. Where a shirt has been borrowed we would ask you to ensure that it is returned to the kitbag following the training session or match. Also please ensure that your child returns any balls or other equipment to the coaches at the end of each session.

Once the weather turns cold it is recommended that players wear tracksuit bottoms when not playing and shorts during matches. In addition parents and guardians are asked to ensure that all players turn up with suitable warm clothing (club fleeces can be purchased from the clubhouse along with shorts, socks, hats etc).

When the weather is warm (it does happen every so often during the season) it is recommended that players wear suitable hats to guard from the sun whilst not playing and during cold periods it is also highly recommended that players wear suitable warm headwear when not playing.

The wearing of mouth guards is recommended during training and is **mandatory** during matches. Players not wearing suitable mouth guards will not be allowed to take part in matches. Mouth guards can be purchased from the clubhouse or from your dentist at an additional cost.

Mud!

Mud and rugby go hand in hand. It is advisable to have a suitable change of clothing and footwear for the players following matches and training when the weather is poor, if only for the sake of your car seats!



Refreshments

Refreshments and food can be obtained from the clubhouse. It is recommended that parents and guardians do make sure that players have plenty of water or other suitable refreshments and snacks available throughout the sessions.

Guardianship

Parents and Guardians are asked not to leave their children unattended for any length of time. If you do need to leave your child for whatever reason please advise either a friend, the team manager or one of the team officials on hand. The Club must adhere to the RFU Child Protection Policy, details of which can be obtained from the club's welfare officer. In the event that a child is left unsupervised by a parent without another parent's or one of the team officials' knowledge, they will be taken to the clubhouse and the parent or guardian contacted.

Medical Assistance

In the event that a player getting injured the team officials, not the player's parents or guardians are responsible for deciding whether further medical assistance is required.

Sponsorship

Each year the team endeavours to purchase waterproof tops, training tops and water bottles for all the players and raise also funds for the club. Funds for this are generally raised through sponsorship and therefore anyone who thinks that they may be able to secure some funds (however small) for the team should contact Sandra. Every penny helps.

Participation

The club and team officials are all volunteers and therefore all parents and guardians are encouraged when asked to help with training sessions and during matches and festivals. This includes helping out in the clubhouse kitchen & bar.

Club Activities

Please keep an eye out for notices in the clubhouse or on the website!

Festivals

During the season there are a number of festivals. Each club may be limited to the number of teams it can enter. Players training and match attendance will be taken into consideration if a selection process is required however we will try our best to ensure all players get to play a part in at least one festival during the course of the season. We will also do our best to arrange alternative fixtures or training for those not taking part in festivals.

Tour

Each year the club embarks on a tour, over one of the Easter weekends. I would encourage you to join in this event as it's a great opportunity for the players to spend a bit more time together and many new friendships are formed over the weekend.

Most Importantly!

Above all we are all here for the players, to introduce them to the game and hopefully encourage them to keep an interest throughout the various levels of the game. We encourage all players to participate at a level to suit their age, size and abilities and have some fun especially if it's at the expense of the adults!

Contacts



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