

*New Season 2011 - 2012*

***Bulls  
Bulletin***





**St Ives RFC**

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Do you have a story about the club or some of our members that you would like to share ? Is there an issue that needs broadcasting more widely ? To discuss what you would like to see in future issues, please contact the editor via [nagswest@msn.com](mailto:nagswest@msn.com)



## New Season Welcome

### Message from the Chairman

Well, here we are - the start of another season at St Ives Rugby Club. Welcome back to all returning players and parents and I'd like to extend a warm welcome to all who are joining us for the first time. I have always felt St Ives RFC to be a friendly club and hope you will see it in the same way.

St Ives has Mini Rugby teams from U7 through to U11 age groups with two teams, U13 and U15, in the Junior section. Our young teams play against local clubs in friendlies and also take part in cup competitions such as the Cambs Cup early in the season and the St Neots Festival of Rugby later in the season. Some of the youngsters travelled further afield last season to play rugby in Buckinghamshire, Yorkshire and Belgium, so there is plenty of opportunity for them to test their skills against a diverse range of opponents.

At the Senior level, our first team - last year's winners of the Hunts and Peterborough Cup - plays in the Midlands 4 East (South) League against clubs from up and down the A1 and west as far as Leicester. The second XV plays in the Greene King Deuxieme Nord. Last year's U17 squad now feeds players who are eligible into the 1st and 2nd teams on Saturdays.

A rugby club is about more than winning and losing on the pitch and there are some social events over the season for all to participate in. Look out for further notices soon on the website and around the club.



Mark Smy  
Chairman

An easy way of keeping up to date with what's going on is by registering on the website, which allows you to receive weekly news and access to photo albums. The site is hosted on Pitchero ([click here](#)) but you can also find it by entering stivesrufc.co.uk in your browser.

It won't have escaped your notice that the Rugby World Cup started this month down in New Zealand. In spite of the time difference, we are showing some of the matches on the big screen in the clubhouse - why not come on down to watch the matches with friends and join us for breakfast ?

St Ives RFC

## **CLOSED SEASON**

As you can imagine, just because the rugby season finishes, it doesn't have to mean an end to the activities. Since our first team won the Hunts and Peterborough Cup in the middle of May, we've seen the the Open Gardens and Family Fun Day in June and in July, the Carnival Float and the high point of our Summer Ball.

Thanks to everyone who has supported these events and given their time in making them happen in the first place. As well as fun events, work took place in the clubhouse, with a bit of a refurb behind the bar and plumbing in of a glasswasher. More space was created in the gents by knocking out one of the cubicles and installing extra urinals - all this work was completed by volunteers and all done in time for the fun day, even including a new tiled floor. Thanks in particular go to Gary Fleming, Mark Smy and Ross Thompson for their contribution with demolition, plumbing and tiling and to Claire West, Wendy Fleming and Terry Smy who washed every single glass in the clubhouse and got the bar gleaming before the Fun Day.

On the field, pre-season training began on weeknights in July and we opened our first pre-season friendly against Ely on 20th August. The U13s are to be found at the club on Wednesdays, U15s on Mondays and seniors on Tuesday and Thursdays. Some of our older members have particularly enjoyed the fitness training ! If there's anyone you know who would normally attend training but has slipped the net, or someone who would like to join the club, get them to come on down to Somersham Road.

The following is a medley of images from the various events :



### **Junior Clubman**

We were joined by Derek Watkins, former President of East Midlands RFU. Here DW is awarding Neil Cocksedge with the Accolade of Junior Clubman of the Year. Neil was instrumental in getting some of our teams into the Marlow Festival of Rugby and organising the Minis tour to Scarborough. Neil works shifts over weekends and on occasion has had to book leave to be with his team on a Sunday morning.



Photo albums and videos can also be seen on the website.

Have you signed up ?



**DAIRY  
CREST**

Thanks to Laura Jackson of Dairy Crest who donated milkshakes for all the children on the fun day in June.



### **Try-Line Trophy**

This year the Try-Line Trophy for Effort and Achievement, awarded in the memory of Bradley Mills, went to Benedict West of last season's U10s.

The awarding panel chose Benedict because of his perseverance and determination to carry on with the game he loves and his observed sportsmanship within the club. Picture shows Benedict receiving Trophy from Mr & Mrs Mills, Bradley's parents.

## WHO'S WHO

If you're new to the club, you could probably do with a quick overview of the names and faces of the people involved in our various teams. Working with youngsters can be a very fulfilling experience - if you, too, would like to get involved in coaching or helping in other ways, please get in touch with our Volunteer Co-Ordinator or Coach Co-Ordinator. It is a requirement of the RFU that anyone over 16 in regular contact with children undergoes a CRB check - relevant forms are available from our Safeguarding Officer.



Club Chairman  
Mark Smy



Hon Secretary  
Adam Scott



Hon Treasurer  
Ross Thompson



Safeguarding Officer  
Nigel West



Ref Liaison  
Andy Oliver



Volunteer Co-Ordinator  
Mrs Claire West



Bar Manager  
Oliver Scott



Club Captain  
Lee Jackson

Thanks to all who have come forward and given their time to the club. There are still one or two key positions that are not filled. Is there anyone out there who relishes the thought of becoming **Social Secretary**, for example? Over the past year, members of the Committee have organised various events, including the very successful Quiz Night, Curry Night. A critical post that we need to fill, and one that is regarded by the RFU as a 'Golden Role' is that of **Club Coach Co-Ordinator**, signposting members towards relevant coaching courses and liaising with regional Coach Development Officers for localised training and CPD events.

St Ives RFC

Under 7  
Lead Coach George Alexander



Under 8  
Lead Coach Mick Hawkins



Under 9  
Lead Coach Richard Rees



Under 10  
Lead Coach Peter Love



Under 11  
Lead Coach Neil Cocksedge



Under 13  
Lead Coach Dave Bowen



Under 15  
Lead Coach Ollie Scott



Head Coach  
Alan Hine



1st XV Captain  
Jim Robinson



2nd XV Captain  
Jordan Francis



## Mini Rugby

### What Can I Expect My Child to be Doing ?

As a new parent to the rugby club, you may have some questions about how things are run, what type of rugby the kids will be playing, what kit they need and so on. This section aims to cover some of these key points.

#### TAG RUGBY

The U7 and U8 teams play Tag, the RFU's official introduction to Rugby. It is a non-contact version which replaces full contact tackles with grabbing a velcro tag attached to a belt worn by all players. The aim of this variant is to get the players focusing on core skills of ball handling, passing, running into space and support play.

#### PROGRESS TO CONTACT

At U9 the children start playing the full contact version, initially with uncontested scrums and line-outs, gradually building year on year until they play with 15 a-side to the same rules as the senior game.



Wearing a gum shield is mandatory for young players in contact and some might complain or find it uncomfortable at first, but it is for their safety. A referee will stop a match if he spots a player not wearing one - which can be embarrassing for all concerned.

#### AGE GRADES

Boys and girls can join up from the age of 5, though the very youngest can't play in competitive matches until their 6th birthday.

The team your child will play in depends, like at school, on their age at midnight on

#### ***RFU PROFICIENCY AWARDS***

Last season our Under 10 squad were guinea pigs for the rugby proficiency award scheme and collected their certificates at the fun day in June. We aim to roll the scheme out this season to all age groups in the Mini and Youth sections. As well as assessing players on their ability in catching, passing, tackling etc, there are some fitness tests for them too.

31st August/1st September at the start of the season. So, for example, if he or she is under 9 on the 1st of September, they remain in the U9s for the whole season.

#### AWAY MATCHES

During the course of the season, we will play a mix of home and away games - the fixtures may vary across the age groups. Check the website regularly as the fixture list may alter due to changes in the weather. The furthest afield we would normally expect to travel is up to an hour away.

#### PLAYING TIME

While senior rugby plays 40 minutes each way, the RFU issues guidelines for mini and junior playing time, to look out for the welfare of younger players. At U7 & U8, for example, matches are 10 minutes each way, extending in time, as the kids grow through the age grades. It is usual for there to be no matches scheduled in September, to give the children time to practice.

#### CLOTHING

Rather than holding a lot of stock on site, club shirts and training tops can be bought direct from kitsports.com, following their clublink to St Ives RFC or you can find it via 'Links' on the Club Info page on our own website.

Some parents get their companies to sponsor a particular team but, whichever route you use to come by kit please, please remember the importance of layers. The often sunny days early in the season very soon give way to colder, wetter weather.



# Spectator Code of Conduct

As parents,  
we remind ourselves that children play rugby for their own enjoyment,  
not ours.

## ***Do***

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

## ***Don't***

- ***Do not force your child to play***
- ***Do not stray onto the pitch at any time***
- ***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.***



## RUGBY'S CORE VALUES

The RFU established the Core Values Task Group in 2007 in response to a perception that standards of behaviour were changing as more people became involved in rugby. Its aim was to evaluate, through an extensive consultation exercise, what the game stood for and what it should represent in the future.



This was the first time a sport set out to define its value system in formal terms and the evidence assessed included written and oral testimony from players, officials, focus groups and an online survey. The five aspects below were identified as the definitive core values which underpin rugby union and St Ives Rugby Club endorses them as being at the heart of our game.

### ***TEAMWORK***

Teamwork is essential to our sport. We welcome all new team members and include all because working as a team enriches our lives. We play selflessly: working for the team, not for ourselves alone, both on and off the field. We take pride in our team, rely on one another and understand that each player has a part to play. We speak out if our team or sport is threatened by inappropriate words or actions

### ***RESPECT***

Mutual respect forms the basis of our sport. We hold in high esteem our sport, its values and traditions and earn the respect of others in the way we behave. We respect our match officials and accept our decisions. We respect opposition players and supporters. We value our coaches and those who run our clubs and treat clubhouses with consideration.

### ***ENJOYMENT***

Enjoyment is the reason we play and support rugby union. We encourage players to enjoy training and playing. We use our sport to adopt a healthy lifestyle and build life skills. We safeguard our young players and help them have fun. We enjoy being part of a team and part of the rugby family.

### ***DISCIPLINE***

Strong discipline underpins our sport. We ensure that our sport is one of controlled physical endeavour and that we are honest and fair. We obey the laws of the game which ensure an inclusive and exciting global game. We support our disciplinary system, which protects our sport and upholds its values. We observe the sport's laws and regulations and report serious breaches.

### ***SPORTSMANSHIP***

Sportsmanship is the foundation upon which rugby union is built. We uphold the rugby tradition of camaraderie with teammates and opposition. We observe fair play both on and off the pitch and are generous in victory and dignified in defeat. We play to win but not at all costs and recognise both endeavour and achievement. We ensure that the wellbeing and development of individual players is central to all rugby activity



If you have views related to this subject that you would like to share, you can do so on the [forum page](#) of the website.

## LOOKING AHEAD

There's definitely an international feel to rugby this season. The much-anticipated World Cup begins on 9th September and we plan to show the England matches on our big screen - come and have brekkie while you enjoy the matches.

At the end of October our second XV are hosting a travelling team from Barcelona, the Poblenou Enginyers\* - it would be great to have a decent home crowd to give our visitors a warm welcome (and to cheer our boys on, of course). Toward the end of the season it might be possible to see the Finnish national team come to play our 1st XV at Somersham Road.



\*<http://www.telegraph.co.uk/news/worldnews/europe/spain/4611804/Spanish-rugby-team-plays-in-English-league-to-cut-costs.html>

## FORTHCOMING EVENTS

Have you got these dates in your diary ?

There will be a World Cup party on **Saturday 22nd October**, the night before the Final. Singing entertainment and buffet, tickets are £10 each.

Last year's popular quiz night is to be repeated this year, scheduled for **Friday 25th November**. Tickets are £7.50 each - includes fish and chips.

If you haven't already done so, you can register on the website to get updates and access to more of the content - visit <http://www.pitchero.com/clubs/stivesrugbyfootballclub>

**Don't forget, if you need a venue for a birthday party, quiz night or any other function, the club house is available to hire.**

**The already modest fee is reduced for members !**



Webb Ellis Holders  
Who can wrest the Cup from these guys in 2011 ?

## EASY FUND RAISING

The RFU Grand Draw tickets will soon be available - look out for notices shortly. Tickets only cost £1 each but you could win up to £10,000 ! The beauty of this draw is that grassroots clubs like our own get to keep the lion's share of income from ticket sales.

Another good scheme is the easyfundraising shopping directory, which lists several well known names on-line from the AA to Zavvi, via Debenhams, John Lewis and many more. All you have to do is register at <http://www.easyfundraising.org.uk/stivesrfc> and select St Ives RFC as the organisation you wish to support. It's FREE to register, won't cost you any more than you are already spending with the relevant stores, but each transaction will mean a donation to the club when you use the easyfundraising links to shop.

You can even raise funds by just using the easysearch search engine for browsing. Check out our unique easysearch page at <http://stivesrfc.easysearch.org.uk> and use it every time you search the Web.

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