

BREDON STAR RFC

MINI's Rugby - Parent and Player information pack



What is our Rugby Vision?



Rugby union is an inclusive game, for all shapes and sizes, in which teamwork, respect, enjoyment, discipline, and sportsmanship provide a healthy, physical sport, which develops life skills and lifelong friendships, whilst providing fun and enjoyment for all its participants

THIS IS RUGBY.

Teamwork
Respect
Enjoyment
Discipline
Sportsmanship

The Core values are the foundation of our sport and as such players, coaches, parents and officials alike are bound by this ethos.



CODE OF RUGBY

Everyone involved in rugby in England, whether as a player, coach, referee, administrator, parent or spectator is expected to uphold the Core Values of our sport.

**Teamwork · Respect · Enjoyment
Discipline · Sportsmanship**

- Play to win - but not at all cost.
- Win with dignity, lose with grace.
- Observe the Laws and regulations of the game.
- Respect opponents, referees and all participants.
- Reject cheating, racism, violence and drugs.
- Value volunteers and paid officials alike.
- Enjoy the game.

THIS IS RUGBY.



The Spectator and Parent Codes Of Conduct



SPECTATOR AND PARENT CODE OF CONDUCT

- Show respect for officials and other players
- Encourage in your support
- Be courteous to all
- Applaud good play
- Verbally support in a proactive manner
- Remember victory is not everything
- Children are playing for their own enjoyment
- Enjoy the day and transmit that enthusiasm to the players



www.rfu.com

SPECTATOR AND PARENT CODE OF CONDUCT

- Do not force your child to play
- Do not stray on to the pitch at any time
- Do not verbally abuse match officials - remember, they are volunteers
- Do not verbally abuse players or other spectators
- Do not use bad language
- Do not threaten or intimidate
- Do not become involved in physical aggression
- Do not do anything which is likely to offend by way of insult, humiliation or discrimination



www.rfu.com

As a club the aims of our Coaches/Team managers is to -



1. Create a positive and safe environment where every child feels valued and motivated to play Rugby
2. Coach and develop all players skills whilst observing the “Core Values” of Rugby
3. Give positive feedback to each child, encouraging 2 way communication as a way of developing skills and confidence
4. Give regular feedback to parents/Carers, including any breaches of discipline, fostering an open and honest partnership
5. Ensure each player is “Rugby Ready” before any match is played and that they where possible aligned with opponents of comparable standard
6. Respect every child’s personal limitations....no child will ever be forced to play Rugby
7. Ensure all new players are integrated into a squad at a rate appropriate to the players ability
8. Ensure every child has fun

Contact Coaching, A Touchy Subject



Over 9's Rugby brings new challenges and new skills to develop within teams. Including -

- Scrums (uncontested)
- Rucking
- Mauling

These skills do require some more “technical coaching” methods. This may include coming into physical contact with players to help them understand, the correct body positions, binds and stances to prepare the players for the new season.

Safety of our young players is of paramount importance to everyone involved with BSRFC. Each coach within our groups have at least the “Rugby Ready” certification, The requirement for each coaching session to have at least one coach with a DBS (old CRB) certificate will be observed. Physical contact will be kept to an absolute minimum and proportionate to the activity.

If you have any concerns whatsoever, please speak to a member of the coaching team

Mini's 'Contact' Player Development Skills Matrix



I Can Pass and Catch



I know the Core values And
Code Of Rugby



I Can Do the "Tower Of
Power"



I Can Scrum Safely



I Can Tackle Safely



I Can Ruck Correctly



I Can Maul Correctly



I know the laws of the game

Head Coach Sign off

Training dates/Times



The season runs from September to early May, training is held at the pitches at the Westmancote site between 10:00am-12:noon on Sundays, Please arrive promptly for player registration. A parent/carer must stay on site for the duration of the training session, no child will be permitted to play or train without an appointed adult being on site for the duration.

In addition to training, matches and tournaments will occur during the season where we invite visiting teams to play us or we travel to other clubs, the team manager will e-mail you to confirm dates and times, if your child is not available for a certain match, please let our team manager know. All fixtures are detailed on the club website. www.bredonrugby.org

We do rotate our squads for all fixtures to ensure every player gets to represent our teams. If your child has not been selected for a particular fixture, training will still continue at the Westmancote site should the particular age group coach choose.

We do not train over the Christmas and Easter period, or Mothers day, in the rare occasions that the pitches are unplayable due to waterlogging or freezing, training will be cancelled, sometimes at short notice – the website will be updated by 08.30 Sunday with changes.

After fixtures each child receives a free hot dog, parents/carers are invited to join the rest of the Mini's in the clubhouse bar at the main Bredon site in the village(unfortunately, not free)

Kit Requirements



Gumshields

Bredon Star operate a “pro gumshield” policy, players over 9 yrs old will not be permitted to train or compete in matches for our club without one, this policy is rigorously enforced by our coaches and team officials at training, home and away fixtures. Other teams may have a differing policy, however our view is that Rugby should be as safe as possible for our young players, minimising the risks where possible.

Kit suggestions

Training Kit is available from the Club Shop on the website

Matchday Shirts are provided but remain the property of the club and should be returned when requested

Rugby/Football Boots (trainers for when the ground is hard), studs need to be in good condition

Headguards, these are not compulsory but are recommended

Base layers – you can always take it off if hot, but if you can't put it on if cold and you don't have it!

A Water bottle and a snack

Kit bag

A change of clothes (your child is very likely to get very muddy) is advisable

A brolly and a decent set of wellies are advisable for the parents

Please note that dirty boots and kit are not allowed in the clubhouse.

Be Prepared for the Season



1. Parents must sign their child in and out for training sessions with the lead coach
2. Players Skills Matrix- This will help develop each player at an appropriate pace whilst giving each player a goal to work towards.
3. Player “Sin Bin” ® - This is aimed to ensure game day and training discipline is observed, it will be linked directly to the “Code of Rugby” and the “Core Values”, its not aimed to be a punishment, just a moment for each player to reflect on any breaches of the code.
4. Fund Raising - Our players may well be “Touring” this season, fund raising ideas are greatly received & support welcomed
5. Laws and Regulations – please familiarise yourselves with the latest regulations at each age group <http://www.englandrugby.com/my-rugby/coaches/new-rules-of-play/>
6. Training will start at 10:00 AM sharp.

Useful Websites And Information

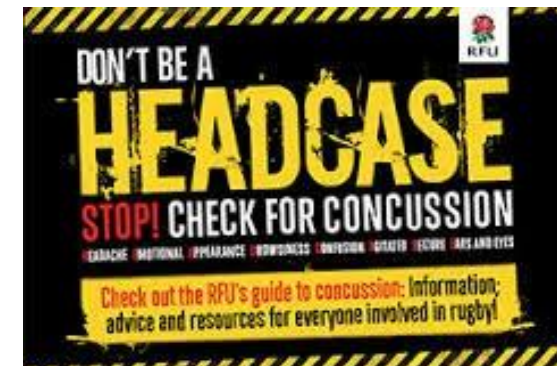


- <http://www.englandrugby.com/my-rugby/players/player-health/concussion-headcase/coaches/>
- www.bredonrugby.org (The club shop for kit is linked to this site)
- www.englandrugby.com

Club Location

Westmancote Site – GL20 7EU

Bredon Site - GL20 7QN



A Final Word...



Dear Parent/Grandparent/Carer & Players

This Mini's handbook is designed to be an overview of our aims goals, commitments and expectations of the year ahead. Some of our players are now entering their 5th season of rugby, others are new to the game. We believe we have a wonderful group of children and a great coaching set up. We continue to make changes during the off season, these are aimed at improving the training sessions, skills development and ultimately the teams.

For the season ahead we are faced with some new challenges and skills that our players will need to master to continue their "Rugby journey". We want to create a safe, fun and enjoyable environment for our players and adults alike, we also want to foster an spirit of co-operation with our parents and carers, you are a vital part of the team.

Please feel free to come and talk to me or any one of the coaches about any aspect of Rugby at Bredon Star, we are here to help.

Looking forward to a wonderful season....

Nick Harwood

Bredon Star RFC – Junior Chairman