

Cranbrook R.F.C



# U11

UNDER ELEVENS

Welcome Pack



## Welcome to **U11** Rugby



I extend a very warm welcome to all the players, parents and coaches and I hope that you have fun whilst developing your rugby skills with us.

Firstly, huge congratulations to Hugo (Coaches Player of the year) , Lewis (Players Player of the Year) & Oscar (Most

Improved player of the year) on their awards, well deserved.

I am delighted to confirm that Gemma will continue as the team's administrator for next season.

Coaching wise we are fortunate to have back with us Darren, Jim and Mark this season. I think you would agree in comparing our coaching around the other teams we have a very good coaching set up.

This season sees a slight variation to the U10s rules of play.

We preach safe techniques in all our sessions and any player who displays a reckless attitude to safety will be removed from the session.

Last season was an interesting one for us and in the early part of the season, I felt we were still in Covid mode and slow to come to terms with the physicality of other teams. As we got into our stride, I felt that improved over the season, but we do need to work on not being so passive at the breakdown.

The end of the season saw the highlight of the season with our trip to the home of England Rugby, with an unforgettable day had for those lucky players that got to go onto the hallowed turf. For those who were unfortunate not to be able to play at Twickenham, we will get other opportunities as a squad and those players are very much in my thoughts.

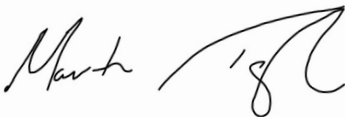
Socially we continue grow and this summer has seen us have a BBQ and organise a fun day at Bewl Water, more will follow, but please do have your say on social matters. This season sees us organise the CRFC Mini Tour (U8 -U11) and my thanks to those that have stepped forward to help.

This welcome pack should include all relevant information needed but please do not hesitate to speak to any of us about any aspect of the club.

May I wish all the players the best of luck and more importantly that they have fun in all rugby activity.

Strength & Honour

Regards

A handwritten signature in black ink, appearing to read 'Martin Taylor', followed by a large, stylized flourish that resembles a large '18' or a similar symbol.

Martin Taylor  
Head Coach

## Minis Mission Statement



The aim of CRFC's Mini rugby is to foster and develop young players (girls & boys) of all abilities in the game of rugby in a safe, non-competitive, enjoyable environment through activities which ensure progressive skill development.

Using the foundation of the RFU's Age Grade Rugby and the progressive development tools guided by Quilter Kids First program. We will ensure all of our coaches 'Are In' and are committed to developing young athletes into compassionate and respectful individuals and team members.

We will ensure each player demonstrates the highest standards of RFU's T.R.E.D.S (Teamwork, Respect, Enjoyment, Discipline, Sportsmanship) at all times on and off the pitch and external to the club grounds. Players will be acknowledged and rewarded for displaying these qualities.



## Membership

Membership enrollment is now conducted through the RFU Game Management System (GMS).

On line registration is the only method of registration.

Family membership includes both parents and all children within that family.

Annual Family Membership costs:

Early bird discount - £160 if paid prior to 30/09/22  
£175 if paid after 01/10/22

The club on receiving GMS confirmation of membership does allow for the payment of membership to be spread over the season.

Benefits:

- A family membership gives 12 months of sport (Rugby, Netball, Cricket etc) for roughly £3 per week
- RFU Insurance
- Membership discount at the Club bar
- Entries to various Festivals
- Opportunity to purchase Rugby International Tickets
- Club liaison with Harlequins RFC
- All Coaches' further development paid by the Club
- First Aid training paid by the Club
- And much more...

**PLEASE NOTE:** *We operate a try before you buy policy for the children. In practice this means that a child can come to three training sessions before they will be asked to become a member. A non-member will not be allowed to participate at festivals.*

## Cafe, Bar and Shop

The Café provide hot food & drinks and the licensed Bar opens from 9:30am on Sunday mornings.

The Shop located in the Clubhouse sells a limited amount of Cranbrook Rugby Kit for players of all ages, as the club moves to stock being held by the manufacturer Akuma and can be ordered online.

The shop is currently run by Mrs Forknall and Mrs Sellick (both volunteers) and is open most weekends from 09:15 to 10:00 and 12:00 to 12:30.

Visit the online shop at:

<http://akumashops.com/cranbrookrfc/shop/>  
(Password: cRfCr4n3s)

## What to bring and wear



Players are expected to wear CRFC kit to training, such as Club training top, shorts and socks or they can wear their playing shirt, club shorts and socks.

For festivals CRFC playing top, club shorts and club socks are expected.

**Wearing a Gum Shield is compulsory for all training sessions and festivals.** Some spares are kept in the kit bag for use on a first come first serve basis.

Studded boots and or astro trainers are to be worn dependent on the conditions.

Please bear in mind the weather conditions on the day and come suitably prepared, ie Waterproof

Food and snacks are recommended at festivals as the selection at festivals range from burgers to hot dogs!

Wear a smile whatever the weather and be prepared to get muddy!



## U11 Rules of Play

The key elements of the Under 11s Rules of Play include CONTACT and are:

- Team numbers: 7, 8 or 9-a-side
- Maximum pitch size: 60 metres x 43 metres
- Ball Size: 4
- Continuation of uncontested scrum
- Nearest 3 players in Scrum plus a designated Scrum Half
- 3 player contest for the ball
- Introduction of ball carrier plus 2 and tackler plus 2
- Introduction of tactical kicking and kicking restart



## U11 Training



Training for U11 boys and girls is held on Sundays through September to May and starts promptly at 9.45am and finishes around 11:30am.

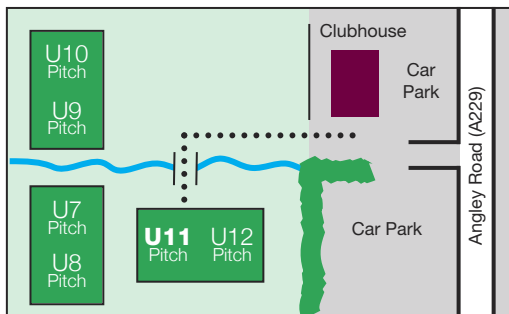
Training days are identified on the diary and will be regularly updated as the season progresses.

If inclement weather requires a cancellation of training during the season our method of communication will be via **WhatsApp**. Please ensure that you provide your details to the head coach asap if not already done so.

Sessions will be interactive and fun throughout the season.

We are always looking for volunteers to help out at training sessions so be prepared to get active!

## U11 Pitch location





## U11 Festivals

We have a provisional calendar of some Festival dates which is subject to change. We will notify the Squad regularly of forthcoming Festival dates, locations and specific Festival timings etc. All festivals will be communicated by Gemma in advance. It's important that you identify availability asap as we have to enter team numbers and pay the relevant fee per team.

Travel is an essential component of festivals. Please advise me if you are having problems attending due to travel issues. The normal entry fee / cost of parking at festivals is £5 per car.

Players will be required to a) be a member of CRFC b) registered by the RFU c) be within the appropriate age range and d) wear club kit.

You represent the club at festivals and appropriate behavior is expected at all times.

The host of the festival normally have refreshments available on the day, however it's wise to bring additional snacks and hydration.

Kit such as tents, balls, bibs and first aid are brought to the festival by the coach(s).

The coaches endeavor to ensure all players get fair playing time. Players normally get either a medal or certificate for their participation.



Festivals are key to individual player development and team bonding. Training sessions will be designed around the squads strengths and weakness of festival performance.

**U11** Training / Festival Diary

<b>SEPT 2022</b>	4	Return to Rugby	H
	11	Club Training	H
	18	Pitch Up for Rugby (Bring a Friend)	H
	25	Club Training	H
<b>OCT</b>	2	MEDWAY FESTIVAL	A
	9	Joint Training CANTERBURY	A
	16	Club Training	H
	23	Joint Training MAIDSTONE TBC	H
	30	Club Training	H
<b>NOV</b>	6	CANTERBURY FESTIVAL TBC	A
	13	Club Training	H
	20	SIDCUP FESTIVAL	A
	27	Joint Training HASTINGS TBC	H
<b>DEC</b>	4	Club Training	H
	11	Joint Training MAIDSTONE TBC	A
	18	Club Training / Christmas Party	H
<b>JAN 2023</b>	8	Club Training	H
	15	Club Training	H
	22	Club Training	H
	29	Joint Training TJs	A
<b>FEB</b>	5	Joint Training HEATHFIELD TBC	H
	12	Joint Training DARTFORDIANS	H
	19	Club Training	H
	26	Joint Training MEDWAY	A
<b>MAR</b>	5	Joint Training DARTFORDIANS	A
	12	Joint Training CANTERBURY	H
	19	Club Training	H
	26	KENT MINIS FESTIVAL	A
<b>APR</b>	2	Club Training	H
	9	Joint Training TBC	H
	16	Joint Training TBC	H
	23	Away fixture TBC	A
	30	TBC	H
<b>MAY</b>	1	Fergy Shield / Fun Day	H

*Please note this diary is subject to change.*

## U11 Coaches

U10s are lucky to have four coaches. Two principle coaches: Martin Taylor (Head Coach) and Darren Wilson with support from Jim Edwards and Mark Howell.



### **Martin Taylor** (Head Coach)

Martin is responsible for running all aspects of the U11 squad.

He has a wealth of experience of coaching various sports but specific to rugby he has undertaken the following courses:

- Headcase - Concussion Awareness for Coaches.
- Play it Safe.
- Rugby Ready.
- Quilter Kids First Rugby - Working with Children.
- Quilter Kids First Rugby U7, U8, U9 and U10.
- Quilter Kids First Refereeing Children.
- CARDS.
- England Rugby Coaching Award.
- Emergency First Aid in Rugby - e learning.
- Gamechangers masterclass Breakdown Skills - e learning.
- Inside 7.
- Kids First Contact.
- Principles of Lineout & Scrummaging.
- England Rugby Mentoring Award.
- England Rugby Referee Award.

Having played rugby and football at school, he was spotted as a Goalkeeper by Gillingham FC , however injury forced him into taking up refereeing. He did this for a number of years to the level of semi pro. He also obtained the role of FA Tutor Licensed Referee Instructor for the National FA.

Following the birth of his son, he instigated the revival of the mini's section at West Norfolk RFC for players between 3 - 6. Following a move to Kent, he joined Cranbrook RFC as Head coach of the U7-U10s. Complimenting his coaching skills, he obtained England Rugby Referee Award this summer and has become a member of UK Coaching.

Martins philosophy is that whilst rugby is a rough sport inclusion for all, having fun and coaching a player to their full potential are key to each and every coaching session.

## U11 Coaches



### **Darren Wilson**

Darren played rugby at school in Maidstone and is an enthusiastic supporter of the benefits that Rugby offers to young players.

He has coached U7s, U8s, U9s and U10s with his own twin sons Charles and Henry in the squads.

Darren has the following England RFU Coach Training Qualifications, with more planned this season:-

- Headcase - Concussion Awareness for Coaches.
- Introduction to Safeguarding.
- Play It Safe.
- Rugby Ready.
- First Aid for Rugby.
- Level 2 Fitness Instructor.
- Quilter Kids First Rugby U7.
- Quilter Kids First Rugby U8.
- Quilter Kids First Rugby U9.
- Quilter Kids First Rugby U10.
- Quilter Kids First Rugby Refereeing.
- Kids First Contact.
- Principles of Scrummaging.
- TackleSafe 2021/22.
- Inside 7s.
- Game Changers Masterclass: Breakdown

Darren is keen to promote T.R.E.D.S (Teamwork, Respect, Enjoyment, Discipline, Sportsmanship) at all times on and off the pitch to all squad members, parents and spectators and make Rugby a highly valued part of their lives.

## U11 Coaches

Our Training Sessions have also benefited from the help of additional Coaches, who have been DBS checked and completed the England RFU HEADCASE Concussion Awareness Training including:-



### **Jim Edwards**

Like most coaches involved with Minis Rugby, our involvement is through one of the players. For me it's my grandson Jimmy, who has been made very welcome by a great bunch of guys. For me, it's as much fun as when I coached my son!



### **Mark Howell**

Mark played age grade rugby for Swansea RFC before becoming a part of various Wales Schoolboy squads. He signed for Worcester Warriors in 2000 spending three years at the club playing professionally before embarking on a career in the Metropolitan Police Service, where he captained the MPS 1st XV for several seasons and represented the British Police Rugby section. Mark works on the Saracens Academy pathway and is a Level 3 Rugby Coach. He is currently the Director of Sport and Head of Rugby at Sutton Valence School.

If you would like to discuss anything or have any concerns, suggestions and ideas, the coaching team will be available for a chat after training. (We can usually be found in the bar!)

## **U11** Safety & Welfare

The club treats welfare of the players as a paramount priority. All coaches have been DBS checked and completed the England RFU HEADCASE Concussion Awareness Training. Martin and Darren have also completed Rugby Ready and Play It Safe safeguarding courses and hold First Aid accreditation.

Coaches will reserve the right to remove players that they feel are unfit to play.

The club's appointed Child Welfare Officer is Michelle Forknall, who is also Chair of Cranbrook Sports Club.

## **U11** First Aid

Martin and Darren both have a rugby specific first aid qualification.

We are also pleased to have parents Jena Scott and Polly Wise who hold a first aid qualification for rugby. We are also pleased to advise that Charlotte Clift has volunteered this summer to provide her first aid skills to squad for the forthcoming season.

First Aiders are identified by green bibs and can be easily spotted around the pitches. The first aid kit is all contained in a rucksack that will be pitchside at all training sessions and festivals. First Aiders are not allowed to administer pharmaceutical medication.

If a player has a specific medical condition then please discuss with the coaches the appropriate medical treatment protocol.

Festival first aid is provided by the host, with organisations such as St Johns available on the day.

The club's lead on first aid is Ruth Davies.

## U11 Contact Info

Martin Taylor - Head Coach  
07730 476880 • Fmcc16@aol.com

Darren Wilson - Coach  
07710 558544 • darren@roguegene.com

Gemma Haywood - Team Manager  
gemma.pateman@hotmail.co.uk

David Sharp - Minis Chair  
07773 399334 • davessharp12@yahoo.co.uk

## U11 Communication

The **U11s** will utilise WhatsApp as a communication tool between the club and parents/ guardians.

PLEASE ensure your contact details are provided.

## U11 Volunteers



We are always looking for extra help with Coaching, First Aid, Car Parking Attendants, Cafe / Bar / Shop staff and so much more.

Please get in touch if you would like to help out.

## U11 Sponsorship

There are a full range of sponsorship options to suit all budgets. Cranbrook Rugby Club is at the heart of the local community, but could not provide the facilities and sporting opportunities without the help and support of our sponsors. Get in touch to find out more.



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Cranbrook R.F.C



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