

# Maidenhead RFC Welcome Pack



# WELCOME TO OUR CLUB

GENERAL INFORMATION

Maidenhead Rugby Club  
Braywick Park  
Braywick Road  
Maidenhead  
Berkshire  
SL6 1BN

01628 629663  
www.maidenheadrfc.com

# WELCOME TO OUR CLUB

GENERAL INFORMATION

Thank you for your interest in our rugby club.

We have been a part of the Maidenhead community since 1922 and the club has a clear aim to maintain the core values of rugby throughout our 13 age groups, numerous teams and 800+ players.

Maidenhead RFRC enjoys some of the best facilities in the South of England with continual refurbishment to the clubhouse and the installation of an Artificial Grass Pitch (AGP) as our main playing area.

In addition to the **1<sup>st</sup> XV**, we have three further senior teams and a thriving **Youth Section** developing players from the age of 5 onwards.



We are proud to have been awarded RFU Accredited Club status. The Club Accreditation scheme is based upon six Key Drivers identified as crucial to a strong club:

1. Retaining & Developing Players
2. Recruiting New Players
3. Recruiting & Retaining High Quality Coaches, Volunteers & Referees
4. Effective & Efficient Facilities
5. Effective & Efficient Management and Governance
6. Integration with the Local Community

## Overview

At Maidenhead RFC we cater for players of all abilities and levels of interest in the game of rugby.

The Club runs **Senior & Colts** sides:

**1<sup>st</sup> XV** play in South West 1 East

**2<sup>nd</sup> XV** play in Berks, Bucks & Oxon 1

**3<sup>rd</sup> XV** in Berks, Bucks & Oxon 3

**Colts 1<sup>st</sup> XV** play in Oxon, Berks and Bucks Division 1

**Colts 2<sup>nd</sup> XV** play in Oxon, Berks and Bucks Division 3

Friendlies will also be arranged for the **Colts** in between their league fixtures during the season.

The club also runs a Touch team called the "**Mohawks**" led by Sammie Phillips (an England coach)



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## Youth Rugby

We provide a great rugby experience for all children from **U6s** to **U18 Colts** plus it is one of the most successful run in the area.

Girls can train/play up to **U12** in mixed teams but thereafter can only participate in all female sides. At present the club does not run Junior girl sides due to the lack of numbers interested in playing.

We are a community Rugby Club and our aim is to ensure that players, coaches, parents, spectators and volunteers uphold the **Core Values of the RFU**:

- **Teamwork**
- **Respect**
- **Enjoyment,**
- **Discipline**
- **Sportsmanship.**

These values will stand our young people in good stead both on and off the rugby pitch and are reflected in the RFU's Code of Rugby.

Maidenhead RFC supports its aims in that we:

- 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 participants
- Reject cheating, racism, violence and drugs
- Value volunteers and paid officials alike
- Enjoy the game

We passionately believe these are excellent life qualities to coach into our youth and senior players alike. This is why the Club is such an important part of Maidenhead life and has been for over 95 years.

Age grades are set at the start of a season. For example, a 7 year old on 1<sup>st</sup> September (the start of the season) is an U8.

Children must play within the correct age grade. Dispensations exist in the regulations to allow some flexibility in exceptional circumstances, but this must be authorized by the club beforehand -.

	Key Stage 1		Key Stage 2				Key Stage 3			Key Stage 4		Key Stage 5
<b>Year Group</b>	1	2	3	4	5	6	7	8	9	10	11	12+
<b>Age Group</b>	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17/18



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## Colts and Junior Rugby

The **Colts** and **Junior** sections are key to the long term future of the club. The Junior sides either compete in the Berkshire Cup or Leagues depending on age and the Colts (U18s) play in the Oxon, Berks and Bucks leagues. Most age groups will regularly field two squads.

## Mini Rugby

The Maidenhead Minis section is one of the most successful in the area. We have a commitment to both enjoyment and fulfilment. This means that a key measure of success is shown through the players', parents' and coaches' commitment. People only commit their free time to things they believe are worthwhile.

Mini rugby is a specially designed approach to rugby that introduces boys and girls to the key aspects of the game in a structured and safe manner. Children play in groups from U6 to U12, attaining new skills and gaining a wider appreciation of the game as they progress from age group to age group. Just as important, children learn about the camaraderie and the philosophy of rugby, making new friends from a wide range of schools and backgrounds.

The ambition of the Club is to play good rugby and to be successful on the field, but the basis of a good rugby club is the social side that playing the game can bring. Our ambition is for Maidenhead Youth Rugby to be the place that children know they will be developed both on and off the pitch. It needs to be a place that they feel they are proud to be a part of thriving environment.

This handbook sets out all the information you need to know when joining our rugby club - as a player, parent or volunteer. This document acts as a starting point and should not replace speaking to an actual person when you get stuck!

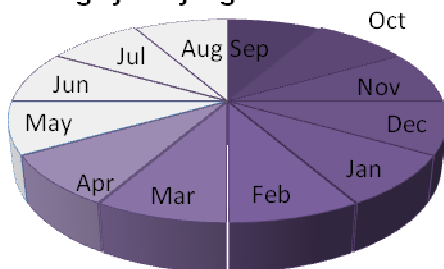
The information appears in 2 sections and uses the following colour-coded key to make life easier (**Blue - Need to know**, **Red - need to act**, **Black - FYI**).

Other information on club lettings, age group specifics and volunteering exist as separate inserts.

1. Things to know for when you join
2. Things you might want to know in the future

## 1. Things to know for when you join

### Rugby Playing Season



### Key Dates

- 4<sup>th</sup> Sept 2016 - Season Kick Off
- 30<sup>th</sup> Sept - Registration deadline
- 4th Oct - Membership Cut Off for players wishing to be considered for Maidenhead Tournament
- Presentation days – tbc during the season

**When** - Sundays 10 – 12, from Sept 4th through to the end of April 2017 with exceptions only for Christmas, New Year's, Easter Sunday and the club's annual tournament

**Directions:** Just off the M4 junction 4, take the A308M until you reach the Braywick roundabout. Take the first left onto the A308, then take the first right, and Maidenhead RFC is located in Braywick Park, Braywick Road, Maidenhead, Berkshire SL6 1BN.

**Car Parking:** A RBWM parking permit (available to Sports Club members) is required for the 2 car parks next to the Rugby Club. Parking without a permit is likely to receive a parking ticket.

Visitors should therefore park in the free car park on the right as you enter Braywick.



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Temporary Match day permits can be arranged for visiting officials and guests at the club's discretion.

Full Members of MRFC, as per the table in the Membership Options section will receive their parking permit with their membership card following receipt of this year's membership form and subs payment.

## Youth Section Age groups, contacts, type of rugby

Age Group/ Team		Head Coach	Manager	Type of rugby
Academy (Under U17-18s)	Acade	Tony Brooks 07768 987170 <a href="mailto:Tbrooks.8@hotmail.co.uk">Tbrooks.8@hotmail.co.uk</a>	Gareth Andrews-Jones 01628 632775/07941 076917 <a href="mailto:gareth@theajs.com">gareth@theajs.com</a>	Stage 4 full adult game rules, but with IRB U19 law variations
Under 16s (Year 11)	Juniors	Stuart Monk 07890 265447 <a href="mailto:Maidstags@gmail.com">Maidstags@gmail.com</a>	Martine Prince 01628 310223/07886 299572 <a href="mailto:martineprince@live.co.uk">martineprince@live.co.uk</a>	
Under 15s (Year 10)		Mike Andrew 07811 116939 <a href="mailto:Spoonsy21@hotmail.com">Spoonsy21@hotmail.com</a>	Carol Keller 07742 412124 <a href="mailto:Carol.keller@sky.com">Carol.keller@sky.com</a>	
Under 14s (Year 9)		TBC	Chris Watts 07595 364658 <a href="mailto:chris.rugby@live.co.uk">chris.rugby@live.co.uk</a>	
Under 13s (Year 8)		Nic Brocklebank 07976 973725 <a href="mailto:nic.brocklebank@blueyonder.co.uk">nic.brocklebank@blueyonder.co.uk</a>	Annemarie Hargreaves 01628626880/07971 540710 <a href="mailto:annemarie@thehargreaves.com">annemarie@thehargreaves.com</a>	
Under 12s (Year 7)	Minis	Lee Myall 07885 059656 <a href="mailto:Leemyall1@gmail.com">Leemyall1@gmail.com</a>	Jane Webster 07900 908141 <a href="mailto:janewrugby@gmail.com">janewrugby@gmail.com</a>	Stage 3 both age grades play Midi Rugby to the same rules
Under 11s (Year 6)		Richard Parker 07979 356516 <a href="mailto:Richard.parker@thebsa.co.uk">Richard.parker@thebsa.co.uk</a>	Bob Pawson 07810 857868 <a href="mailto:robertpawson@btinternet.com">robertpawson@btinternet.com</a>	
Under 10s (Year 5)		Phillip Cottee <a href="mailto:Phillip.cottee@leaseplan.co.uk">Phillip.cottee@leaseplan.co.uk</a>	Julia Saunders/Ruth Oliver-Willwong <a href="mailto:Under7MRFC@gmail.com">Under7MRFC@gmail.com</a>	Stage 2 both age grades play Mini Rugby to the same rules except Under 9s have uncontested scrums and line-outs and Under 10s have contested scrums and line-outs.
Under 9s (Year 4)		Ian Davies <a href="mailto:idavies@expedia.com">idavies@expedia.com</a>	Helen O'Donnell 07767 265144 <a href="mailto:hodonnellmrfc@gmail.com">hodonnellmrfc@gmail.com</a>	
Under 8s (Year 3)	Minis	Geoff Reid-Hughes 07717 519642 <a href="mailto:sleekstone@icloud.com">sleekstone@icloud.com</a> Darrel Humphreys 07734 955856 <a href="mailto:Dhumphreys1974@yahoo.co.uk">Dhumphreys1974@yahoo.co.uk</a>	Katrina Sell 07876 235326 <a href="mailto:katrinasel1MRFCC@gmail.com">katrinasel1MRFCC@gmail.com</a>	Stage 1 both age grades play Mini Tag Rugby to the same rules except that Under 8s can only be tagged a maximum number of times
Under 7s (Year 2)		Gary Knight 07747 612525 <a href="mailto:gknight1972@hotmail.com">gknight1972@hotmail.com</a>	Claire Burt 07736 775031 <a href="mailto:claireburttmrfc@gmail.com">claireburttmrfc@gmail.com</a>	





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Under 6s (Year 1)	Craig Monks 07866 564475 <a href="mailto:craig.monks@sky.com">craig.monks@sky.com</a>	Craig Monks	Mini Tag (no formal matches)
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Our main method of communication is by email and the website - please ensure you have provided us with an email address you have regular access to.

## Fixtures and Tournaments – Definitions

### Training

Training sessions form approximately half of the overall sessions in a season and are integral to the skills development, fitness work and preparation for formal matches and tournaments.

Session plans are created by the coaching team taking into consideration the physical and psychological maturity of the players and the building process across a full season.

### Fixture

Fixtures are the club's opportunity to test itself against other clubs. So the Home team is responsible for planning how the sessions will run.

On the whole there is a training element where the players from the two clubs can be mixed together and ending with a formal match situation.

The older the age-group the more the time is focused on the formal match.

### Tournament

Maidenhead host one of the biggest and most successful youth tournaments in the region and its reputation has travelled far and wide. It takes place on the 2<sup>nd</sup> Sunday in October.

These events give clubs a chance to show their strength in depth across the age groups, showcase their facilities and build their teams by playing a series of matches in a single day.

They are great social and sporting occasions for players and spectators alike.

## Safeguarding Players - responsibilities, codes of conduct, use of photography

The club rightly puts a great deal of emphasis on the safeguarding of the children and takes the matter very seriously.

The Safeguarding Officer ensures that everyone knows their responsibilities and they attend the main committee meetings.

Any breach of the guidelines below will be appropriately challenged as soon as they are highlighted.

All breaches will be reported to the committee.

### Specific responsibilities – Coaches/Managers (and other volunteers)

Our volunteer coaches/managers are the lifeblood of the club.

Without their time, energy and commitment we would not be able to operate such a successful set of age groups and teams.





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In common with many roles that are responsible for providing a safe place for children to participate in rugby. Meaning a **Duty of Care** and **Safeguarding for all players**. – Comprehensive training is undertaken for all coaches and managers if required.

**Disclosure and Barring Service (DBS) checks** – All coaches/managers and helpers must complete a DBS check.

The process is straight forward. Three forms of address evidence and proof of personal identity, e.g. utility bills and a passport must be presented to the club child welfare officer.

The forms can take a few weeks to be processed so early submission of the forms is necessary to ensure the club, RFU and national regulations are complied with.

## **Specific Responsibilities – Parents**

Your child's safety and wellbeing is paramount.

It is the Club's policy that either a parent or an assigned guardian is present pitch side at all training, fixtures and tournaments for **U6-U12s**.

It is up to every parent to arrange '**cover**' as required and ensure the coaching team know of any changes.

Please refer to the current 'Parental Attendance Rules for Mini/Midi & Junior Members' (which can be found in the safeguarding section of the website: [www.maidenheadrfc.com](http://www.maidenheadrfc.com) )

## **First Aid**

The need to administer first aid in the non-contact sport of Tag Rugby does occur from time to time.

A first aid kit will be available at every training session.

The club is committed to provide all age groups with adequately trained first aiders so you will find a number of coaches and parents will be volunteer first-aiders.

Any parents that hold a first aid qualification or who would like to be considered for the club's first aid course should make themselves known to the manager and/or head coaches.

## **Coaching Continuum**

The Director of Rugby oversees all aspects of the club's playing ethos, approach and development; we are looking to drive a consistent and complementary approach to the coaching of all players. We are fortunate to have Tony Brooks in this role. Tony has an impressive playing/coaching pedigree:

- England up to U23s
- Barbarians
- Bath & Rosslyn Park
- Devon & Surrey Counties
- Oxford University triple Blue



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He also played for the Maidenhead 1<sup>st</sup> XV in addition to serving as Head Coach. He currently shares his role with the club as a Selector for the South West U18s and U20s.

The Youth section currently boasts a high number of Level One and Two coaches depending on what age group they are affiliated to.

All qualifications are fully funded by the club or through bursary awards.

## We all have a responsibility to do the right thing in rugby:

### Players, Parents and Volunteers will

- Show respect for officials and other players
- Encourage in your support
- Be courteous to all
- Applaud good play
- Hold back if you are an un-qualified referee
- Remember victory is only one reason for playing rugby
- Children play for their own enjoyment
- Enjoy yourself and make sure others know you're happy

### Sometimes it's easier to say what **NOT** to do:

- Forcing someone to play is counter-productive
- Stay off the pitch
- 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

**If you insult, humiliate or discriminate - expect immediate punitive measures**

### *Photographic acceptance*

Maidenhead RFC recognises the need to ensure the welfare and safety of all young people in Rugby Union. As part of our commitment to ensure the safety of young people we will do our best not to permit photographs, video or other images including those taken via mobile phones of young people to be taken or used without the consent of the parents/carers and the young person.

All parents completing membership forms for their children should also sign a separate photographic permission form (found under the safeguarding section on Maidenhead RFC website) authorising the Club to use images of their children.

If, for whatever reason, you do not want pictures or video taken of your child, please make yourselves known to your age-group manager who will do their utmost to ensure that this does not occur.





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## Membership - how, options, additional member benefits

### How

- Speak to your age group manager
- Decide on which membership best suits your situation from the options below
- Payment of membership subscriptions can be made on one of several ways: Via cheque. Credit card or cash handed to the age-group manager
- Complete registration form (via the website [www.maidenheadrfc.com](http://www.maidenheadrfc.com) ), together with a completed photographic permission form.
- Wait 2-3 weeks for membership details, car park pass etc to come through

### Membership Options

		Voting Rights	BSA Parking Permit	Int'l Tickets	Drink Discount	3rd Party discounts	Club Tie	VP Lunch	Ground entry (£5 others)	No of Youth Players
Senior Player	£150	y	y	y	y	y	n	n	£3	1+
Family	£150	y	y	y	y	y	n	n	£3	1+
Youth Player	£100	n	n	n	n	n	n	n	FoC	1
Honorary Life	£0	y	y	y	y	y	n	n	FoC	1+
Vice President	£150	y	y	y	y	y	y	y	£1	1+
Social	£100	y	y	n	y	y	n	n	£3	0
WAMDSAD	£15	n	n	n	n	n	n	n	£3	0

### Senior Player Membership

This category of membership is for regular players of any of the senior sides who are aged from 18 to 35. Senior Player membership includes playing subs for all matches, voting rights, ability to enter the ballot for International tickets as well as the discount card for members. Also, if senior players have children in the Youth section (u7 to u17) or Colts, then their children are also covered by this subscription. However the appropriate information needs to be completed for each playing child on the new membership form.

### Vets Player Membership

Vets membership is for players of any of the senior sides who are aged 35 or over. Vets membership includes playing subs for all matches, voting rights, ability to enter the ballot for international tickets as well as the discount card for members. Also, if vets players have children in the Youth section (u7 to u17) or Colts, then their children are also covered by this subscription. However the appropriate information needs to be completed for each playing child on the new membership form.

### Family Membership

Family membership is only available for parents/guardians of children in the Youth section (u7 to u17) and Colts. It is designed to allow them to enjoy the same benefits as a full playing member, but without needing to play! Thus Family Membership includes voting rights, ability to enter the ballot for International tickets as well as the new discount card for Members. All children within the family are covered by this subscription, but information needs to be completed for each playing child on the new membership form.



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## Youth Player Membership

Youth Player membership is aimed at parents/guardians with one child in the Youth Section, (u7 to u17) or Colts who do not wish to enjoy the benefits available to full members. This membership only covers one child; therefore a separate Youth player membership would need to be taken out for other siblings. In this case a Family membership would provide more benefit and costs less, so would be highly recommended.

## Honorary Life Member

This category of membership is designed to recognise the highest level of service or contribution to the Club. It can only be awarded following a nomination from the committee and subsequent vote by the members at the AGM.

## Vice President (VP)

This category of membership is aimed at stalwarts of the club. Members who have served Maidenhead well in the past, perhaps as a player or sponsor, and who wish to continue to support the Club and enjoy the continued benefits as a member. The list of current VP's represent many decades of Rugby playing tradition at Maidenhead and long may this continue. In addition to full member benefits, the VP's also enjoy an annual pre match lunch hosted by the Club, plus reduced entry fees into the stand for home games.

## Social Member

Social membership is aimed at Rugby supporters who want to be part of the Club, but have no children in the Youth section nor wish to play (or play regularly). This category of membership includes voting rights and the discount card for members. Should a social member wish to play the odd game of rugby for the Club, then this is subject to a £10 a match fee to cover playing overheads.

**Online membership and Subscriptions** - We offer online facilities to make it easier for members to register and pay subscriptions.

## WAMDSAD and Braywick Sports Association Members

This membership is aimed at members of WAMDSAD and other members of the Braywick Sports Association who wish to become social members only, and who do not wish to enjoy the benefits available to full members.

## Parking permits

The RBWM in conjunction with the Braywick Sports Association has introduced a parking permit scheme for the two car parks either side of the Club. The car parks will be for permit holders only and will be enforced by RBWM parking attendants. Full Members of MRUFC, as per the previous table, will receive their parking permit with their membership card following receipt of this year's membership form and subs payment.

## Membership Bursary

The club is a recipient of a Sports Bursary from the Louis Baylis Trust. The Trust has agreed to provide £1,500 for each of the next three years. Additional funding can be sourced to provide player support at the discretion of the Bursary Committee.

Applicants will be considered who wish to take up playing membership with the clubs Mini, Junior or Colts playing sections. We consider bursary applications throughout the season with meetings to discuss applications to take place in September, October, November and February. Your application form and supporting documentation must be returned by no later than 31 January to be considered for funding.

To be eligible you must demonstrate a desire to hold a long term interest in playing rugby at Maidenhead RFC to be eligible to apply for a bursary.

This funding can be used to help children in need of membership or it can be allocated for kit, travel or Tournament/Competition fees. The bursary applicant expenses are agreed at the discretion of the Youth Committee



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## 2. Things you might want to know in the future

### Opportunities for volunteering

Your children will want you to watch them and to reinforce their confidence, especially early on. Once you feel they have given you permission to do anything else, we would love if you can help out, even if only here and there.

### Coaching

The more parents and friends that get involved the greater the ratio of coaches to players. Don't worry if you don't know much about rugby, you will be guided by the more experienced coaches and shown what to do. In the early days it's all about giving encouragement to the players! If you are interested in developing your skills to become formally recognised as a rugby coach then the club will certainly invest in you.

### Social Events

The Club organise the odd social evening for parents to get together without muddy offspring, and also will keep you informed of broader MRFC events like the Children's Christmas Party and our festival weekend. We organise outings to several professional matches, and other things that catch our fancy.

### Opportunities for sponsorship

With such a rich and diverse membership base and weekly links with other rugby clubs, Maidenhead RFC is always interested in discussing great commercial opportunities available around sponsorship. In order to ensure fairness and a whole club approach to sponsorship these discussions are best done through and with the committee.

If you own or work for a company who might be interested in developing a sponsoring relationship with the club, please contact your age-group manager in the first instance.

## Our partnership with London Irish

We are fortunate to be located close to an Aviva Premiership side and the club have chosen to forge a strong relationship with it for the benefit of the membership. As a result we are able to take advantage of their Community

Partner scheme that amongst other benefits will enable us to;

- Obtain complimentary or subsidised tickets for matches at the Madejski Stadium
- Coaching sessions for players
- Coach Education courses to improve our coaching standards
- Visits from players and mascots
- Take part in their specially arranged tournaments

We will advise members of activities throughout the season.



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## THE GOOD PARENT'S CODE

### Parents Should:

1. Treat the clubhouse and the facilities with respect
2. Never ever to go onto the pitch or field of play unless invited on by referee/coach if their child is injured
3. 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.
4. Be familiar with the teaching and coaching methods used by observing the coaching and training sessions in which their child participates.
5. 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.
6. Be involved with Club activities and share their expertise.
7. Share concerns, if they have them, with Club officials and be familiar with the 'Good Coaches' Code of Conduct
8. In particular be aware that:
  - coaches should recognise the importance of fun and enjoyment when coaching players
  - coaches should keep winning and losing in perspective, encouraging players to behave with dignity in all circumstances
  - Support coaches in instilling these virtues.
  - Remember that young people play rugby for their own enjoyment not that of their parents.
  - Encourage young people to play - do not force them, especially if ill or injured.
  - Focus on the players' efforts, rather than winning or losing.
  - Be realistic about the players' abilities; do not push them towards a level that they are not capable of achieving.
  - Provide positive verbal feedback both in training and during the game.
  - Always support the Club in their efforts to eradicate loud, coarse and abusive behaviour from the game.
  - Remember young people learn much by example.
  - Always show appreciation of good play by all players both from our Club and the opposition.
  - Respect decisions made by the match officials, even if they appear to make a mistake, and encourage the players to do likewise.

## THE GOOD SPECTATOR/VISITOR'S CODE

### Spectators Should:

1. Treat the clubhouse and the facilities with respect
2. Never ever to go onto the pitch or field of play unless invited on by referee/coach
3. Act as positive role models to all players.
4. Be familiar with, and abide by, the RFU Safeguarding in relation to verbal and emotional abuse.
5. Respect guidance from the Club with regard to spectator behaviour.
6. Remember children play sport primarily for their own enjoyment, not for that of the spectators.
7. Acknowledge good individual and team performance from all players irrespective of the team in which they play.
8. Respect match officials' decisions, even if they appear to make a mistake – remember, they are volunteers providing an opportunity for players to play rugby.
9. 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.
10. Acknowledge effort and good performance rather than 'to win at all costs' for youth players.
11. Verbally encourage all players in a positive manner, shouting 'for', not 'at', the players.
12. Encourage all players irrespective of their ability - never ridicule any individual players, regardless of the team in which they play.



# WELCOME TO OUR CLUB

GENERAL INFORMATION

Maidenhead Rugby Club  
Braywick Park  
Braywick Road  
Maidenhead  
Berkshire  
SL6 1BN

01628 629663  
[www.maidenheadrfc.com](http://www.maidenheadrfc.com)

## THE GOOD PLAYER'S CODE

### The U6 to U18 Age Groups Players should be encouraged to:

1. Treat the clubhouse and the facilities with respect
2. Recognise and appreciate the efforts made by coaches, parents, match officials and administrators in providing the opportunity to play the game and enjoy the rugby environment.
3. Understand the values of loyalty and commitment to adults and team mates.
4. Recognise that every player has a right to expect their involvement in rugby to be safe and free from all types of abuse.
5. 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 at the Club or the club's Safeguarding Officer.
6. Play because they want to do so, not to please coaches or parents.
7. Remember that skill development, fun and enjoyment are the most important parts of the game.
8. Be attentive at all training and coaching sessions.
9. Work equally hard for themselves and their team - both will then benefit.
10. Recognise good play by all players on their team and by their opponents.
11. Be a sportsman - win with dignity, lose with grace.
12. Play to the IRB Laws of the Game and accept, without question, all referees & lines men decisions even if they appear to make a mistake.
13. Control their emotions.
14. Verbal or physical abuse of team mates, opponents, coaches, match officials or spectators is not acceptable.
15. Treat all players as they would like to be treated themselves.
16. Do not interfere with, bully or take advantage of any player.
17. Adhere to all IRB, RFU, County, League, Cup and Club rules, policies and procedures.

### Useful contacts - EXECUTIVE BOARD

#### PRESIDENT

**Dick Brown**  
H: 01628 670586  
[cwmtawe@gmail.com](mailto:cwmtawe@gmail.com)

#### CHAIRMAN

**Steve Bough**  
[sbough@maidenheadrfc.co.uk](mailto:sbough@maidenheadrfc.co.uk)

#### DIRECTOR OF RUGBY

**Tony Brooks**  
07768 978170  
[Tbrooks8@hotmail.com](mailto:Tbrooks8@hotmail.com)

#### SECRETARY (& League Secretary)

**David Perry**  
H: 01628 643075  
M: 07894 961746  
[David.perry@btinternet.com](mailto:David.perry@btinternet.com)

#### TREASURER & COMMERCIAL MANAGER

**Dominic Birch**  
M: 07515 381565  
[dbirch@maidenheadrfc.co.uk](mailto:dbirch@maidenheadrfc.co.uk)

#### DIRECTOR OF YOUTH RUGBY & SAFEGUARDING (OVERALL RESPONSIBILITY U6-18)

**Jim McCaffrey**  
M: 07447 447567  
[jim.mac65@hotmail.com](mailto:jim.mac65@hotmail.com)





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## Useful Contacts - CLUB OFFICIALS

**COLTS RUGBY REPRESENTATIVE  
(U17-U18)**

**Gareth Andrews-Jones**  
07941 076917  
[gareth@theajs.co.uk](mailto:gareth@theajs.co.uk)

**JUNIOR RUGBY REPRESENTATIVE  
(U13-U16)**

**Mike Andrew**  
07811 116939  
[spoonsy21@hotmail.com](mailto:spoonsy21@hotmail.com)

**MINI RUGBY REPRESENTATIVE  
(U6-U12)**

**Lee Myall**  
07885 059656  
[Leemyall1@gmail.com](mailto:Leemyall1@gmail.com)

## Useful websites/reference documents

1. [Rugby Football Union](http://www.rfu.com)
2. [Maidenhead Rugby Football Club](http://www.maidenheadrfc.com)
3. [Summary of the Minis game](http://www.brfcjuniors.org/guides/tagguide.pdf)
4. [Rugby Kit](http://www.hawkinsport.co.uk)
5. [Rugby memorabilia](http://www.spiritofsport.uk.com)
6. [RFU Website](http://www.rfu.com)
7. [Aviva Premiership](http://www.premiershiprugby.com)
8. [2<sup>nd</sup> XV Competition](http://www.canterburyshield.com)
9. [Rugby Roundup](http://www.rugbyroundup.com)
10. [Coaching Rugby](http://www.coachingrugby.com)
11. [Berkshire RFU](http://www.berksrfu.com)
12. [Youth Rugby Fixture Exchange](http://www.fixex.com)
13. [350+ English Clubs](http://www.cantrugby.com)
14. [Berkshire Referees Society](http://www.bsrfur.com)