

Mini & Junior Player Handbook

2023-24

Your Club, Our Community, Their Future

Lymm Rugby Club, having recently been promoted to National League 2 North, is one of the highest ranking amateur clubs in England (with no paid players, everyone who plays for us, does so for the love of game). We are at the heart of our community and we cherish that position as it means our success is due in no small part to the contribution that the Mini and Junior Section make. Around 75% of the senior club have come through our M&J section.

We visit local primary schools to talk about how rugby is a game for all and we have great links with Lymm High School, working hard to ensure that we support each other.

Our ultimate aim is also to try and help all our players grow in themselves – rugby is still truly the only team sport that embraces everyone and encourages true diversity.

If your kids are new to rugby, please take advantage of our free taster sessions and see how much fun they have.

I hope you find this handbook useful and I encourage you to engage and become part of our wonderful club!

Will Hind

Mini & Junior Chair

One Club Ethos: The Lymm Way

From under 5s to veterans, rugby should be played with a smile on your face. When players have fun, they come back, week after week. Enjoyment is a key building block of our coaching ethos.

More than three-quarters of our first team squad came through the minis and juniors section. This conveyor belt of talent needs constant feeding by our M&J coaches.

The success of our teams has been built on a **fast, creative, expansive and entertaining style** of rugby which cascades down through the age-grades thanks to the work of around 100 coaching heroes.

Our parent coaches volunteer around 200 hours each year, in all weathers, to help inspire more than 300 boys and girls, teaching skills and values that will last a lifetime. It's sometimes frustrating. It can be stressful. But it's one of the most rewarding things you can ever do, so please volunteer in any way you can to support us.

We are committed to nurturing and supporting our parent coaches in whatever ways we can. We have a coach development programme which ensures that we continue to embed the highest possible standards across all age-groups.

100 Coaching Heroes — 100 Unique Personalities and Skills — 1 Common Approach

Philosophy and Core Values

'Our philosophy is driven by a desire for all our young players to reach their full potential through player centred game based coaching with enjoyment the key priority whilst fully embracing all of the RFU core values.'

Rugby's core values (TREDS) underpin everything we do at every age. They are instilled in all players and coaches:

- **Teamwork**
- **Respect**
- **Enjoyment**
- **Discipline**
- **Sportsmanship**

We follow RFU codes of conduct and do not stream as we believe in growing the game and increasing participation. We are committed to the Half Game Rule that gives every player the opportunity to improve alongside their friends.



Player Welfare is our Priority

We adopt the highest standards of safeguarding on and off the pitch. We are committed to the ongoing promotion of the welfare of all participants, who are entitled to feel secure and protected from any form of abuse or neglect and have the right to take part in a safe, respectful and enjoyable environment.

Every Lymm coach **must**:

- **Have an Up-to-date DBS check**
- **Attend a Play it Safe course**
- **Complete the Introduction to Safeguarding course**
- **Do the Headcase concussion awareness online course**

Additionally:

- **Every coach follows the RFU's Age Grade Codes of Practice**
- **We promote the RFU's Activate eLearning programme for injury prevention**
- **Each session or game has at least one qualified first aider present**

Our Club Safeguarding Officer is Ralph Tucker (safeguardinglymmrugby@outlook.com), who should be your first point of contact for any issues relating to the welfare of our players.

Age Grade Codes of Practice

We are passionate about promoting a positive attitude and behaviour towards the coaching of rugby, so we follow the RFU codes of practice that cover:

- Developing the Whole Player
- Player-centred Approach
- Grouping of Players
- Playing Up or Down
- Combining Age Groups
- Summer Activity, Camps and Tours
- Minimum Standards for Coaches and Referees

The codes of practice can be read at:

<https://www.englandrugby.com/participation/coaching/age-grade-rugby/codes-of-practice>



Rugby for All

We welcome everyone to Lymm Rugby Club, no matter what their experience, athleticism or ability.

The RFU is responsible for ensuring that all those who wish to participate in rugby union in England are treated fairly. Lymm RFC believes that all participants should be given equal opportunity irrespective of age, ethnicity, disability, sex, religion or sexual orientation.

Most of our mini teams at Lymm have a mix of boys and girls. According to RFU guidelines, girls play mixed rugby with boys up to Under 12 years. While we don't currently have a girls team in the older age-groups, we are committed to establishing more playing opportunities for girls and women at the club. In the meantime, we help our older girls to play in teams across Cheshire and we have a number of women coaches who have played rugby to a high standard.



Playing Kit and Clothing

We try to provide free club shirt every couple of years depending on sponsorship which should be paired with black shorts and socks. Speak to your team manager to see when your next kit is due.

Only boots should be worn on the Artificial Grass Pitch and these should have studs - not blades.

The RFU strongly recommends that mouth guards are worn for any contact rugby activity (both training and matches). Other information on kit and equipment can be found at:

<https://keepyourbootson.co.uk/wp-content/uploads/2022/03/RugbySafe-Essential-Guides-and-Templates-2022-23.pdf>

From U13s players are encouraged to get changed for the post-match meal. Some teams like a shirt and club tie, while others prefer a club polo shirt. Each June at Presentation Day and on Registration Day in September, we organise a pre-loved kit sale and encourage teams to recycle as much as possible. Additional items can be bought from the Lymm RFC online kit store:

https://www.oneills.com/uk_en/shop-by-team/rugby/rugby-union/lymm-rfc.html



Free Taster Sessions

If you are new to rugby or have recently moved into the area, please make the most of our free taster sessions. You can come along and train three times before deciding to join.

Registration and subscription details will be available from your team manager each September, but you can also join for a pro-rata fee half-way through the season too.

Our teams play most Sundays between September and May, and from U9s there is training midweek (check with the relevant team manager for which day). Some teams put on extra fitness sessions and all teams enjoy playing in festivals around the country too.

Some teams even have an end-of-season tour which can involve a weekend in Portugal, as Lymm has a great relationship with Coimbra Rugby Club near Porto.



Finding Us

We're easy to find, signposted from the village and there's plenty of parking.

Lymm RFC, Crouchley Lane, Lymm WA13 0AS

01925 753212

www.lymmrugby.co.uk

We have an artificial grass pitch and 4 grass pitches (numbered as here).

Dogs are welcome on leads but not in the clubhouse.

Please bear with us as we've got a number of redevelopments and improvements underway, with new tennis courts and a gym among other facilities under construction.



Artificial Grass Pitch

We're really fortunate to be one of a few clubs to have an RFU Artificial Grass Pitch (AGP).

The AGP is strictly studs only for players, refs and coaches. No trainers, shoes, wellies or blades please and no food or drink (other than water) allowed on the pitch. Check the right studs at: <https://www.lymmrugby.co.uk/club/artificial-pitch-usage-booking/>

Entry must be through the gateways and not by climbing the fences. Parents must always remain behind the fences.

Boots must be clean before entering the pitch. There are boot cleaning brushes just inside the entrance gates. Players and coaches must not enter the pitch area without boots on.



Clubhouse and Facilities



Players, coaches and parents are all welcome in the clubhouse after the game where the bar will be open for drinks and snacks.

No muddy kit or boots allowed inside the clubhouse.

We encourage everyone to make full use of the clubhouse and facilities which are available for hire.

The Halfway House cafe by the AGP will also be open for hot and cold drinks, bacon butties and other snacks.

For clubhouse opening times and details of how to hire, see:

<https://www.lymmrugby.co.uk/club/clubhouse-information/>

Lymm Rugby Club Sports Hub



Lymm Rugby Club is a vibrant multi-sports hub offering:

Tennis

The new home of Manor Road Tennis Club, a friendly, inclusive, and fast-growing LTA-registered club. Check out our four brand new, floodlit, all-weather, artificial grass courts. Our membership rates offer major discounts for people wishing to play rugby and tennis.

<https://clubspark.lta.org.uk/ManorRoadTennisClub>

Squash

Lymm Squash Club has two courts in our clubhouse.

www.lymmrugby.co.uk/other-sports/lymm-squash-club/



Hockey

Lymm Hockey Club share our clubhouse facilities for its teams.

<https://lymmhockey.com/>

Your Club Contacts



Will Hind

M&J Chair

will.hind.lymmrugby@gmail.com

Will has overall responsibility for the minis and juniors section.



Ian Cope

Minis Chair

copey74@hotmail.co.uk

Ian oversees and supports our youngest players at mini level.



Ralph Tucker

Safeguarding Officer

safeguardinglymmrugby@outlook.com

Ralph is your first point of reference for all player welfare issues.



Adam Breeze

M&J Coaching Coordinator

lymmrugbycoaches@gmail.com

Adam supports M&J coaching development requirements.

Your Team Contacts for 2023-24

Details of training days and team managers can be found for each age-grade below:

Minis

U5

<https://www.lymmrugby.co.uk/minis-juniors-colts/under-5s/>

U6 (year 1)

<https://www.lymmrugby.co.uk/minis-juniors-colts/under-6s/>

U7 (year 2)

<https://www.lymmrugby.co.uk/minis-juniors-colts/under-7s/>

U8 (year 3)

<https://www.lymmrugby.co.uk/minis-juniors-colts/under-8s/>

U9 (year 4)

<https://www.lymmrugby.co.uk/minis-juniors-colts/under-9s/>

U10 (year 5)

<https://www.lymmrugby.co.uk/minis-juniors-colts/under-10s/>

U11 (year 6)

<https://www.lymmrugby.co.uk/minis-juniors-colts/under-11s/>

Juniors

U12 (year 7)

<https://www.lymmrugby.co.uk/minis-juniors-colts/under-12s/>

U13 (year 8)

<https://www.lymmrugby.co.uk/minis-juniors-colts/under-13s/>

U14 (year 9)

<https://www.lymmrugby.co.uk/minis-juniors-colts/under-14s/>

U15 (year 10)

<https://www.lymmrugby.co.uk/minis-juniors-colts/under-15s/>

Colts Academy

supported by the James Hutchings Charity

U16 - U18

<https://www.lymmrugby.co.uk/academy-2/>

What We Expect from Players, Coaches, Parents and Spectators



PLAYER CODE OF CONDUCT

A GOOD PLAYER ALWAYS:

- Respects the decision of the officials and coaches
- Treats their team-mates and opposition with respect and dignity
- Encourages fair play and sportsmanship, both on and off the pitch
- Remains disciplined throughout the game, and sets a good example for all players
- Opposes any form of cheating carried out by the opposition or their teammates
- Remember that their and their team-mates' enjoyment and development is more important than the result of the game

AS A GOOD PLAYER, I WILL NEVER:

- Act violently towards any player or official, or engage in violent or offensive language towards them
- Challenge or dispute decisions made by the official or my coaches
- Tolerate foul language from spectators, coaches, players or teammates
- Bully, intimidate or abuse the opposition, or my team-mates



COACH CODE OF CONDUCT

A GOOD COACH ALWAYS:

- Respects the game and everyone involved in it
- Encourages fair play and sportsmanship amongst their players
- Remembers that children are here to have fun and develop, above all else
- Maintains their integrity and discipline at all times and encourages their players to do the same
- Acts as a role model to everyone during match days and encourages all spectators to adhere to the Core Values
- Encourages a healthy environment where enjoyment and teamwork are the priority

AS A GOOD COACH, I WILL NEVER:

- Allow any players to abuse the official or the opposition
- Condone or tolerate spectators who abuse players or the official
- Allow any language from spectators or parents that is not constructive towards the development of the players
- Act in a manner that might intimidate or frighten the players
- Enter the field of play to challenge the referee or the opposition, and will never condone, but report anyone who does so



PARENT CODE OF CONDUCT

A GOOD PARENT ALWAYS:

- Puts the enjoyment and development of their child first, before the result of the game
- Offers positive comments, instead of criticism and encourages teamwork and sportsmanship amongst the players and their child
- Remembers that effort is more important than outcome
- Treat the officials and coaches with respect, and remember that their decision is final, and that they are in no position to impact the game
- Maintains their discipline, and acts as a good role model to all players and spectators

AS A GOOD PARENT, I WILL NEVER:

- Criticise, or verbally abuse any of the officials, coaches or players
- Engage in foul or abusive language to my child, or other children, who are playing the game
- Enter the field of play to challenge officials, players or coaches
- Tolerate other parents or spectators engaging in foul or abusive behaviour towards players, officials, coaches or other spectators



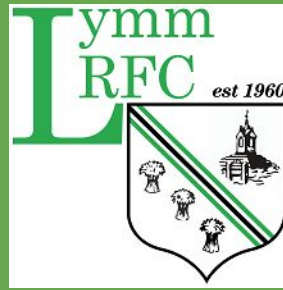
SPECTATOR CODE OF CONDUCT

A GOOD SPECTATOR ALWAYS:

- Puts the wellbeing of the players first, and remembers that any comments or feedback they offer should be based on constructive, helpful comments that do not involve criticism of any form
- Respects all players and officials, including the opposition, and remembers that all teams are here to enjoy the game
- Understands that they're not in a position to influence the game, and respects and accepts the decisions of officials and coaches
- Acts as a role model for the players, and does not engage in any abusive or offensive behaviour
- Treats the premises with respect, and obeys any rules or bans regarding smoking, vaping or consuming alcohol on the premises

AS A GOOD SPECTATOR, I WILL NEVER:

- Engage in any abusive, hateful or discriminatory language towards the officials, coaches or players
- Try to enter the field of play, challenge the decision of the officials or coaches, or interfere with the game at any point
- Tolerate abusive behaviour or language from players or coaches
- Forget that players are here to enjoy rugby and develop their skills. Winning is not everything.



See you soon!