

HRFC Junior Section Team Policies

Club Subscriptions

Please pay these in full & on time.

Attendance

Aim to attend every home training session, fixtures & Festivals as well as all away fixtures and Festivals. Please inform your age group Coach by telephone, email or Teamer in advance if you cannot attend the next event. Where your age group uses Teamer or Facebook to organise Club activities, please subscribe and use them.

Punctuality

Please arrive at least 15 minutes before the scheduled time for an event or activity. This will allow a number of things to happen smoothly:-

- Register your attendance
- Help set up the pitches & equipment
- Warm up properly
- Discuss any injury concerns with the Coach
- The Coach can make team selections & register these with event organisers & officials

Personal clothing & equipment

Players are responsible for their own personal clothing & equipment. Please bring the following items to every event (and take them home again).

- Boots with studs
- Fitted gumshield
- Water bottle & food
- Protective clothing for cold & wet weather
- Additional warm clothing in the winter months

Personal discipline & conduct

Please think about your behaviour when you are attending Club activities and when you are representing the Club.

- Listen to the Coaches & focus upon what they say
- Don't talk when the Coaches are talking
- Accept any feedback from the Coaches in good grace & without back chat
- Your language must always be appropriate & socially acceptable
- The following behaviour is *unacceptable & will not be tolerated*:-
 - *Name calling*
 - *Unwelcome remarks, jokes, innuendo or taunting*
 - *Bullying*

- *Written, or verbal abuse*
- *Physical assault such as spitting, punching, hitting or kicking*
- Do not leave litter behind

Integrity

- Do not cheat in exercises, practice games, matches or Festivals
- Do not permit or encourage indiscipline in others
- Respect the laws of the game
- Respect the coaches rules for the activity

Positive Attitude

- Please have a welcoming smile for fellow players, coaches, parents, friends & family
- Have self belief – keep your “head up” on the pitch no matter what happens
- Communicate – talk to fellow players during training & matches
- Never give a fellow player a hard time for making a mistake
- If a fellow player makes a mistake – encourage them & suggest a positive way they could improve
- Encourage & motivate your fellow players at all times
- Find something positive in every situation & phase of play

Friendship

We play rugby first & foremost to have fun, make friends & enjoy the game. When a new player arrives at the club, we assign them a “Buddy” (perhaps a school friend). Everyone shakes hands with the new player and quickly learns their name.

The coaches promise to welcome new players and help them build friendships. The coaches will also look out for anyone feeling lonely or not fully involved. They coaches will put them at the centre of the activity.