

BLANDFORD RUGBY FOOTBALL CLUB

JUNIOR SECTION

2008-09 Season Handbook



www.brforcjuniors.org

Club Officials

Chairperson	Helen Oliver	01258 455143
Vice Chairperson	Louis Minchella	01258 452410
Secretary	Jackie Grimes	01258488379
Treasurer	Maretta Hancock	01258 456935
Membership Secretary	Joy Pentney	01258 455718
Fixtures Secretary	Giles & Jo Paver	01258 451688
Welfare Officer	Joy Pentney	01258 455718
Kit/Sales	Noel Keogh	01258 455614
Section Photographer	Adrian Oliver	01258 455143
Club House		01258 450665

The Junior Section train and play home matches on the Blandford School sports pitches which are accessed from the Blandford School, Milldown Block entrance on Sunday mornings between 10.15 and 12.00

The season runs from 7 September until 26 April 2009

NOTE:

NO Dogs are allowed within the precincts of the school in accordance with Local Education Authority policy.

Coaching Staff 2008-09 Season

Bulldogs	Chris Minchella Stephen Frampton	01258 452410 01258 480539
Under 7s	Nigel Roberts	01258 456103
Under 8s	Ralph (Pasty) Hine	01258 453705
Under 9s	Stuart Pentney Mike Shrimpton Mick Solomons	01258 455718 07768 287225 01258459166
Under 10s	Andy Boardman Jenny Hornby	07791 255191
Under 11s	Andy Riglar Simon Howarth	01258 459946 01258 454177
Under 12s	Ian Patton	01258 459376
Under 13s	Mark Burnell Neil O'Conor	01258 881165 01258 458400
Under 14s	James Clements Mick O'Hara	07770 503027 01258 459865
Under 15s	Paul Flavell Alan Kitchen Jon Rayner Mick Stacey	01258 455593 01258 830256 01258 857838 01258 458837
Under 16s	Scott Price	01258 837968

FIXTURES 2008 - 2009

Date	U7-U12	U13	U14	U15	U16
07-Sep-08	Training	Training	Training	Training	Training
14-Sep-08	Training	Training	Training	Training	Training
21-Sep-08	Training	Training	Training	Training	Training
28-Sep-08	Training	Lytchett (A)	Lytchett (A)	Training	Training
05-Oct-08	Weymouth (H)	Weymouth (A)	Weymouth (A)	Wimborne (A)	Wimborne (A)
12-Oct-08	Training	Training	Training	Training	Training
19-Oct-08	Lytchett (H)	Swans (A)	Swans (A)	Training	Training
26-Oct-08	Training	Training	Training	Training	Training
02-Nov-08	Oakmedians (A) + Weymouth	North Dorset (A)	North Dorset (A)	Training	Training
09-Nov-08	Training	Training Dorset Cup Preliminary games	Training Dorset Cup Preliminary games	Training Dorset Cup Preliminary games	Training Dorset Cup Preliminary games
16-Nov-08	Training	Training	Training	Training	Training
23-Nov-08	Dorchester (A)	Dorchester (H)	Dorchester (H)	Swans (A)	Lytchett (A)
30-Nov-08	Training	Training Dorset Cup Quarter Finals	Training Dorset Cup Quarter Finals	Dorchester (H)	Dorchester (H)
07-Dec-08	Training	Sherborne (A)	Sherborne (A)	Training	Training
14-Dec-08	Bridport (A)	Training	Training	Dorset Cup Quarter Finals	Dorset Cup Quarter Finals
21-Dec-08	Training	Training	Training	Sherborne (H)	Sherborne (H)
28-Dec-08	CHRISTMAS	CHRISTMAS	CHRISTMAS	CHRISTMAS	CHRISTMAS
04-Jan-09	North Dorset (A)	Training	Training	North Dorset (H)	North Dorset (H)
11-Jan-09	Sherborne (H)	Training	Training	Training	Training
18-Jan-09	Training	Wimborne (H)	Wimborne (H)	Training	Training
25-Jan-09	Lytchett (A)	Training	Training	Wimborne (H)	Wimborne (H)
01-Feb-09	Training	Oakmedians (H)	Oakmedians (H)	Training	Dorset Cup Semi Finals
08-Feb-09	U11-U12 Dorset Festivals	Lytchett (H)	Lytchett (H)	Dorchester (A)	Dorchester (A)
15-Feb-09	Training	Training	Training	Training	Training
22-Feb-09	Training	Oakmedians (A)	Oakmedians (A)	Bridport (H)	Lytchett (H)
01-Mar-09	Bridport (H)	Training	Training	Training	Training
08-Mar-09	Weymouth (A)	Weymouth (H) Dorset Cup Finals	Weymouth (H) Dorset Cup Finals	Oakmedians (A) Dorset Cup Finals	Dorset Cup Finals
15-Mar-09	Training	Training	Training	Training	Training
22-Mar-09	Dorchester (H)	Dorchester (A)	Dorchester (A)		
29-Mar-09	North Dorset (H)	Dorset & Wilts Finals	Dorset & Wilts Finals	Dorset & Wilts Finals	Dorset & Wilts Finals
05-Apr-09	U11 & U12 Dorset & Wilts Finals	Wimborne (A)	Wimborne (A)	Training	Training
12-Apr-09	EASTER	EASTER	EASTER	EASTER	EASTER
19-Apr-09	Training	Training	Training	Swans (H)	Swans (H)
26-Apr-09	Last day of the Season Fun Day & AGM				

Players Code

All BRFC Coaches, Administrative Staff and Parents should encourage all players to:

- Recognise and appreciate the efforts made by all coaches, parents, match officials and administrators in providing the opportunity for them to be able to play rugby and enjoy the rugby environment.
- Understand the values of loyalty and commitment to coaches and fellow team mates.
- 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 either at the Club or outside the game.
- Take part in rugby because they want to do so, not because they want to please coaches or parents.
- Remember that skill development, fun and enjoyment are the most important part of the game.
- Be attentive at all training and coaching sessions.
- Work equally hard for themselves and their fellow team mates, both will then benefit.
- Recognise good play by any players either on their own team or by their opponents. Be a good sportsperson – win with dignity, lose with grace. Play to the rules of the game and accept without question, all referees' decisions even if they appear to be incorrect.
- Control their emotions. Verbal or physical abuse of team mates, opponents, coaches, match officials or spectators is not acceptable behaviour
- Treat all players, as they would like to be treated themselves. Do not interfere with, bully or take advantage of any player.

Coaches Code

All Coaches involved with BRFC are to comply with the Coaches Code of Ethics (Appendix 2) and the Coaches Code set out below:

- Provide experiences, which are matched to the young players age and ability. As well as their physical and mental development.
- Ensure that all young players are coached in a safe environment and that there are adequate first aid facilities available.
- All coaches are to ensure that they do not overplay the best players within their age group. Within BRFC Junior Section it is the policy that all within an age group have the opportunity to play matches.
- Ensure that their age group has a suitable number of adults to supervise all activities undertaken.
- Ensure that young players are not exposed to extremes of heat, cold or an unacceptable risk of injury. Coaches of younger players should ensure that their

parents/carers are fully briefed on the measures which they should undertake to provide their children with the appropriate clothing and the reasons why a match or coaching session might be curtailed early.

- Be a positive role model and remember what this implies.
- Keep winning and losing in perspective – encourage players to behave with dignity in all circumstances.
- Respect the decision of match officials even if they appear to be incorrect. (Remember it could be you officiating at the next match.) Ensure that all the young players they are responsible for also respecting that decision.

- Never allow a player to train or play when injured.

Develop an awareness of nutritional needs as part of an overall education in lifestyle education.

- Recognise that it is illegal for players under the respective legal age limits to smoke or drink alcohol. The legal age limit to purchase tobacco is 18 and the legal limit to drink alcohol is also 18. Coaches should actively discourage both smoking and drinking.

- Coaches should ensure that their knowledge and coaching strategies are in line with the current RFU philosophy and are up to date.

- All coaches must be aware of and abide by the RFU recommended procedures for taking young people on residential tours both within the United Kingdom and abroad.

- All coaches are to be aware of and abide by the BRFC Health and Safety Policy and the Child Protection Policy. The policies and procedures for the Welfare of Young People in Rugby issued by the RFU must also be abided by.

- All coaches must ensure that they coach to the rules laid down in the Rugby Continuum and ensure that they keep themselves abreast of any rule changes.

Parents Code

BRFC will encourage Parents/Guardians/Carers to:

- Be familiar with the coaching and match programme in order that they can ensure that their child is fully involved and the coaches are aware of their availability.
- Be familiar with the teaching and coaching methods used by observing the coaching sessions in which their child participates.
- Be aware that BRFC has a Duty of Care to ensure that the safety of players and therefore, where appropriate, assist coaches with the supervision of players, particularly where numbers are large and there is a need to transport players to away fixtures.
- Be involved with BRFC activities and share their expertise, qualifications or skills.
- Share concerns, if they have any, with BRFC officials.
- Be familiar with the BRFC Codes of Conduct and the Conduct Guidelines set on in the RFU Continuum. 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 to their children.
- Remember that young people play rugby for their enjoyment – do not force them if they do not want to play.

- Focus on the efforts of the player – not on winning.
 - Be realistic about the ability of their child, do not push them towards a level that they are not capable of achieving.
- Provide positive verbal feedback, both in training and during any games.
- Remember that persistent negative messages will adversely affect the players' and referee's performance and attitude.
 - Always support BRFC in their efforts to eradicate loud, coarse and abusive behaviour from the game.
 - Remember that all young people learn much by example.
 - Always show appreciation of good play from any player from either BRFC or the opposing team.
 - Respect any decision made by match officials, even if they appear to be incorrect, and encourage the players to do the same.

Spectators Code

Spectators will be encouraged to:

- Act as positive role models to all young players.
- Be familiar with, and abide by the BRFC and RFU Child Protection Guidelines in relation to verbal and emotional abuse.
- Respect the rule and guidelines set out by BRFC Junior Section.

All spectators should:

- Remember children play sport for their enjoyment and not that of their parents.
- Acknowledge good individual and team performance from all youngsters irrespective of the team for whom they play.
- Respect match officials' decisions. Remember – they are volunteers providing an opportunity for youngsters to play rugby.
- Never verbally abuse young players, match officials, fellow spectators or coaches. Such behaviour can create a negative environment for young players and their behaviour will often reflect this.
- Acknowledge effort and good performance rather than the “win at all costs” ethic.
- Verbally encourage all youngsters in a positive way. If you do want to shout make sure it is “for” and not “at” the player.
- Encourage all youngsters irrespective of their ability – never ridicule any individual player regardless of the team for whom they play.

Spectators should contact the BRFC Welfare Officer if they have any concerns about the rules and guidelines set out in the Junior Section Policies and Codes of Conduct documentation or if they believe that there is a child abuse concern.

DIRECTIONS TO LOCAL CLUBS

Bournemouth RFC - Chapel Gate, Parley Lane, Christchurch, Dorset. BH23 6BD. Tel: 01202 581933: Best approached on the B3073 from the Wimborne direction. From Wimborne take the B3073 to Longham. At the junction with the A348 (Ringwood/Poole Rd) go left and right at the roundabouts keeping on the B3073 to Parley. Go straight on at the traffic lights in Parley going past a number of garden nurseries until you reach a roundabout with a filter lane going left. Take the left filter to Chapel Gate and the club is sign posted 'Bournemouth Sports'.

Bridport RFC - Bridport Leisure Centre, Brewery Fields, Bridport, Dorset. DT6 5LN Tel 01308 420555: On the outskirts of Bridport, approaching on the A35 from Dorchester, turn left at the first roundabout on the B3157 towards Burton Bradstock. At the next roundabout turn right into West Bay Rd following the signs to the town centre. At Palmers Brewery turn left (traffic lights) following the signs to the Leisure Centre, over a bridge and left into the Leisure Centre car park.

Dorchester RFC - Coburg Road, Dorchester, Dorset. DT1 2HX. Tel 01305 265692: Approaching Dorchester from Blandford, turn right off Dorchester bypass at the Weymouth roundabout, towards Dorchester town centre. Past Tesco's and the Football Club, after less than a mile, turn left following the brown signs for the Leisure Centre. Go through the housing estate following 'Leisure Centre' signs. The RFC is just passed the Leisure Centre on the left.

North Dorset RFC - Slaughtergate, Longbury Hill Lane, Gillingham, Dorset. SP8 5SY. Tel 01747 822748: Take the Higher Shaftesbury Rd (B3081) from Blandford towards Shaftesbury. At the end of the T Junction turn left towards the roundabout. At the roundabout (Royal Chase Hotel) turn right onto the A350. At the next roundabout turn left to Gillingham (B3081). In Gillingham turn left into Wyke Rd (B3081). After approx 1.2 miles, (left hand bend in road) turn right into Longbury Hill Lane. Clubhouse and pitches are 200m on the right.

Oakmedians RFC - Meyrick Park Pavilion, Bournemouth BH2 6LJ. Tel 01202 789497: From the West approach Poole on the A35, then follow the signs for Bournemouth (A3049) taking the dual carriageway (Dorset Way) past Tower Park and down Wallisdown Road (passing Bournemouth University on the right). Continue straight along the A3049 through 3 roundabouts until you reach Cemetery Junction. At this junction go right onto Wimborne Road (A347). Continue down Wimborne Road and take the 3rd right onto Braidley Road. Continue along Braidley Road until it forks. Bear right and continue along into Central Drive. Oakmeadians Rugby Club is located on the right.

Salisbury RFC - Castle Rd, Salisbury, Wiltshire. SP1 3SA. Tel 01722 325317: Into Salisbury from Blandford on the A354 and follow bypass for the A345 (Amesbury). Head along the A345 North out of Salisbury towards Amesbury. Proceed across 2 mini-roundabouts and 100 yards on your left is the Club.

Lychett Minster RFC - Watery Lane Lytchett Minster

Poole Dorset BH16 6JE: From Blandford, carry on down the A350. Turn right for Lytchett Minster (1.5 miles) just after the traffic lights from Corfe Mullen. Follow road for 1 mile passing 2 right turns until you reach the end of the road then turn right. As you enter the village there is a church straight ahead of you, here

the road bends to the left then straightens for approx. 150 metres. The pitches are now directly in front of you. Turn left at the St Peters Finger, down Watery Lane and then immediately right into the car park.

Sherborne RFC - The Terrace, Gainsborough, Sherborne, Dorset. DT9 5NS. Tel 01935 812478: Approaching from Sturminster Newton, follow the signs to Sherborne. Before you reach Sherborne, but as you come down the hill approaching the town, you will see the playing fields on your right. Turn right into the lane signposted Terrace Playing Fields. The car park is on the right and the clubhouse on the left.

Swanage & Wareham RFC - Bestwall, Wareham, Dorset. Tel 01929 552224: Approaching Wareham from the north, through Wareham Forest, head for the Town Centre, crossing a railway line and the ring road into North St. The RFC is at the end of the road on the left (Bestwall Rd), just before East St becomes a private lane.

Weymouth RFC - Monmouth Avenue, Weymouth, Dorset, DT3 5HZ. Tel 01305 778889: Follow the old Dorchester Rd to Weymouth. Go straight on at the Manor roundabout (bypass goes off to the right). Pass large supermarket on left, straight on at the first & second traffic lights, past Vincent's garage on the left. Very soon turn into Monmouth Avenue and the RFC is at the end of the road.

Wimborne RFC - Leigh Park, Gordon Road, Wimborne, Dorset, BH21 2AP Tel **01202 882602**: Come into Wimborne along the B3082, pass the QE School and Leisure Centre on the right. At the traffic lights turn left. At the bottom of the hill turn right at the traffic lights. At next set of lights you can only go left. Stay on this road, over two mini roundabouts. At the next small roundabout go right, you will then pass the cricket ground on your right. Follow road to next roundabout. Turn left here following signs to Ringwood. At traffic lights on the crossroads go straight over (fish and chip shop on left). Straight after pelican crossing turn right into Gordon Road. Club House is at the end.

Parking at the ground is very restricted. Access must be left at all times for emergency vehicles. Because of this the club have entered into an agreement with Flight Refuelling, located in Brook Road to utilise their car park facilities at weekends. Please check the Wimborne Website (www.wimbornerugbyclub.co.uk) for details of location and pedestrian routes to the ground.