



1924

2024

Caldy RFC – Centenary season

## Community Rugby

Minis, Juniors, Girls, Colts, Women & Touch Rugby

## Information / Welcome Pack

## Season 2023 / 24



# 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.**

## Welcome

We are delighted that you have chosen rugby as a sport for yourself, your son or daughter to play & we are thrilled that you have chosen to come down to join us at Caldyc RFC Community Rugby.

Our vision is to be a welcoming, inclusive & successful family rugby club at the heart of the community & the wider sports club. We aim to maintain our national league status whilst remaining a traditional rugby club. Inspire & develop the next generation, encourage participation in all aspects of the club & embrace the skills of our members. We are committed to doing this within our financial means, in the spirit of co-operation, enjoyment & excellence. We are dedicated to being successful in everything we do, respectful of our past & passionate about our future. We aspire to deliver a standard of excellence by working together, playing for each other & always proud to be together. We support each other on & off the pitch, embrace & unite friends, family, wider community & all Sports Club sections.

Our inclusive philosophy is to give everyone a fun & sociable introduction to rugby in an inclusive environment for both training & competitive matches throughout the season & to uphold the RFU's core values of : **Teamwork, Respect, Enjoyment, Discipline & Sportsmanship.**

100 years after it's founding the club is thriving with more children than ever playing rugby across all age grades from u6 to u18 to a good competitive standard thanks to the dedicated & enthusiastic coaches, qualified at various levels of RFU coaching, plus dozens of volunteers assisting in everything from children's safeguarding to managing teams.

The emphasis at Caldyc RFC Community Rugby is always upon everyone having fun & enjoying themselves. We judge success, not by winning silverware, but by the numbers of players enjoying playing Minis, Juniors, Girls, Colts, Women & Touch rugby across all ages in friendly games, festivals, tournaments & Tours.

We look forward to another fantastic season & note some of the following highlights coming up at Caldyc RFC Community Rugby :

Player affiliation	Sunday's throughout September
Curtain Raisers	Saturday's before every Caldyc 1st XV home game
Junior Festival	Sunday 17 March 2024
Mini Tour	Saturday 13 – Sunday 14 April 2024 ( Doncaster Knights v Caldyc )

Many thanks to all the Committee members & volunteers who, with the support of our generous Sponsors, help maintain the grounds & prepare our pitches to be the envy of the North of England.

A very warm welcome to Caldyc RFC Community Rugby, we wish you an enjoyable & successful season.

Lynn Ridgway  
Chair Community Rugby  
Caldyc RFC

## **Inclusive Philosophy**

Caldy RFC Community Rugby section includes all Minis, Juniors, Girls, Colts, Women & Touch Rugby. The objective of Caldy RFC Community Rugby section is to give everyone a fun and sociable introduction to rugby in an inclusive environment for both training and competitive matches throughout the season and to uphold the RFU's core values of: **Teamwork, Respect, Enjoyment, Discipline and Sportsmanship.**

## **Training**

Comprehensive training will be conducted throughout the season led by experienced coaches in an inclusive and safe environment.

## **Matches**

An inclusive approach will be taken to selection for home and away matches. This will provide players with the best opportunity to apply and improve their skills learned from training, as well as improve their understanding of the game in a competitive and safe environment.

We are a "Half Game" club, Caldy RFC Community Rugby has adopted the RFU "Half Game" rule for the Age Grade game – The rule ensures that everyone in the match day squad gets to play at least half the game time available.

## **Tournament Rugby**

The only exception will be when the various age groups compete in tournaments. In these cases the most competitive squad may be picked to give the age group the best opportunity of winning.

There are a number of tournaments through the season. Subject to the numbers of players available in each age group the objective will be to enter more than one team, thereby providing the opportunity for all players to experience tournament rugby.

## **Parental Support**

Parental support is key to the development and success of each age group. Contributions can be made in a number of ways.

This may include helping with training sessions on a Sunday morning, assisting with the administration of the age group or helping with social events throughout the year.

The minis section is the largest section of the club and one of the key objectives of the Committee is to create an inclusive atmosphere within the section and the club as a whole. This can be supported through using the Clubhouse after Sunday sessions, attending social events as well as the annual tour.

In summary our aim is to coach the players to a good standard of competitive rugby, in a friendly inclusive, safe and enjoyable environment.

If you have any questions or wish to discuss any issues, please do not hesitate to speak to your coaches.

### **Subscription & Player Registration**

Registration commences 10am Sunday 3<sup>rd</sup> September when all existing returning players & all new players are welcome to come along & give Caldly RFC Community Rugby a try. Mini & Junior player's age grade is determined by their age on 1 September. All Minis, Juniors, Girls, Colts, Women & Touch Rugby players must be affiliated members of Caldly RFC using the RFU Game Management System.

Once you have affiliated upon the RFU GMS as members of Caldly RFC we will email you instructions upon how to pay your 12 monthly subscriptions for Caldly Community Rugby Family Membership 2023 – 24 using TicketCo via our club website

You will then automatically receive your complimentary digital 1 x Senior Adult Season Ticket for 2023/24


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### **Instructions to pay Caldly Community Rugby Subscriptions over 12 monthly payments**

1. **IMPORTANT** - Please cancel your existing monthly standing order if you already have one set up paying monthly subscriptions to Caldly Community Rugby Club

2. Go to our club website – [www.caldyrugbyclub.com](http://www.caldyrugbyclub.com)

3. Click on “BUY TICKETS & MEMBERSHIP”



4. Scroll down past “Senior Section” to the “Community Section”




5. Click on “Community Rugby – Subscriptions Caldly Community Rugby Club”




6. Scroll down to “Available items” & choose the available item to which you want to subscribe monthly by inserting “1” in the drop down menu

### Available items




Community Rugby - 1 person playing rugby ( child or adult )  
Community Rugby - 1 person playing rugby ( child or adult ) - annual standing order payment in full £192.00 or 12 monthly standing order instalments - £16.00

**£16.00/Month** ⓘ  ▾




Community Rugby - 2 people playing rugby ( children &/or adults )  
Community Rugby - 2 people playing rugby ( children &/or adults ) – annual standing order payment in full £240.00 or 12 monthly standing order instalments - £20.00

**£20.00/Month** ⓘ  ▾




Community Rugby - 3 people playing rugby ( children &/or adults )  
Community Rugby - 3 people playing rugby ( children &/or adults ) – annual standing order payment in full £252.00 or 12 monthly standing order instalments - £21.00

**£21.00/Month** ⓘ  ▾




Community Rugby - 4 people playing rugby ( children &/or adults )  
Community Rugby - 4 people playing rugby ( children &/or adults ) - annual standing order payment in full £300.00 or 12 monthly standing order instalments - £25.00

**£25.00/Month** ⓘ  ▾




Community Rugby - Student ( over 18 in FTE living locally )  
Community Rugby - Student ( over 18 in FTE living locally ) playing rugby - annual standing order payment in full £96.00 or 12 monthly standing order instalments - £8.00

**£8.00/Month** ⓘ  ▾

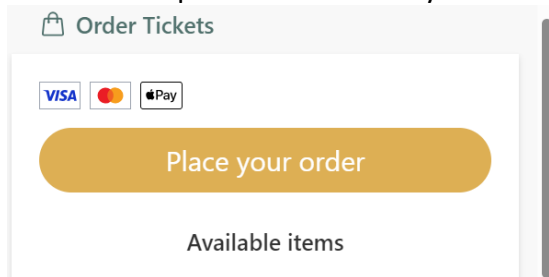


Community Rugby - Student ( over 18 in FTE living away )  
Community Rugby - Student ( over 18 in FTE living away ) playing rugby - annual standing order payment in full £60.00 or 12 monthly standing order instalments - £5.00

**£5.00/Month** ⓘ  ▾

Powered by  TicketCo

## 7. Scroll back up &amp; click on "Place your order"



## 8. Complete information about your purchase within the 15 minute time period

- Check your order summary & click Please continue



- Complete your Ticket Buyer Information including your email address, Ticket Holder Data - Your mobile phone number

**Please enter your name:**

First name \*      Last name \*      Your email address: \*       Mobile phone ☺

**Ticket holder data**

Community Rugby - 1 person playing rugby ( child or adult )  
Community Rugby - 1 person playing rugby ( child or adult ) - annual standing order payment in full £192.00 or 12 monthly standing order instalments - £16.00

First name \*      Last name \*      Email \*

**QUESTIONS FOR COMMUNITY RUGBY - 1 PERSON PLAYING RUGBY ( CHILD OR ADULT ) #1**

Please provide your phone number? \*

All fields marked \* are required!



- Click "Subscribe"

## 9. Complete details for your payment method &amp; complete your purchase

You should then receive confirmation by email &/or text message from TicketCo – check your Junk email ! together with your complimentary 1 x Senior Adult Season Ticket 2023/24 digital QR code to download / save in your mobile phone wallet for 1 x Adult entry on Caldly 1<sup>st</sup> XV match days

If you have any issues or queries with the above process please do not hesitate to either speak with your age grade admin person &/or contact – Caldly Community Rugby Membership Secretary - [timkilpatrick01@gmail.com](mailto:timkilpatrick01@gmail.com)

## **Safety is of paramount concern to us at the club**

Please ensure that boots have the **correct RUGBY studs** fitted (if you are not sure you have the correct studs ask your coach). Incorrect studs will render a player ineligible to train or play.

**Gum Shields** - It is strongly recommended that these are worn at all times during matches and whilst training for the Under 9's and upwards.

**Head gear/Scrum Caps** - Head injuries are rare in Mini and Juniors rugby but obviously can occur and the club (like the RFU) take this matter extremely seriously. We have reviewed available medical research on the effectiveness of wearing "well fitted" scrum caps and as yet there is no empirical evidence that the use of scrum caps reduces the incidence of concussion in contact to the head. Should evidence become available to the contrary we will take advice from the RFU and review the club's policy on headgear. Scrum caps do however protect the head from cuts, bruises and cauliflower ear! The current stance at Caldyc RFC is that the wearing of headgear is a "parent & player" choice and if you do choose then please ensure the headgear is fitted properly and secure.

### **Concussion**

Should any player receive a knock to the head and appear in any way concussed then the coach will immediately remove the player from the situation and seek assistance from one of the club's first aiders. Parents/guardians will be informed of the incident after training and an official note will be made in the club's medical register. If diagnosed as suffering from concussion that player **WILL NOT BE ELIGIBLE TO RETURN TO PLAY FOR 23 DAYS AT THE EARLIEST** including 14 days rest until symptom free, if symptom free then follow a graduated return to play & finally reviewed by a healthcare professional before returning to play rugby. Please consult your GP. It is vitally important that should any player leave the club feeling in any way concussed then the parent/guardian inform their coach/team manager so the appropriate timescales for full rehabilitation can be enforced. Further information on Concussion is available at the RFU's website: [www.englandrugby.com/headcase](http://www.englandrugby.com/headcase)

### **Children Taking Medication**

If your child needs to take regular medication (for example inhalers to treat asthma), please ensure they bring it with them if they need it. Children who take medication, of any nature, will be responsible for administering it themselves. Under no circumstances will any club member/coach accept responsibility for securing or administering a child's medication. Any medication that a child brings to the club must be labelled with the child's name. Although these are 'rules' club members and coaching staff will be encouraged to use their common sense and decide when it would be appropriate to handle medication, e.g. a coach may hold medication such as inhalers while a child participates in physical rugby activities.

### **Child Sickness/Injury**

If a child becomes unwell or is injured whilst under the supervision of the Club and it is the appropriate coach/relevant first aider's judgement that it is to that child's detriment to stay on site, the following procedure will be adopted: The child will be removed from activities that are likely to deteriorate their state of health The relevant coach/first aider will contact the relevant parent/guardian The relevant coach/first aider will record all information about the incident on the Incident/Accident Report Form If the parent/guardian cannot be reached the relevant coach/first aider will ensure that the child is supervised until the parent/guardian can be reached.

### **First Aid**

The club has First Aid & a Defibrillator located at the clubhouse. If the Defibrillator is required then please do not hesitate BUT follow the instructions on the machine – it has been designed to be used without training so has a simple Step by Step guide. Additional First Aid Kits are distributed to the Coaches for each age group.



## **Safeguarding Policy**

### **The aim of this policy is:**

- To provide a safe and enjoyable environment for children and young people to play rugby.
- To provide training in child safeguarding procedures as laid down by the English Rugby Football Union RFU guidelines, that will ensure that adults involved in the game have the same knowledge and disciplines to meet the needs of the children and young people who participate in rugby.
- To develop and demonstrate the best practice within the area of child protection.
- To promote and achieve the highest ethics and standards throughout the club.

### **The key principles underpinning this policy**

- The child's welfare is, and must always be, of paramount importance.
- It must be determined that children of all ages, gender, culture, disability, racial origin or religion are protected from abuse.
- Any suspicion or allegation of abuse will be taken seriously and responded to accordingly.

This policy will clearly establish Caldyc RFC's position, role and responsibilities and together with the RFU's Child Protection Guidelines Procedures clarifies what is expected from every individual involved with the club.

### **Promoting good practice with children and young people.**

All personnel will be encouraged to demonstrate exemplary behaviour in order to protect themselves from false allegation. They should:

- Always work in an open environment, ( e.g. avoiding private or unobserved situations)
- Treat children and young people equally, with respect and dignity
- Put the welfare of each child or young person first, before winning or scoring points.
- Maintain a safe and appropriate distance with players.
- Build balanced relationships based on mutual trust which empowers children and young people to share in the decision making process.
- Promote fair play.
- Ensure that if any manual/physical support is required, it should be provided openly and according to guidelines provided.
- Keep up to date with the technical skills, qualifications in the sport.
- Involve parents/guardians wherever possible.
- Ensure that at tournaments or residential events, adults should not enter children's or young people's rooms or invite children or young people to their rooms.
- Give enthusiastic and constructive feedback rather than negative criticism.
- Avoid excessive training.
- Secure parental consent in writing to act in "loco parentis", if the need arises to give permission for the administration of emergency first aid and/or other medical treatment.
- Request written parental consent if club officials are required to transport young people in their cars.

### **Practices to be avoided**

The following should be avoided except in EMERGENCIES. If cases arise where these situations are unavoidable they should occur with the full knowledge of someone in charge from the Youth Section of the club, the Club Safeguarding Officer or the child's parent/guardians. All club personnel should:

- Avoid spending excessive amounts of time alone with children or young people away from other adults.
- Avoid taking children or young people to their homes where they will be alone with the child or young person.

## **Safeguarding Policy continued**

### **Practices never to be sanctioned**

Personnel will never:

- Engage in rough, physical or sexually provocative games, including horseplay.
- Share a room with a child or young person (with the exception of their own offspring).
- Allow or engage in any form of inappropriate touching.
- Allow children or young people to use inappropriate language unchallenged
- Make sexually suggestive comments to a child or young person, even in so called fun.
- Reduce a child to tears as a form of control.
- Allow allegations made by a child to go unchallenged or unrecorded.
- Do things of a personal nature for a child that they can do for themselves.
- Invite or allow children or young people to stay with them at their home unsupervised.
- If any of the following occur they will be reported immediately to a colleague and recorded and the child or young person's parents or guardian will be informed.
  - i. A child is accidentally hurt by a member of the coaching staff
  - ii. A child seems distressed in any way
  - iii. A child seems sexually aroused by a member of the coaching staff.
  - iv. A child misunderstands or misinterprets an action.

### **Recruitment and selection of Head Coaches and coaching volunteers**

Caldy RFC recognises that anyone may have the potential to abuse children and young people and will endeavour to ensure that all reasonable steps are taken to ensure unsuitable people are prevented from working with children and young people.

- Consent will be obtained from an applicant to seek information from the criminal record bureau/disclosure and barring system (DBS)
- Applicants must provide the club with proof of identify (passport, photo ID or driving license with photo).

### **Responding to suspicious or allegations**

Caldy RFC will assure all coaches/volunteers that it will fully support and protect anyone, who in good faith reports his/her concerns that a fellow coach/volunteer may be abusing a child or young person. The following actions will be taken if there are concerns: Poor Practices.

- If following consideration, the allegation is clearly about poor practice the club Club Safeguarding Officer will deal with it as a misconduct issue.
- If the allegation is about poor practice by the Club Safeguarding Officer or if concerns remain, it will be reported to the relevant officer of the RFU who will decide how to deal with the allegation and whether or not to initiate disciplinary proceedings.
- Any suspicions that a child or young person has been abused by a member of the coaching team/volunteer should be reported to the Club Safeguarding Officer, who will take such steps as necessary as to ensure the safety of the child or young person.
- The parent/guardian of the child will be informed as soon as possible following advice from the Children's Social Care department and/or police.
- The Club Safeguarding Officer will notify the CB Safeguarding Officer.

If the Club Safeguarding Officer is the subject of the allegation, the report must be made to the appropriate manager.

## **Safeguarding Policy continued**

### **Confidentiality**

Every effort will be made to ensure that confidentiality is maintained for all concerned. Information will be handed and disseminated on a need to know basis only. This will include the following people.

- The Club Safeguarding Officer
- The parents/guardians of the child or young person alleged to have been abused.
- The person making the allegation
- Children's Social Care/police
- The RFU regional development manager and CB Safeguarding Officer
- The alleged abuser (and parents if it is a child)
- Information will be stored in a secure place with limited access to designated people, in line with data protection law.

### **Action if bullying is suspected**

Caldy RFC Head Coaches and coaching volunteers will:

- Take all signs of bullying very seriously
- Encourage all children and young people to speak and share their concerns with someone in authority
- Investigate all allegations and take actions to ensure victims are safe.
- Speak with the alleged victim and bullies separately
- Reassure the alleged victim that they will be helped.
- Talk with the alleged bully and aim to get him or her to understand the consequences of their actions.
- Seek an apology once proven.
- Inform all parents/guardians.
- Document all information.

### **RFU Safeguarding Policy**

Caldy RFC Community Rugby fully supports the RFU Safeguarding Policy which is available to view on-line at [www.englandrugby.com](http://www.englandrugby.com)

### **Policy statement relating to the use of video / photographic images**

Caldy RFC recognises the need to ensure the welfare and safety of all young people in rugby union.

All members of Caldyc RFC are deemed to have given consent to allow rugby related pictures to be taken by persons authorised by Caldyc RFC of you &/or your child/children unless otherwise advised.

If you do not wish rugby related pictures taken of you &/or your child/children please inform the team coach.

The club will follow the RFU guidance for the use of images of young people and will take all steps to ensure these images are used solely for the purposes they are intended, which is the promotion and celebration of the activities of Caldyc RFC.

Anybody becoming aware that these images are being used inappropriately you should inform Caldyc RFC's Safeguarding Officer.

## **Training & games**

Mini & Junior age grades train &/or play games on a Sunday morning either at home or away starting warming up upon your allocated age grade pitch space – check start times with your age grade coach.

All mini age grades train &/or play games upon our pitches at Caldyc RFC, Paton Field. Junior age grades also train &/or play games at Caldyc Grange Grammar School, Glasspool playing field which is located directly opposite Caldyc RFC across the main road.

Please park vehicles only at Caldyc RFC – do not park upon CGGS Glasspool playing fields car park.

Being on time is really important to enable kit to be fitted, sign players in (and out) for duty of care and, to ensure they are thoroughly warmed up prior to games. A parent or guardian of every player should be present & remain at the venue for the whole duration of the rugby session.

The RFU has a strict code of conduct to follow regarding duration of exercise at this age including length of matches. Sessions have regular breaks to rehydrate \ stock up on energy etc., so please remember to bring water.

## **Fixtures**

We will be hosting home matches and invited for away matches across the season – please refer to the Caldyc RFC club website for fixtures venues, dates. All Mini & Junior age grades will also be entered into a number of tournaments including the Cheshire Cup & other festivals. All fixtures and directions will be communicated to all parents in due course.

## **Home Games**

It is important that parents read the following information regarding dropping off and pick up of your child / children. On a Sunday morning if we are playing or training at home it is the parent's responsibility to sign their child in and out of the club. Most age groups will take a roll at the beginning of every training session. After training, there may be a short trophy presentation for 'player/s of the week' and any messages to parents will also be communicated. The roll will again be taken to ensure all children are present.

## **Away games**

It is the responsibility of the player's parent to drive their child to all away matches. Ample warning will be given to parents when we have an away game so please ensure you arrive at the game in good time.

## **Communication**

All communication regarding Caldyc RFC Community Rugby will be via our whole club Spond app. Everyone is invited to join the main group "Caldyc Community Rugby Club" within their respective sub-groups including all Minis, Juniors, Girls, Colts, Women & Touch Rugby.

Spond allows coaches/managers to put all the training sessions and games on the app, ask players to confirm availability and take a register.

We can also promote events, post news or notices, run polls & message members / sub-groups / individuals

Any changes &/or cancellations will be communicated directly by your age grade manager / head coach.

## Caldy RFC Community Coaching Charter

Our Caldyc RFC Community Coaching Charter provides a framework for coaches working with different age groups at Caldyc Rugby Club. It outlines the fundamental principles, methodologies, and ethical guidelines that coaches should adhere to while fostering the holistic development of young rugby players.

- 1. Player-Centered Development:** Tailor coaching methods to the needs and abilities of each age group. Prioritize the overall development of players, encompassing physical, mental, and social aspects. Emphasize skill acquisition, enjoyment, and sportsmanship over winning.
- 2. Safety and Wellbeing:** Ensure a safe training environment by adhering to proper safety protocols and equipment standards. Incorporate adequate warm-up, cool-down, and injury prevention routines into every session. Encourage proper nutrition, hydration, and rest for player well-being.
- 3. Fundamental Skills:** Focus on teaching age-appropriate rugby fundamentals, including passing, catching, running, tackling, and evasion. Use engaging and progressive drills to enhance skill acquisition while keeping the training fun.
- 4. Long-Term Athlete Development:** Recognise the unique developmental stages and needs of players as they progress from U6 to U18. Gradually introduce more complex tactics and strategies as players mature.
- 5. Positive Coaching Environment:** Promote a positive atmosphere that encourages respect, communication, and teamwork among players. Recognize and celebrate effort, improvement, and sportsmanship, not just game outcomes.
- 6. Inclusion and Diversity:** Create an inclusive environment where all players, regardless of background, skill level, or physical ability, feel welcomed and valued. All players should play at least 50% of any games they are involved in. Caldyc rugby club do not stream teams and all non-competitive games should involve a mixed ability squad. Only for Cheshire Cup fixtures can the age group select its strongest squad. Adapt coaching strategies to accommodate players with different learning styles. Players should be given the opportunity to try different positions although coaches must pay consideration to safeguarding procedures. Summer training is optional for all players and should occur in accordance with the RFU relevant age group rules. Caldyc RFC are keen that players should participate within different sports during the rugby off season to develop other skills and interests.
- 7. Ethical Conduct:** Uphold the highest ethical standards in interactions with players, parents, officials, and other coaches. Encourage players to play fairly, with respect for the rules and opponents.
- 8. Communication:** Maintain open and clear communication with players, parents, and fellow coaches about training schedules, expectations, and player progress. Address concerns and feedback promptly and professionally.
- 9. Parent Engagement:** Foster a collaborative relationship with parents by keeping them informed about their child's development and involving them in a positive manner. Encourage parents to support their child's participation and growth in rugby.

**10. Continuous Learning:** Stay updated with the latest coaching techniques, safety guidelines, and rugby-related research. Attend workshops, seminars, and coaching clinics to enhance coaching knowledge and skills.

**11. Respect the Journey:** Understand that every player progresses at their own pace, and success is measured by personal growth, effort, and enjoyment. Focus on developing well-rounded individuals who embody the values of rugby both on and off the field.

By adhering to this Junior Rugby Coaching Charter, coaches can contribute significantly to the holistic development of young rugby players, helping them to not only become skilled athletes but also responsible, respectful, and resilient individuals.

### **Caldy RFC Community Coaching Charter - Age Group Focus Guidance**

Our Caldyc RFC Community Coaching Charter outlines the specific guidelines and principles that coaches should follow when working with rugby players of different age groups. Each age group presents unique challenges and developmental needs, requiring tailored coaching approaches to ensure optimal growth and enjoyment.

#### **U6 - U8: Early Introduction Phase**

- Focus on creating a fun and engaging environment to foster a love for the game.
- Emphasize basic motor skills such as running, jumping, and hand-eye coordination.
- Utilize simple and playful drills that incorporate basic rugby movements.
- Celebrate participation, effort, and teamwork more than specific skill outcomes.
- Encourage equal playing time and minimal competition, promoting inclusivity.

#### **U10 - U12: Skill Development Phase**

- Continue emphasising fun while introducing more structured rugby activities.
- Teach fundamental rugby skills such as passing, catching, and basic tactical concepts.
- Use small-sided games to develop decision-making and teamwork skills.
- Provide positive reinforcement and constructive feedback to boost player confidence.
- Foster sportsmanship and respect for teammates, opponents, and officials.

#### **U14 - U16: Skill Refinement Phase**

- Develop players' technical skills, focusing on refining passing, tackling, and position-specific abilities.
- Introduce basic team tactics and strategies, gradually increasing the complexity as players mature.
- Promote a competitive but supportive environment that values effort and improvement.
- Provide targeted feedback that helps players understand their strengths and areas for growth.
- Instill a sense of responsibility and leadership, encouraging players to take ownership of their development.

#### **U18: Performance Phase**

- Hone advanced rugby skills and position-specific expertise.
- Implement comprehensive team tactics and strategies, emphasizing adaptability and decision-making.

- Prepare players for higher-level competitions and potential pathways.
- Cultivate leadership skills and character development on and off the field.
- Encourage self-assessment and goal-setting, empowering players to drive their improvement.
- Maintain a balance between high-performance expectations and the holistic well-being of players.

### **General Principles Across Age Groups:**

- Prioritize player safety through proper warm-ups, cool-downs, and injury prevention practices.
- Create a positive and inclusive atmosphere where every player feels valued and supported.
- Embrace a growth mindset, emphasizing effort, learning, and resilience over outcomes.
- Establish clear communication with players, parents, and fellow coaches.
- Continuously seek opportunities for professional development and learning.
- Lead by example, demonstrating sportsmanship, respect, and ethical conduct.
- Adapt coaching methods to accommodate varying learning styles and individual needs.
- Collaborate with parents as partners in players' development journeys.

By adhering to this Coaching Charter tailored to different age groups, coaches can contribute effectively to the overall growth and success of young athletes while fostering a lifelong passion for rugby.

### **Guidance for Collaborative Decision-Making among Community Rugby Coaches**

Each age group, whether that be minis or juniors or colts, are to be operated with all decisions made in accordance with the Caldyc RFC Community Coaching Charter which operates in line with the RFU guidelines.

All age groups can have one or more lead coaches but any decisions are to be made collaboratively by the overall coaching group with the majority rule.

In all instances all age groups should work with a primary focus on the long term benefit of the age group and look to compromise and reach a decision that if necessary can be reviewed after an appropriate period of time.

Any occurrences where a majority decision cannot be attained within the age group, they are to utilise the relevant Chairperson whose decision is will be final.

Effective decision-making within a coaching team is essential for the holistic development of rugby players. By fostering a democratic and collaborative approach, coaches can pool their knowledge and experience to make well-informed decisions that benefit the athletes and the team as a whole. Here are some guidelines to facilitate this process:

**1. Shared Vision and Values:** Establish a common understanding of the team's objectives, values, and long-term goals. Ensure that all coaches are aligned with the overarching purpose of player development, enjoyment, and sportsmanship.

**2. Open Communication:** Create an environment where open and respectful communication is encouraged. All coaches should feel comfortable sharing their perspectives, concerns, and ideas without fear of criticism or judgment.

**3. Regular Meetings:** Hold regular coaching meetings to discuss various aspects of the team's progress and development. These meetings can take place before and after training sessions, games, or on a predetermined schedule.

**4. Clearly Defined Roles:** Assign specific roles and responsibilities to each coach based on their expertise and strengths. This promotes a sense of ownership and accountability among the coaching team.

**5. Inclusive Decision-Making Process:** Involve all coaches in the decision-making process, regardless of their experience level. Encourage each coach to contribute insights, suggestions, and concerns to the discussion.

**6. Consensus Building:** Strive for consensus by encouraging a thorough discussion of different viewpoints. Coaches should actively listen to one another and be open to compromise when necessary.

**7. Data-Informed Decisions:** Base decisions on objective data, player performance metrics, and observations from training sessions and games. This ensures that choices are rooted in evidence rather than personal biases.

**8. Brainstorming and Idea Generation:** Encourage coaches to brainstorm creative solutions to challenges and opportunities. The diversity of perspectives can lead to innovative strategies and approaches.

**9. Evaluate Pros and Cons:** List the pros and cons of different options before making a decision. This exercise helps coaches consider the potential impact and trade-offs of their choices.

**10. Prioritize Player Welfare:** Always prioritize the well-being, safety, and development of the players. Any decision made should align with this core principle.

**11. Document Decisions:** Record the decisions made and the rationale behind them in written form. This documentation helps maintain clarity and accountability over time.

**12. Adaptability:** Be willing to adapt decisions based on new information or changing circumstances. A flexible approach allows the coaching team to respond effectively to evolving needs.

**13. Positive Conflict Resolution:** In cases of disagreements, address conflicts constructively and professionally. Encourage coaches to voice their concerns respectfully and work together to find solutions.

**14. Reflect and Review:** Periodically assess the effectiveness of decisions and strategies. Reflect on what worked well and what can be improved, making adjustments as needed.

**15. Continuous Learning:** Engage in ongoing professional development and learning to stay updated with the latest coaching techniques and methodologies. Share new insights with the coaching team.

By following these guidelines for collaborative decision-making, rugby coaches can harness the collective expertise and perspectives within the team to create a positive and enriching experience for the young athletes under their guidance.



**Pitches**

Normal rugby pitch allocation unless otherwise advised ( note cricket outfield out of bounds during cricket season )



## Rugby kit

To buy Caldyc RFC playing kit please go to [www.caldyrugbyclub.com](http://www.caldyrugbyclub.com) & click on the red shop button far right

<https://caldyrugbyclub.com>



This takes you to Macron Sports Hub Clubshops with buttons for Caldyc RFC Junior & Senior Clubshop where you can directly order / pay for merchandise & kit in various sizes including Caldyc RFC Community Match Shirt – Jr & Caldyc RFC Howlite or Hestia Match Shorts Jnr

Pay for delivery to your home address ( Do not click “collect” which is from the Macron Store Wrexham ! )

Caldyc RFC playing socks (not online) are available to buy in all sizes in the clubhouse on Sunday mornings.

We have a very full fixture list this season so all our players, returning or new, will experience friendly matches both home and away. Club kit is entirely discretionary, but we do tend to find that players like to wear the club shirts as it gives them a sense of team spirit and belonging especially when opposition is involved. Many players have older siblings so “hand me downs” are fine. We encourage old kit being passed to younger age groups.

RFU Player Welfare “RugbySafe” provides Essential Guides upon Clothing and Equipment, including footwear, protective equipment, sports goggles, and eyewear please visit RFU website - [www.keepyourbootson.co.uk](http://www.keepyourbootson.co.uk) and click on “RUGBYSAFE” and visit toolkits “02. RugbySafe essential guides”

Please Note: As coaches we have a duty of care to ensure that players are appropriately and safely kitted out. So, it is essential that boots are worn and that they have rugby studs (rounded aluminium RFU regulation please).

**PLEASE CHECK YOUR CHILDS BOOTS REGULARLY FOR SHARPNESS AND MISSING STUDS.** Remember that you can put rugby studs into football boots. Trainers are discouraged but just about ok if they have deep tread and only on hard dry ground i.e. first session or two.

Coaches & referees will be checking boots – if they are deemed dangerous by a coach or referee then that player will not be able to participate in that session.

Rugby mouthguards / gum shields – during contact rugby players are advised to always keep themselves and others protected by wearing a correctly fitted, impact resistant rugby mouthguard or gum shield. Coaches will be checking players have rugby mouthguards / gum shields before playing contact rugby. You can either buy ready-made rugby mouthguard / gum shields or get them purpose-made by your own dentist or the visiting dentist, Dave Orme, who is available at the clubhouse at the start of the season.

Please bear in mind we play autumn to winter, so a range of clothing is needed – it is easier to cool a player down by taking off a layer of clothing than a player being cold. A cold player is less likely to learn and is also more injury prone. Other important kit includes:

Shorts and long socks; Skins / tracksuit bottoms; Base layers; Fleece; Waterproof jacket.

Rugby mitts if you child feels too cold and a woolly hat - optional; Under armour – optional.

Snack for refuelling – not sweets, slow release such as flapjacks.

Water or warm very dilute low sugar juice – energy drinks are neither encouraged nor beneficial. and of course, rugby boots.

**ALL personal kit should be clearly named and spare clothes / drink bottles also names and kept in a clearly named bag.**

Lost property If you lose your kit then ask your year team manager as coaches may have picked the items up & placed them in their age grade kit bags.

**Boot Exchange**

We appreciate our kids are growing up rapidly and rugby/football boots are expensive so we have a simple policy that if you have a pair of boots that no longer fit then place them (after they've been cleaned off) in the Boot Exchange Box and if there's a pair in there that fit, then please help yourself.

**Codes of Conduct**

**Parents/Carers/Supporters**

Encourage your child to learn the rules and play within them.

Discourage unfair play and arguing with officials.

Help your child to recognise good performance, not just results.

Never force your child to take part in sport.

Set a good example by recognising fair play and applauding the good performances of all.

Never punish or belittle a child for losing or making mistakes.

Publicly accept officials' judgements.

Support your child's involvement and help them to enjoy their sport.

Use correct and proper language at all times.

**Players**

All players must play within the laws/rules and respect officials and their decisions.

All players must respect opponents.

All players should always respect the directions of coaches both for their safety & the safety of others.

Players should advise coaches/team managers of their availability for matches/training.

Players should keep to agreed timings for training and competitions or inform their coach/manager if they are going to be late.

Players must wear suitable kit for training and match sessions, as agreed with the coach/manager.

Show respect for the equipment and facilities provided by the club.

**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



**Useful contacts & websites****Caldy RFC Community Rugby committee**

Chair	:	Lynn Ridgway	07714 992685	<a href="mailto:lynnridgway@icloud.com">lynnridgway@icloud.com</a>
Vice-chair	:	Kim Matthews	07976 731228	<a href="mailto:kimamatthews@yahoo.co.uk">kimamatthews@yahoo.co.uk</a>
Vice-chair				
Secretary/Membership:		Tim Kilpatrick	07768 022412	<a href="mailto:timkilpatrick01@gmail.com">timkilpatrick01@gmail.com</a>
Treasurer	:	James Kerwick	07771 531318	<a href="mailto:kerwickfamily@hotmail.co.uk">kerwickfamily@hotmail.co.uk</a>
Director of Rugby	:	Gareth Davies	07920 180533	<a href="mailto:grd9@live.co.uk">grd9@live.co.uk</a>
Cheshire Rep	:	Kieran Free	07763 827548	<a href="mailto:kieranfree@btconnect.com">kieranfree@btconnect.com</a>
Safeguarding Lead	:	Anna Bennison	07751 877879	<a href="mailto:annasouthgate@btinternet.com">annasouthgate@btinternet.com</a>
Mini Chair	:	Kim Matthews	07976 731228	<a href="mailto:kimamatthews@yahoo.co.uk">kimamatthews@yahoo.co.uk</a>
Junior Chair	:	Paul MacDonald	07432 096594	<a href="mailto:paul.macdonald2001@sky.com">paul.macdonald2001@sky.com</a>
Women / Girls Chair	:	Chris Green	07796 696816	<a href="mailto:drchrisgreen@gmail.com">drchrisgreen@gmail.com</a>
Touch Rugby Chair	:	Shaun Thomas	07976 280115	<a href="mailto:shaun1976thomas@outlook.com">shaun1976thomas@outlook.com</a>
M&J Fixtures Sec	:	Paul Clark	07867 907509	<a href="mailto:paul.clark44@btopenword.com">paul.clark44@btopenword.com</a>

**Minis**

U6s	:	Garth Niblock	07725 950730	<a href="mailto:Niblockg87@gmail.com">Niblockg87@gmail.com</a>
U7s	:	Tom Forth	07891 187880	<a href="mailto:tforth@live.co.uk">tforth@live.co.uk</a>
U8s	:	John Jo White	07723 076994	<a href="mailto:johnjowwhite@hotmail.com">johnjowwhite@hotmail.com</a>
U9s	:	Martin English	07875 269247	<a href="mailto:martin.english@weightmans.com">martin.english@weightmans.com</a>
U10s	:	Mike Hooper	07984 696970	<a href="mailto:mike_hooper23@yahoo.co.uk">mike_hooper23@yahoo.co.uk</a>
U11s	:	Penny Brown	07974 267484	<a href="mailto:pennycorbidge@hotmail.com">pennycorbidge@hotmail.com</a>
u12s	:	Sally Lloyd Davies	07740 666271	<a href="mailto:sally.lloyddavies@live.com">sally.lloyddavies@live.com</a>

**Juniors**

u14 Girls	:	Chris Green	07796 696816	<a href="mailto:drchrisgreen@gmail.com">drchrisgreen@gmail.com</a>
u16 Girls	:	Rowland Woolford	07824 391125	<a href="mailto:r.woolford@sky.com">r.woolford@sky.com</a>
u13s	:	Katy Smith	07773 001116	<a href="mailto:katy_caldy_minis@outlook.com">katy_caldy_minis@outlook.com</a>
u14s	:	Giles Hazelton	07798 601273	<a href="mailto:giles.hazelton1@gmail.com">giles.hazelton1@gmail.com</a>
u15s	:	Chris Ford	07736 065289	<a href="mailto:cdford@sky.com">cdford@sky.com</a>
u16s	:	Paul Clark	07867 907509	<a href="mailto:paul.clark44@btopenworld.com">paul.clark44@btopenworld.com</a>

**Colts**

u17 Jnr Colts	:	Mike Clarke	07747 445612	<a href="mailto:mikeclarke_1@yahoo.com">mikeclarke_1@yahoo.com</a>
u18 Snr Colts	:	Steve Bishop	07782 324046	<a href="mailto:steven.bish@sky.com">steven.bish@sky.com</a>

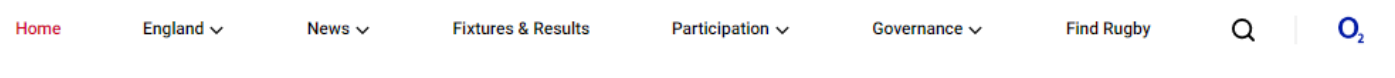
<b>Women</b>	:	Chris Green	07796 696816	<a href="mailto:drchrisgreen@gmail.com">drchrisgreen@gmail.com</a>
<b>Touch rugby</b>	:	Shaun Thomas	07976 280115	<a href="mailto:shaun1976thomas@outlook.com">shaun1976thomas@outlook.com</a>

**Coaching Co-ordinator** : Andrew Soutar [andrewsoutar@rfu.com](mailto:andrewsoutar@rfu.com)


**Useful websites :**

Caldy RFC [www.caldyrugbyclub.com](http://www.caldyrugbyclub.com)  
 Cheshire RFU [www.cheshirerfu.co.uk](http://www.cheshirerfu.co.uk)  
 England Rugby RFU [www.englandrugby.com](http://www.englandrugby.com)  
 World Rugby [www.world.rugby](http://www.world.rugby)

England Rugby RFU [www.englandrugby.com](http://www.englandrugby.com) provides information on all topics including GMS & a new support section in the top black ribbon named - Community Rugby Help




Here you can search, ask questions & navigate the sections to find helpful information on most topics




Support Home Submit Help Request Solutions GMS Login

## WELCOME TO COMMUNITY RUGBY HELP

How can we help?

  
**KNOWLEDGE BASE**

  
**ONLINE LEARNING ZONE**

  
**LATEST GMS RELEASES**

GMS ACCOUNT MANAGEMENT

CLUB ADMINISTRATION

GOACHES & MATCH OFFICIALS

PLAYERS & PARENTS

TEAM & MATCH MANAGERS

CONSTITUENT BODIES & RFU COUNCIL


Players & Parents is very useful – including the new Tackle Height with a link to the Tackle Height Hub






Support Home Submit Help Request Solutions  GMS Login


Home / Knowledge base / [Players & Parents](#)




## PLAYERS & PARENTS (4)

 **Playing Rugby (8)**

-  [Tackle Height](#)
-  [How can my club support a local wheelchair rugby club?](#)
-  [How can I find out more about starting a wheelchair rugby section at my club?](#)


[View all 8](#)




 **Age Grade (4)**


-  [What is the Half Game Rule?](#)
-  [What are the 'Rules of Play' for my childs Age Group?](#)
-  [What are the Age Grade Codes of Practice?](#)



[View all 4](#)

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 **Register to play (3)**

-  [New Age Grade Player Affiliation For A Parent/Guardian](#)
-  [Renew Age Grade Child Affiliation Process](#)
-  [What is player affiliation/registration?](#)

 **Safeguarding & Player welfare (2)**

-  [What player welfare support is available?](#)
-  [Where can I find Safeguarding information for a parent/guardian?](#)

**Volunteer Form**

The club is run on an entirely voluntary basis. In order that we can provide facilities to promote community based rugby we need volunteers covering a wide range of abilities. Caldyc RFC's Vision & Values together with Club Officers' roles & responsibilities booklet is available on the club website. If you are prepared to help out in any way please let us know & complete / return this form to Caldyc RFC Community Rugby.

I would like to express an interest to volunteer / find out more information to help in the following :  
Please tick to indicate your interests :

- Coaching / Assisting / Refereeing
  - Team Manager / Administration
  - Committee roles
  - Safeguarding
  - Sponsorship / Fundraising
  - Mini & Junior Rugby
  - Girls & Women's rugby
  - Touch rugby
  - Social Functions
  - Mini Tour
  - Junior Festival
  - Senior events – Caldyc 7s
  - Other please state \_\_\_\_\_
- 

Your Name: \_\_\_\_\_

Your Contact Phone Number: \_\_\_\_\_

Your Contact E-Mail Address: \_\_\_\_\_

Your Sub-group / Child's Age Group ( if applicable ) : \_\_\_\_\_

Any other activities / tasks that you could assist with (grounds, premises etc.)  
\_\_\_\_\_

Please return completed form to Caldyc RFC Community Chair, Lynn Ridgway [lynnridgway@icloud.com](mailto:lynnridgway@icloud.com)