

# Ryton Youth Rugby



## Induction Pack for New Players



# Ryton Youth Rugby

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## Induction pack for New Players

### Contents

Welcome to Our Club	3
Our Objectives	4
Training	5
Vital Information	6
Team Code of Good Practice	7
Parental Responsibilities	8
Parent or Guardian Consent Form	9
Membership form	10

### Appendices

Child Protection Procedures
Information Sheet



# Ryton Youth Rugby

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## Welcome to Our Club

Welcome to Ryton Youth Rugby and to Ryton RFC. We hope you will have a long, enjoyable and successful association with us.

In this pack, you will find information about the club and what our aims are, and all the forms you, as a junior member, and your parents will need. They are to be read, signed and given back to us. Having read the pack, if you or your parents have any questions do not hesitate to ask. We need you to understand fully your role and responsibilities to ensure the smooth running of Ryton Youth Rugby.

You should endeavour to attend all training sessions: even if you are injured, you can still learn from watching. Work hard on your own fitness — this can also be done in your spare time; if you need help ask one of the coaches. Over the season look to improve your own skills and your knowledge of the game. This can be achieved by asking the coaches, asking questions and watching rugby at every opportunity whether live or on TV.

Our parent club, Ryton RFC is supportive of Ryton Youth Rugby and puts the facilities we require at our disposal. Please give your full support to the senior sides.

I believe we have a great opportunity to develop talented players. We must try to show this in all we do on and off the pitch. If we work collectively as a team we will achieve our aims.

Let us work hard on and off the pitch so we have a great season together. However, remember the MOST important thing is to have FUN.

*Richard Ward*

Chairman  
Ryton Youth Rugby



# Ryton Youth Rugby

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## Our Objectives

1. To promote the sport of Rugby Union by actively involving as many players and helpers as possible and liaising closely with local schools and clubs.
2. To teach the skills of the game to beginners, and to help all players reach their full potential, while ensuring that this is done with maximum safety and security.
3. To maintain an integrated coaching structure which ensures that teams in every age group from U8 to U21 are coached and play games on a regular basis.
4. To foster ideals of fairness, honesty, responsibility and commitment through team membership.
5. To provide senior and former players with an opportunity to continue their involvement in the sport by passing on their skills to up and coming players.
6. To contribute to the ongoing success of Ryton Rugby Club by providing a source of skilful and motivated players for future senior teams.



# Ryton Youth Rugby

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## Training

Junior teams train Tuesday and Thursday evenings.

Sessions will start: 7.00pm

Mini teams train Sunday mornings (except match days).

Sessions will start: 10.00am

(Minis may also have occasional evening sessions under floodlights. Your coach will tell you if this has been arranged.)

Please aim to arrive in plenty of time for training so we can start promptly.

It is YOUR responsibility to arrive on time. If you need a lift, get in touch and we will see how we can help.

If you cannot make training please contact your coach to let them know. This is important because the planning that goes into a session is based on the players we **know** will turn up.

You will be informed (possibly by phone or email) by your coach about games and selection: if you have not heard, contact them. **If you become unavailable tell the coach as soon as possible.**

Make sure you have the appropriate clothing for training and playing. Bring a change of clothes, and remember it is better to have too many clothes than not enough (remember they will get dirty).

Items for training and matches:

- Boots
- Shorts
- Socks
- Tracksuit bottoms
- Sweatshirt / Training top
- Towel
- Gum shield (talk to your dentist about one)
- Clothes and shoes to change into afterwards
- A drink



# Ryton Youth Rugby

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## Vital Information

### The rugby season

The season runs from September until May each year. Pre-season training starts in August for juniors and September for minis.

### Match Days

Both Minis and Juniors play their games on a Sunday morning, KO is normally 11.00am.

Please make sure that you arrive on time both for Home and Away games. It is essential we look the part too; where possible, we will wear club tops before and after the game. We want people to see us as the club and team that we are.

### Kit

Your match shirt will be supplied. You will be able to get club shorts and socks at reasonable prices from the club shop. You may want to play in a scrumcap or with pads, if so talk to the coaches before hand to get some advice.

**NOTE: BOOTS MUST BE FITTED WITH RUGBY STUDS, not the soccer variety. If in doubt ask your coach for advice.**

### Fitness

Fitness is part of the club training, but it is also your responsibility to do fitness work at other times during the week. If you want more help, see your coach. We are looking to promote the game as the safe and fun sport it is. You have a responsibility for your own health and to look after yourself.

### Gum Shields

It has been recommended by the governing bodies of Rugby that all players wear a GUM SHIELD, the RFU, RFUW and we at Ryton Youth Rugby endorse this. Ask your dentist for more information.

### Annual Subscriptions

It is essential that your Annual Subscriptions to the club are paid promptly: this ensures you are insured to TRAIN and PLAY. Costs: £ 6.50

### Contact numbers and emails

#### Junior rugby:

Richard Ward:	0191 413 7607	07876 138275	richard.ward@rytonrfc.co.uk
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#### Mini rugby:

Paul Tyrie:	0191 413 3545	07813 106786	paul.tyrie@rytonrfc.co.uk
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#### Child Protection and School / Community Liaison:

Tom Knott:	01207 544716	07931 338275	tom.knott@rytonrfc.co.uk
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# Ryton Youth Rugby

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## Team Code of Good Practice

The aim of Ryton Youth Rugby is to promote healthy participation in sport. It is hoped that everyone will play to the best of their ability and that the teams are successful. However, it is more important to enjoy sport and play fairly.

### Team Members

- ☺ Compete for enjoyment.
- ☺ Do your best.
- ☺ Show team spirit and positive sporting behaviour.
- ☺ Play within the laws of the game.
- ☺ Respect opponents and the decisions of the officials.
- ☺ Treat others, as you would like them to treat you.

### Team Coaches and Team Managers

- ☺ Lead the players in competing fairly.
- ☺ Promote the sport for enjoyment, not just winning.
- ☺ Show respect for players and the decisions of the officials.
- ☺ Adhere to the laws of rugby.
- ☺ Treat others, as you would like them to treat you.

### Parents and spectators

- ☺ Promote participation in sport for fun.
- ☺ Teach positive sporting attitudes and the value of teamwork.
- ☺ Encourage fair play.
- ☺ Congratulate your children regardless of the result.
- ☺ Encourage and support all team members.
- ☺ Applaud good play by both teams.
- ☺ Treat others, as you would like them to treat you.



# Ryton Youth Rugby

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## Parental Responsibilities

Dear Parent or Guardian

Your child has the chance to continue to enjoy playing rugby at Ryton Youth Rugby, based at Ryton RFC. Please read this letter carefully so that you are aware of our activities and responsibilities of both players and their parents and guardians.

Training will take place at the times shown in the induction pack. You will be informed of any changes in times or days. Please ensure your child is at training in plenty of time for them to change.

The player's subscription for the season is £6.50 to Ryton Youth Rugby. This includes affiliation to the Rugby Football Union which provides insurance for training and playing. Some extra costs may be incurred during the season, such as contribution to away travel costs. Costs will be kept to a minimum. Items of club clothing will also be available to buy such as training tops, post match shirts and baseball caps.

The player will need to provide their own boots (with kite marked studs: these are aluminium; blades are OK), training kit, change of clothes and a towel and a gum shield. Other protective equipment such as scrumcaps, shoulder pads and shin pads can be purchased from many sports shops. Talk to the coaches if you want any advice. Please ensure they have plenty of warm clothing for training and games, it is always easier to take them off if you are too warm.

It is hoped that training will start and finish on time so that you will be able to pick them up promptly after training. If you have any problems then phone the relevant coach.

It would be grateful if you could return the Parental/Guardian Consent Form as soon as possible.

I have enclosed a Team Code of Good Practice and all members of the Ryton Youth Rugby and all their supporters are asked to adhere to it. The club is fully committed to the RFU and RFUW policy on Child Protection. The purpose of the policy is to ensure that everyone taking part — players, referees, coaches and spectators — is able to enjoy maximum benefit without fear of abuse of any kind. The 'Person In Charge' for the purposes of the policy is *Tom Knott*: if you have any concerns please contact him. Communications will be treated in the strictest confidence *and will be responded to*.

Finally, if you any questions regarding any aspects of what Ryton Youth Rugby is trying to achieve do not hesitate to contact me.

Yours faithfully

*Richard Ward*

Chairman Ryton Youth Rugby



# Ryton Youth Rugby

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## Parent or Guardian Consent Form

Name of Team Member: .....

Name of Parent or Guardian: .....

Home Phone Number: .....

Emergency Phone Number: .....  
(if different from above)

As a member of Ryton Youth Rugby your child will be involved in training and playing in competitions, both at home and away venues. Your child will be subject to the Team Code of Good Practice.

Please complete the following and sign and return it to a coach or the Chairman of Ryton Youth Rugby at your child's first training session. He or she will not be allowed to take part in training or competitions until the form is signed and returned. If you have any questions about anything, please do not hesitate to ask.

Consent:

I agree to my child taking part in the activities of Ryton Youth Rugby.

I consent to my child travelling by any form of public transport, coach or motor vehicle hired, driven by a Ryton Youth Rugby official or any other parent, to an event in which the team is participating.

I authorise the leader of the party, or any other Ryton Youth Rugby official accompanying the party who may be present, to consent to such medical treatment (including inoculations, blood transfusions or surgery) which in the opinion of a qualified medical practitioner may be necessary during any period of time when my child is with Ryton Youth Rugby and away from direct parental control and direction.

I have read the Parental Responsibilities Letter and I agree with the requirements set out in the letter. I have also read the Ryton Youth Rugby Team Code of Good Practice and I agree to abide by this and to ensure that my child understands and abides by the code.

Signed: .....

Date: .....

Relationship to Member: .....



# Ryton Youth Rugby

## Membership form

Name: ..... D.O.B. ....

Address: .....

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.....

Tel: ..... Mobile No: .....

E-mail: .....

Next of Kin: .....

Doctor: .....

Medical Information we need to know: .....

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School / College: .....

Work: .....

Preferred Playing Position:

A: ..... B: ..... C: .....

Squad:

Height: ..... Weight: .....

Shirt Size: ..... Shorts Size: .....

Shoe / Boot Size: .....

Membership Paid £ Yes / No

Treasurers Signature: .....

*No information we hold will be passed on to any other party apart from the Rugby Football Union by way of Player Registration.*