



Cranbrook R.F.C



U10

UNDER TENS

Welcome Pack

Covid 19 impact

We hope everyone has been safe and well during this pandemic. We have strictly followed Government Guidelines throughout and will continue to do so.

Due to Covid 19 we extended our season into the summer and therefore the break between the off season is much shorter than normal. The reason for doing that was to develop the players ability to be ready for contact. Last season marked the transition from tag to contact rugby and we concentrated on safe technique to avoid injury.

Covid19 has had a massive impact on rugby and at the time of writing lockdown restrictions have been released. However, rugby is taking a cautious approach to return and therefore we will remain as U9's until Christmas. Post-Christmas we will train as U10's where scrummage, rucks and mauls become part of the players skill set.

I request that parents remind the player(s) that poor behavior in relation to safety will not be tolerated and I will exclude any player who displays a reckless attitude to their or others safety.

Last season we were only permitted to training at our home ground. However, as this season develops a few Festivals are planned. We intend to take a cautious and safe approach to competitive Rugby, but look forward to seeing our squad put all the training into practice.

Welcome to **U10** Rugby



Firstly, I'd like to welcome back our existing squad and extend a warm welcome all new players. We hope that you have fun and enjoy developing your Rugby skills.

I am delighted that Darren and Gemma will be supporting me once again and they continue to be invaluable members of the team. Last year Jim, Dan and Will joined our coaching ranks and I very much look forward to having their coaching skills available to the players over this coming season.

Both myself and Darren have undertaken further RFU training courses to improve us as coaches and we look forward to bringing those techniques to our training sessions.

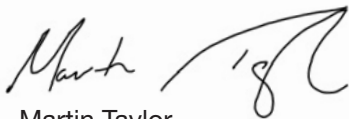
The Minis section continues to display growth and is a key part of the club philosophy to an integrated seamless pathway to the first team. We continue to push forward with the minis chair to improve aspects of the club for mini players.

This welcome pack should include all relevant information needed but please do not hesitate to speak to me, Darren or Gemma 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 our rugby activities.

Strength & Honour

Regards



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 forms will be sent out very soon so they are ready for the start of the season (early bird discount will apply for members signing up before Oct 2021).

Family membership can and will include both parents and all children (under the age of 18) is £160.

The facility for a single child to sign up is not applicable before U17/18's (students and most likely only to play for part of the season due to schools rugby and commitments).

Club or Social membership are available for adults (see membership form).

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.



Proposed CRFC Clubhouse

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 variety of Cranbrook Rugby Kit for players of all ages.

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

There is also an online shop at:

<http://akumashops.com/cranbrookrfc/shop/>

(Password: cRfCr4n3s)

What to bring and wear



Players are expected to wear CRFC Kit consisting of Maroon rugby shirt, black shorts and black socks for Training and Festivals, which can be purchased at the Club Shop or online.

Bring additional clothes suitable for the weather conditions on the day and snacks and water as we have regular breaks through the training session.

Wear boots with IRB approved studs in good condition, no single stud to the toe and no rough edges or abrasions.

Gumshield/Mouthguard **must be used**.

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

U10 Rules of Play

The key elements of the Under 10s Rules of Play include CONTACT and are:

- Team numbers: 8-a-side
- Maximum pitch size: 60 metres x 35 metres
- Ball Size: 4
- Introduction of uncontested scrum
- Nearest 3 players in Scrum plus a designated Scrum Half
- Contest for the ball (1 player v 1 player)
- Introduction of Maul
- Introduction of Ruck.



U10 Training



Training for U10 boys and girls is held on Sundays through September to May and starts promptly at 10am and finishes around 11:30am.

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

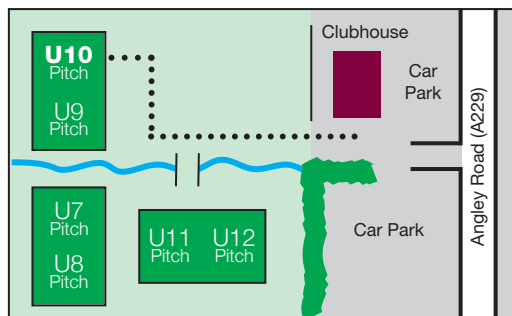
If inclement weather requires a cancellation of training during the season our method of communication will be via **WhatsApp**.

Please ensure that you provide your details asap.

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!

U10 Pitch location



U10 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 Festival details will be emailed out in advance by Gemma.

This year teams will consist of eight players on a bigger pitch with more contact elements.

Travel is an essential component of festivals. Please advise me if you are having problems attending due to travel issues. The normal cost of parking at a festival 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.

U10 Training / Festival Diary

SEP 2021	5		Training	H
	12		Training	H
	19		Training	H
	26		Training	H
OCT	3	MEDWAY FESTIVAL	Festival	A
	10		Training	H
	17		Training	H
	24		Training	H
	31		Training	H
NOV	7	AYLESFORD FESTIVAL	Festival	A
	14		Training	H
	21	Joint Training MAIDSTONE	Training	A
	28	Joint Training SEVENOAKS	Training	A
DEC	5		Training	H
	12		Training	H
	19		Training	H
	26		Training	H
JAN 2022	2		Training	H
	9		Training	H
	16	Joint Training ASHFORD	Training	H
	23		Training	H
	30		Training	H
FEB	6	Joint Training AYLESFORD	Training	A
	13		Training	H
	20		Training	H
	27	Joint Training ASHFORD	Training	A
MAR	6	OLD COLFEIANS FESTIVAL	Festival	A
	13		Training	H
	20		Training	H
	27		Training	H
APR	3	WESTCOMBE PARK FESTIVAL	Festival	A
	10	Joint Training MAIDSTONE	Training	H
	17		Training	H
	24		Training	H
MAY	1		Training	H

Please note this diary is subject to change.

U10 Coaches

U10s are lucky to have five coaches. Two principle coaches: Martin Taylor (Head Coach) and Darren Wilson with support from Jim Edwards, Will Luckhurst and Dan King.



Martin Taylor (Head Coach)

Martin is responsible for all aspects of the U10 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
- England Rugby Mentoring 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's, U8's and U9's.

He achieved this summer the England Rugby Coaching award and continues to attend training courses from the RFU to improve his skills as a coach.

U10 Coaches



Darren Wilson

Darren played rugby at school in Maidstone and is a qualified Fitness Instructor.

He has coached U7s, U8s and U9s 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.
- Play It Safe.
- Rugby Ready.
- Quilter Kids First Rugby U7.
- Quilter Kids First Rugby U8.
- First Aid for Rugby.
- Quilter Kids First Rugby U9.
- Quilter Kids First Rugby U10.
- Quilter Kids First Rugby Refereeing.
- Kids First Contact.

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.

U10 Coaches

Our Training Sessions have also benefited from the help of additional Coaches, who have all 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!



Will Luckhurst

I have played at Cranbrook since I was 13 and am now currently playing in the Mens Team. I am coaching just to try and give a little bit back to the club that has given so much to me.



Dan King

I came to the game relatively late after leaving University. It gave so much to me that I really wanted to introduce my two boys to the game. After watching a few sessions from the sidelines last season, I was keen to help out where I could. I have really enjoyed helping to introduce the skills and strategy of the game to the squad.

If you would like to discuss anything or have any concerns, suggestions and ideas, Coaches are available for a chat after each training session in the club house.

U10 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 clubs appointed Child Welfare Officer is Michelle Forknall, who is also Chair of Cranbrook Sports Club.

U10 First Aid

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

We are also pleased to have parents Jena Scott and Catherine Morris who hold a first aid qualification for rugby.

First Aiders are identified by green bibs and can be easily spotted around the pitches. The first aid kit is located in the club training kit bag. First Aiders are not allowed to administer pharmaceutical medication.

If a player has a specific medical conditions 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 clubs lead on first aid is Ruth Davies.

U10 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

U10 Communication

The **U10s** will utilise WhatsApp as a communication tool between the club and parents/ guardians.

PLEASE ensure your contact details are provided.

U10 Volunteers

We are always looking for extra help from Coaching, First Aid, Car Parking Attendants, Cafe/Bar/Shop Staff to so much more.

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





Cranbrook R.F.C



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