



Welcome to EHRFC Junior Section - Egham Knights

Parents Information Pack

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EK R.F.C subscription and
Registration forms

Please complete the attached forms
and sign and return to the relevant
coach with a cheque made payable to
Egham Knights R.F.C.



Welcome

Dear Parent,

Many thanks for bringing your child (ren) along to Egham Knights the junior section of EHRFC, and we hope it will prove an enjoyable experience over the coming season.

The Mini and junior section has been running at Egham for the past 9 years and this season we are looking forward to expanding the number of players and teams we have within the junior section.

Whilst the Rugby is focused on the children learning and having fun' it is critical we have your commitment and that you feel a part of the Club. To this end we are looking at a number of social functions, both for the children as well as the adults and the Social team will no doubt be in touch.

If you have any questions please contact any of the Coaching team or the Committee and we look forward to all of us having an enjoyable season.

Best regards

Steve Rankin

Chair - Egham Knights



What is Mini/Junior Rugby?

Mini-rugby is the form of rugby played by children under twelve. It is played according to a set of rules established by the RFU that will lead a child over time into full 15-a-side rugby as a thirteen year old equipped with the skills and knowledge to play the adult game successfully and safely.

Is Rugby too rough for children?

In the 6-8 year old group there is very little physical contact and no tackling, with the emphasis being on the running and passing skills that are the foundation of the game. At all levels of mini rugby the hand-off are strictly prohibited and qualified coaches supervising the sessions and games to ensure that our number one priority - safety - is achieved.

What do children learn?

- Sporting skills
- Better physical conditioning and good health habits.
- Control of emotions
- Development of self-confidence and assurance.
- Co-operation within a team
- Appropriate standards of behaviour.

Do girls play?

As the game is played with children of varying sizes and athletic ability there is a place in it for most children - boys and girls.



Parents Pack

The attached is an overview of the key information you will need as parents of children at Egham Knights

We are planning to run teams this year for children aged between 5 and 14 years of age ranging from U7s to U15s. This will of course be dependant on the number of children who join us and we are currently planning to run the following groups:

Tags	Under 9s and below	Non-contact Tag rugby
Midi	under 10s - 12s	Contact rugby
Junior	over 12s	Contact rugby



Information on Training and Matches

- Training start promptly at 1015 each Sunday morning and lasts for approximately 2 hours
- Please arrive at the Club by 1000 and ensure you sign in and sign out your child
- For away matches we will travel in convoy and meet at 0900 at the Clubhouse.
- Please support your child at matches, and if possible at training, as it acts as a real encouragement.
- All coaches are volunteers and so please give them you support
- At matches please be welcoming to opposing parents and children

Egham Knights RFC Key Contacts

If you have any questions or queries about the Training or the Club in general please do not hesitate to contact us on eghamknights@yahoo.co.uk or talk to any of coaching staff or committee as follows:

Coaching:

Paul Ollington - Coaching Co-Coordinator
Bill Mackie
Oisin

Other contacts:



Chair

Steve Rankin Mobile 0790 161 3955

Secretary & Membership

Claire Hickman Mobile 07980 174495

Treasurer

Dave Pearce Mobile 07880 503262

Full details are available on our website:

<http://www.eghamknights.co.uk/>



Equipment and Kit requirements

Please remember that Rugby is winter games so as a general rule please ensure you supply warm clothing for your children and don't forget warm clothing for yourself as it can get cold watching from the touchline.

Currently the Club supplies the match shirts but we do ask you to supply the following for your child some of which is available from the Club shop:

- Training shirt ⁽¹⁾
- Black shorts and socks ⁽²⁾
- Additional training top
- Mouth guard ⁽³⁾
- Tracksuit bottoms, which must be non zip
- Boots with metal studs ⁽⁴⁾

1. The Training shirt is mandatory at a cost of £15
2. We are building up supplies of kit for sale and full details available at the club. This will include some second equipment such as boots.
3. This is a mandatory requirement of the RFU and your child will not be allowed to play without one. These can be bought for as little as £3 but we suggest you pay a little more as this is an important part of your child's safety.
4. The boots can be Football or Rugby but must have studs, no blades. If unsure please check with the shop or our coaching staff

If you have any questions please ask.



Egham Knights Child Protection Policy

Egham Knights RFC has adopted the RFU's Child Protection Policy and has appointed a Child Protection Officer who is:

Elaine Pearce
Mobile 07800 954876

Email eghamknights@yahoo.co.uk

To support the policy we are in the process of, or have put in place, the following:

- A Code of Conduct
- CRB vetting of all coaches & volunteers
- All coaches to become qualified RFU coaches
- A Reporting procedure

Full details of the Child Protection Policy will soon be available on our website, however if you require a printed copy please contact Elaine or look at our notice board.



Codes of Conduct

Code of conduct for coaches

- Consider the well-being and safety of the children before the development of performance.
- Develop an appropriate working relationship with the children, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and experience of those taking part.
- Promote the positive aspects of the sport (e.g. fair play)
- Display consistently high standards of behaviour and appearance
- Follow all guidelines laid down by the national governing body and the club
- Hold the appropriate, valid qualifications and insurance cover
- Never exert undue influence over performers to obtain personal benefit
- Never condone rule violations, rough play or the use of prohibitive substances

Code of Conduct for the Children

- Participate for the fun of it, not just to please your parent or coach
- Play by the laws of the game
- Accept all the referee's decisions



- Control your temper - you and your team will benefit
- Keep trying - even when it seems hopeless
- Be a good sport
- Treat all players as you yourself would like to be treated
- Co-operate with your coach, referee, team mates and opponents
- Do not “over celebrate” after scoring
- Work equally hard for yourself and the team

Code of Conduct for the Parents

- Foster enthusiastic participation.
- Do not force an unwilling child to play.
- Children learn best by example. Always applaud good play by either team.
- Always encourage your child to play by the laws of the game.
- Encourage your child who has made a mistake during a game - never ridicule
- Never intimidate opposing team / spectators
- Use appropriate language not abusive or swearing
- Please keep off the pitch during matches
- Teach your child that honest effort is just as important as victory so defeat is less disappointing
- Encourage respect for coaches, referees and line judges. Do not publicly question their decisions or honesty
- Appreciate the value and importance of volunteers, coaches and referees. They give up their time and resources to provide Rugby for your child.
- Recognise that children play Rugby for their own fun. They are not there to entertain you, and they are not miniature internationals!



Membership Fees

For the 2009/10 Season the membership fee shall be as follows, which includes a light meal with all match's, a general admin fee, match shirt, windbreaker, rain coat (all kit will remain the property of the club and should be returned when you leave).

Fees:-

1st Child - total £65.00
2+ Children - total £100.00
Full Club Membership - £120.00

Volunteers

As with all Clubs and Societies the future success of our club will only be maintained by the valued help of the Volunteer. We are always keen to have more people help us with Social Events, Coaching, Sunday training etc etc. Upon becoming a member it is expected that you will do 2 Sunday sessions per season. Should you have any questions or want to become more involved then please contact our Volunteer Co-Coordinator Sue Nardoni 07944 025915.