

Cranbrook R.F.C



U12

U N D E R T W E L V E S

welcome Pack

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Welcome to **U12** Rugby

I hope everyone had a good summer and I extend a warm welcome to players who we have not seen over the summer at our midweek training sessions.

We don't see to many rules changes this year with tackle height and player safety being the main RFU focus. Our main aim will be our approach to competitive fixtures through the Waterfall League.

We held our annual away day this summer at 'Inca Island' at the Ridge Golf Club. A fantastic (and competitive!) day of golf and pizza was enjoyed by all. Congratulations to Charles for winning 'The Spirit of Rugby' medal. He demonstrated leadership and putting others before himself.



I am extremely grateful and fortunate to have such supportive parents and once again I am delighted to have the following people supporting the players in their rugby journey:

Gemma – Admin, **Darren, Jim & Mark** - Coaching Team, **Charlotte, Jena & Polly** – 1st Aiders and **Dan** – DBS.

This booklet has been designed to provide all FAQs that new players and parents may have, but a useful handbook for everyone.

I look forward to seeing what level we are in comparison to other clubs and our focus regardless of results will be TREDs and their application.

Regards

A handwritten signature in black ink, appearing to read 'Martin Taylor', followed by a large, stylized flourish.

Martin Taylor
Head Coach

Club Policy



Welcome to Cranbrook Rugby Football Club. Involvement in rugby union can be a powerful and positive influence whether it is playing or in a supporting role and playing/participating in rugby or any sport from

a young age can provide the foundation for a lifetimes enjoyment.

Young people are the future of Cranbrook Rugby Football Club (CRFC). All players who participate in rugby at Cranbrook must do so in a safe and enjoyable environment. CRFC places the highest priority on the safety and enjoyment of all players and recognises that it has a duty of care towards young people within the sport of rugby.

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 - £185 if paid prior to 30/09/23
£200 if paid after 01/10/23

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 less than £4 per week
- RFU Insurance
- Membership discount at the Club bar
- Entries to various Festivals/Fixtures/Leagues
- 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 Players. In practice this means that a Player can come to three training sessions before they will be asked to become a member. A non-member will not be allowed to participate in fixtures.*

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.

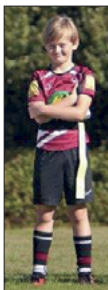
The shop is currently run by Mrs Forknall and is open most weekends from 09:15 to 10:00 and 12:00 to 12:30.

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 or suitable rugby training kit. For all fixtures, players must wear CRFC playing top (with Inca Island as Sponsor on front of shirt), club shorts and club socks.



Wearing a Gum Shield is compulsory for all training sessions and fixtures. 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.

Match Teas

Match Teas will kindly be provided after HOME fixtures for the Players. We will need to know numbers before each match so this can be organised. The club is keen for Players to wear the CRFC button up shirt and tie (available from the Club Shop / or online shop).

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

Drinks, food and snacks are recommended for all training sessions and fixtures.

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



U12 Rules of Play

The key elements of the Under 12s Rules of Play include CONTACT and are:

- Team numbers: 11 or 12 a-side
- Maximum pitch size: 60 metres x 43 metres
- Ball Size: 4
- Up to 40 minutes playing time
- Continuation of the contested strike
- Nearest 5 players in scrum plus a designated Scrum Half
- No limit on numbers contesting for the ball including in the maul and ruck
- Introduction of the hand off – below the armpits



U12 Training



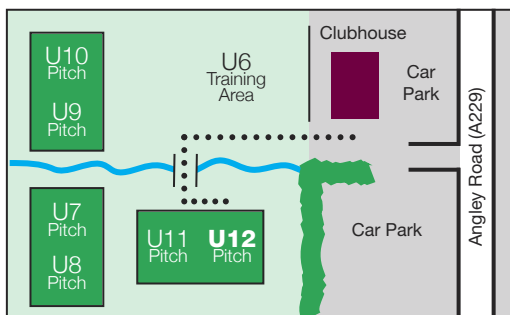
Training for U12 boys and girls is held on Sundays through September to May and starts promptly at 9.45am and finishes around 11:30am.

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!

U12 Pitch location



U12 Fixtures & Waterfall League

A numbers of friendly fixtures have been included in the diary to encourage competitive play and put training skills into practice.

Our main focus is the Kent RFU Waterfall League including home and away fixtures.

Kent RFU will group Clubs and each team will play their opposition once. Match details to be provided.

Squad size will be 18 Registered Players (12 on field plus 6 substitutes). Players will be selected on the following:-

- Attendance to Training Sessions
- Display of TREDs
- Availability

The Competition will consist of 2 league rounds and is designed to promote competitive games between closely matched teams:

Round 1- In each group teams will play each team from the same group once.

Round 2 – The groups will be restarted with the top 2 teams in each group going to a league up and the bottom 2 going to the league below.

Points in Rounds 1 & 2

The winning team in each match will receive 4 points.

Both teams will be awarded 2 points for a draw.

The losing team will be awarded 1 point and a further 1 point if the losing margin is 10 points or fewer.

One bonus point will be awarded to a team scoring 4 tries or more.

U12 Training / Fixtures Diary

SEPT 2023	3	Training	H
	10	Training	H
	17	Training	H
	24	Training	H
OCT	1	Kent Waterfall 1 R1	TBA
	8	ASHFORD	H
	15	Training	H
	22	Kent Waterfall 2 R1	TBA
	29	Training	H
NOV	5	TUNBRIDGE WELLS	A
	12	Training	H
	19	Training	H
	26	CANTERBURY	H
DEC	3	Training	H
	10	Kent Waterfall 3 R1	TBA
	17	Training	H
JAN 2024	7	Kent Waterfall 1 R2	TBA
	14	Training	H
	21	ASHFORD	A
	28	Training	H
FEB	4	Kent Waterfall 2 R2	TBA
	11	Training	H
	18	CANTERBURY	A
	25	Training	H
MAR	3	Training	H
	10	Training	H
	17	MAIDSTONE	H
	24	Kent Waterfall 3 R2	TBA
APR	7	Training	H
	14	Tour	A
	21	Training	H
	28	Training / TJ'S TBC	H
MAY	5	Training	H

Waterfall fixture details TBA by Kent RFU. Please note this diary is subject to change.

U12 Coaches

U12s 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 U12 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 has been the Head Coach at Cranbrook RFC since the U7s.

Martin's 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.

U12 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, U10s and U11s 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, U8, U9 and U10.
- Quilter Kids First Rugby Refereeing.
- Kids First Contact.
- Principles of Scrummaging.
- TackleSafe 2021/22.
- Inside 7s.
- Game Changers Masterclass: Breakdown

During the off season, Darren has been involved with the midweek training sessions and in between work, spending time with his family. He is looking at completing the England Rugby Coaching Award this Season.

Like all the Coaching Team, 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.

U12 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

Jim has been instrumental in supporting the squad over the last few seasons with his knowledge and experience.

Jim can always be heard in coaching sessions encouraging the players in the use of communication.



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.

Mark's wealth of experience has really shone through in coaching sessions with the players over the past couple of seasons. We've never seen so many players mesmerised by the Welsh accent!

We are extremely fortunate to have such an enthusiastic, knowledgeable and player focused coaching team.

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. (Usually in the bar!)

U12 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.

U12 First Aid

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

We are pleased to have parents Charlotte Clift, Jena Scott and Polly Wise as First Aiders to the players.

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.

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



U12 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

Steen Mickelborg - Juniors Chair
07860 690 252 • crfc.steen@gmail.com

U12 Communication

The **U12s** will utilise WhatsApp as a communication tool between the club and parents/ guardians.

PLEASE ensure your contact details are provided.

U12 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 chip in.

U12 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.



This Welcome Pack has been sponsored by Kent Tilers.
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Cranbrook R.F.C



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