



Ellis Sports Ground
Workington, Cumbria
Tel: 01900 602625

Welcome to
Workington
Rugby Football Club
The home of 'The Zebras'

Information for youth players



Main Club Sponsor 

Open-age Rugby

The normal age to play open age rugby is 18, however it is possible to play at 17 years old if this agreed by your coach and parent/guardian. An RFU Youth playing adult rugby form must also be completed.

Youth Rugby

Youth rugby at Workington is for players between the ages of 12 and 18 years. U17/18 teams can play in Cumbria and the North East. Other age groups generally play within Cumbria. However the club occasionally runs youth tours which tend to be outside of Cumbria.

The Club runs teams from U-13 to U-18's. The season starts in September and runs through to April. The player's age on 1st September decides which team the player plays in for the rest of that season.

Coaching

Youth coaching sessions are held at the Ellis Sports Ground; on Wednesday evenings. All coaching sessions run between 6 and 8 pm, and are led by qualified coaches. Please bring warm clothing, and waterproofs as training can usually be in wet weather.

Registration and Insurance

You must fill in a RFU registration form to play for the Club, and be eligible to play in competitions. Youth Annual subscriptions are currently £36 per annum and are paid by monthly or annual direct debit. The club generally has registration evenings for new players and their parents/guardians.

Kit

The club provides shirts only, shorts and socks can be purchased from the club. You should bring your own kit for coaching sessions including any protective equipment (mouth guard, head guard, shoulder pads etc.) showers are available, so bring soap and a towel.

www.workingtonrfc.co.uk

Transport

Transport is provided to all away games, however it is hoped parents will assist on occasions.

First Aid

First Aid is available at all games, Always consult the coach if you have an injury.

Parents and Supporters

Parents are welcome to support the teams at all ages. Anyone who would like to be more actively involved in the Club are particularly welcome. There are many volunteer roles from: team manager, coaching, admin, I.T website, catering etc. The Club provides appropriate recognised training. If you are interested speak to a coach or. Contact the club Volunteer Coordinator: Kevin O'Neil.

Code of Conduct

Workington RFC is committed to safeguarding and promoting the well being of its players. All members of the club and parents of youth players should at all times show respect to the opposition and officials.

Useful Contacts

Ellis Sports Ground 01900 602625

Youth Coaching:

Youth Rugby Contact: Phil Atherton tel: 01900 604824

U18/U17 contact: Andrew Branthwaite tel: 01900 67776

John Dryden tel: 01946 831645

Shaun Murphy tel: 01900 61350

U16 contact : Phil Atherton tel: 01900 604824

U15/14 contact Kevin Greenhow tel: 01900 608075

U13 contact: Phil Atherton tel: 01900 604824

Youth Welfare: Barry Hunton tel: 01900 64120

Volunteer Cordinator Kevin O'Neil tel: 01900 66936

or visit our website:

www.workingtonrfc.co.uk

