



Suffolk Rugby Union August, 2010

Suffolk Sevens this Sunday

It should all start at midday on **Sunday 15th August at Bury St. Edmunds RFC** with currently eight sides taking part from various parts of Suffolk. Come along and join the fun.



Our thanks to Ian Wade of Haverhill and Richard Martin of Bury for organising the day, as John Winders has been called away to a family event and the rest of us are on holiday!

It is an item for discussion at the **Management Meeting on 13th September** as several Clubs have said that with League fixtures starting on 4th Sept. they are involved in warm up games. Reps can you please get the feel from the Club about this event. (Agenda for meeting is attached)

This Friday (13th) Hadleigh have their **Help the Heroes Charity match** starting at 6.30.



Monday 6th September 7.30 at Sudbury Rugby Club **Andrew Small from IRB & RFU**



Referees will be bringing everyone up to date on current interpretation of the Laws. This talk is not just for Referees. All are welcome. Even players as it is about time some of them knew the laws!!

Felixstowe are on the lookout for a coach. After years of service to the Club, Noel is standing down and they are looking for a replacement. Contact Gale Lacey 07850074262.



On **11th September** you are spoilt for choice.

Semis of Suffolk Shield

Ipswich YM v. Felixstowe
Hadleigh v. Mistley
or



Royal Anglian Memorial match

at Stowmarket 14.00
Corps of drums play then match
Stowmarket Barbarians v. Royal Anglians at 2.30. The actual League match against Holt will not start until this is over at about 3.30.



In the meantime there are lots of stalls including Rodeo Bull, Sumo Suits as well as BBQ, Ice Cream & Fish and Chips. A fabulous day out!

13th September Management Committee Meeting

at YM 8.00 is being addressed by Dave Phillips of the RFU

Injured Players Foundation.



Having been Secretary at Bury when we had two broken necks!! I know how supportive they are. Last season there were two incidents in ECRU requiring their help. Even if you are not a member of Management you are welcome to come along and find out the procedures for reporting serious injuries and how the RFU can help.



Incidentally, if you are looking for a **First Aid Course** at a reasonable price try www.ipwassessments.co.uk or ring Ian Wilkinson on 07711 903958

18th September – Final of the Shield

Touchline Youth Sevens at RH School Sunday September 26th. If you have never been before, this is truly worth a visit. Nine pitches all in full use with Youth sides from U14 – U17 in action.

Ross will be getting in touch, but if you could help on the day please let him know.

Let's hope the pitches are playable this year!

THIS IS RUGBY.

Your secretaries have been sent **Core Values Resource Packs for Minis.** You probably won't have enough for all parents but give them out to new parents on your Registration Day (5th Sept?) so they understand the Codes of Practice we have in rugby, particularly on the touchline!

Attached find the **SRU Development Plan** without names and dates.

Areas up for discussion at the Management meeting will be Girls Rugby (Paul Lee has done a lot of work here)

Linking closely with Girls Rugby is Liaison with Schools, where the Emerging Schools Competition is getting more girls involved.

Finally Steve Russell has taken over Membership and has lots of ideas for getting people to 'buy in' to Suffolk rugby.

Well. That's my diary full for September!!