

Welcome to Minchinhampton Rugby Club (MRFC)

‘Probably the best rugby club in the world’

MRFC is a thriving diverse, grass roots rugby club welcoming people of all ages and abilities to come and play rugby or simply enjoy being part of the club.

This welcome pack provides you with the following information:

- Introduction to your club
- The core values of your club
- Membership Fees and How to use the GMS website
- MRFC kit
- Playing rugby and playing it safely
- Communication is a two-way street
- Rugby sections; The Executive, Seniors, Touch and Minis and Juniors (MnJ)
- Meet our Sponsors
- Booking the Clubhouse
- Raising money for your club
- Useful contacts and numbers
- We’d love to hear from you form
- Code of conduct

Introduction to your club

MRFC has been established for nearly 40 years and started as a club with no home. Our team rented and borrowed club houses for many years and we often played on Minchinhampton Common and at various local schools.

In 2011 the club identified the land on which our current club and pitches are located. Buying the land, converting it from sheep grazing land to rugby pitches and finally building the clubhouse has been an extraordinary team effort. Those of us who remember playing on the common and making tea and coffee and bacon rolls from a shipping container before the club house was built, still marvel at all that has been achieved.

We have recently built a second set of changing rooms, referee's room and created a space that can be used for meetings, coaching sessions and team talks. And as you read this, we know that the outside space we have at Hollybush is already under pressure from our growing membership. So please know that The Executive Committee are looking to the future and where we can get more land to accommodate more teams playing and training. We are one of the few clubs in the region that is growing at the rate we are – which is fabulous but brings its challenges!

MRFC is a volunteer run club – so everyone who you meet serving behind the bar, training and coaching players and making several hundred bacon rolls on a Sunday morning are all volunteers. As a member of this club, you are automatically a volunteer!

Senior Rugby

Men's Rugby

We currently have nearly 100 players in our men's senior section from which we field our First XV and our Second team – lovingly known as The Rams. We sometimes field a third team known as The Tups.

Play: Most Saturdays during the season (September – May) both home and away. Fixtures are on the MRFC website

Train: Tuesday evening from 6.30 – 8.00pm at Hollybush – all year round

Women's Rugby

This is an exciting new section for MRFC and very much a section we wish to grow. If you fancy playing rugby whether you've played before or not, do come along for training and give it a go. Having a women's section also provides a clear rugby path for the girls playing rugby in our MnJ section.

Play: It is anticipated that Women's matches will be scheduled for either Saturday or Sunday depending on player and team availability

Train: Thursday evening from 7.00 – 8.15 at Hollybush – all year round

Touch Rugby

This is an expanding section of the club and we play both refereed and unrefereed Touch. Touch brings together all sections of the club and enhances fitness and ball handling skills and offers a really social evening for players.

We also have a junior touch team within our Minis and Juniors section which provides a useful alternative for young players who feel contact rugby is not for them.

Play: Thursday evenings 6.30 – 8.00pm at Wycliffe School during the season and Hollybush in the off season.

Minis and Juniors Rugby (MnJ)

We have over 400 players in this section from Under 6's to Colts (Under 17 and 18). Each age group has their own team manager and coaches who stay with their age group as they move up through the club. All coaches and team managers are parents who volunteer their time to ensure the smooth running of this thriving section of our club.

We run mixed gender teams up to and including Under 11 (Year 6), Junior Touch from U9 – U15 and girl only teams from U12. This ensures players have as much choice as possible and can move from contact rugby into touch and if they wish back again to contact. Girls can stay with mixed contact rugby until they are 11 and then move to a girls only team or move to Touch.

Mixed:

Play/Train: Sundays	U6 - U8	10.00 – 11.00
	U9 - U11	09.30 – 11.00
	Jnr Touch	11.15 – 12.45

Boys:

Play/Train: Sundays	U12 – U16	11.15 – 12.45
	Colts	13.00 – 14.30

Train: Varying nights in the week dependant on age group. Please check with the team manager.

Girls:

Play/Train: Sundays	U11/U12	11.15 – 12.30
	U14	13.00 – 14.30
	U16	13.00 – 14.30
	U18	13.00 – 14.30

Vision and Core Values for MRFC

MRFC Vision

MRFC is a family club, built by its members for its members offering rugby for all ages and abilities.

The following values were developed for the club and represent all that is important to us. You will see these values demonstrated through our coaching approach and in the day to day running of our club. For each value we have created a set of behaviours (both positive and negative) to enable all of our members to understand how these values are lived within the club. These can be found on our website and on the walls of our clubhouse. We use these values to guide all of our decisions and actions.

The core values of our club are:

Welcoming

We are a community club that welcomes all players and their families offering camaraderie, harmony and inclusivity

Enjoyment

We focus on players having fun and enjoying their rugby, whilst always striving to be better

Respect

We show respect and consideration at all times to all members of the club and visiting teams

Integrity

We operate with integrity through being open, honest and transparent in all decisions and communications

Caring

We care about the welfare and safety of all players and ensure we offer rugby for all

Sustainable

We are realistic and cautious in the development and running of the club, ensuring it is sustainable for generations to come

Quirky

We recognise and embrace the unconventional and offbeat ideas contributed by our members which make MRFC just a little bit different.

Membership Fees and How to use the GMS website

Registration and fees are all administered via the RFU's Game Management System (GMS) website:

<https://gms.rfu.com/GMS/Dashboard/Organisation/2542>

(You can click on this link, or use your phone's camera to scan the green QR code on the right)



The club offers all new players three weeks free trial before committing to join MRFC. It's really important to us that all players feel like they want to be part of their age group team and the club and like the way they are coached.

To join us just let your Team Manager/Captain or Coach know and they will help you to register using GMS.

Until you register with GMS and membership fees are paid you cannot play in any matches – this is an RFU requirement and is to ensure you are protected by RFU regulations and policies.

All personal data adheres to GDPR requirements and is solely used for the club and administration.

Membership Fees for 2023-24 Season

Senior Membership: £162 for the year. Half price for students or unemployed.

Touch Membership: £9.00 per month or £3.00 per session, Students £1.00 per session

MnJ Membership: £90

MnJ Sibling Membership: £70

As a club we operate a support fund policy to help those less able to afford membership. Details are available from the Membership Secretary or any member of your relevant Committee. All enquiries will be dealt with confidentially.

If you experience any problems registering on GMS please let us know (do not struggle alone!) and we will work with you to get you registered. The best man for this job is Ian Collier our GMS expert! Please email him on info@minchrugby.com

MRFC Kit and Personal Protection

All MRFC kit is supplied through the club's shop which is on site at Hollybush. We stock most sizes of shirts, shorts and socks together with warm/dry outer layers.

The club colours are:

Green/white/black hooped tops
Black shorts
Hooped socks.

The club policy is that mini players (U6-U9) wear a long-sleeved traditional style playing shirt. These allow for base and mid layers to be worn under the shirt when the weather is cold. It is really important the mini players remain warm - it is easy to remove layers when they get hot – it's very hard to warm them up once they've got cold! For those of you new to Hollybush, it is a well-known fact it is much colder than the town due to the wind chill factor.

Tight fitting stretchy shirts are worn from U9 onwards – once contact rugby has started.

Head guards are not mandatory but are strongly recommended especially given all the recent awareness regarding head injuries.

We do not sell mid or base layers at the shop and recommend that if you purchase these you buy white not black as black can conceal a blood injury.

Any outer layers worn over the club shirt during play must **not** have any zips if the player is in U9's upwards (i.e., playing contact rugby)

It is important that all kit is in good serviceable condition. Buying MRFC kit is optional – we just ask you to play in club colours. The following kit is mandatory:

Gum Shields

We recommend that gum shields are worn for all training sessions – contact and non-contact - as this helps to protect valuable teeth and it's a good habit to get mini players used to wearing a mouthguard.

Gum shields are mandatory for all contact training sessions and for matches where contact rugby is played. The best option is for a professionally fitted/moulded gum shield. These are expensive (especially for growing little mouths) but they are the very best option and new teeth are hard to come by!

This year we are using [Funky Gums \(www.funkygums.com\)](http://www.funkygums.com) for impression mouthguards. This company will send you an impression kit and once you have created the impression you send this back to them. Please note it takes 10-14 days from when they receive your impression to you getting back the mouthguard.

We have negotiated a £5 discount for stripey guards or guards with text. This applies to the end of September. Discount code is funky5.

The club shop holds a small stock of instant fit mouth guards for anyone who has forgotten their mouthguard but please consider them as 'emergency' only and not a long-term solution.

Boots

We highly recommend that the best boot is one with metal rugby studs. Whilst many boots are sold as being rugby compatible where the studs are half plastic they can become sharp very quickly. We do not recommend blades for the same reason. We have lots of examples of players boots being refused/rejected by match officials due to the studs being plastic.

At the club we ask all coaches to check the bottom of all players boots before training or a match to ensure there are no sharp edges as these can lead to serious injuries.

A small selection of spare studs is held in the club shop for missing or damaged studs.

For RFU guidance please go to this link, or use your phone's camera to scan the green QR code:

[https://www.englandrugby.com/dxdam/c5/c5165a8d-66cd-4da4-99f6-407e306d912e/RugbySafe%20Essential%20Guides%20and%20Templates%20\(FINAL\).pdf](https://www.englandrugby.com/dxdam/c5/c5165a8d-66cd-4da4-99f6-407e306d912e/RugbySafe%20Essential%20Guides%20and%20Templates%20(FINAL).pdf)



Second Hand Stock

At the club shop we hold a selection of second-hand stock which is donated by players/parents as players grow out of their kit. This is a really good way to supplement a player's kit and all proceeds go to the club.

If you are struggling to purchase kit please note we have a hardship fund and all requests for this are treated with the strictest confidentiality.

Club Ties

From U13's upwards we ask that our players change after matches for both home and away fixtures and wear trousers, a white shirt and club tie. Ties can be purchased from the clubhouse. Players are asked to stay for a post-match meal which when playing at Hollybush is provided by the parents of the Minch team.

Club Shop Opening Times

Sunday morning: 10.00 – 12.00.

Saturday afternoon – when there is a home game for the Senior team

Tuesday and Thursday evening – once a month.

Please look out for opening times on the club Facebook page and Stack TeamApp All Ages.

Playing Rugby and Playing it Safely

Rugby is a game that can be played from age 5 – 65 and at MFRC we have players at both ends of this age spectrum.

Players need to be five years of age at the start of the season although we do allow four year olds to try out and continue in the U6 age group if they are physically capable and can remain focused for the duration of the session. This is down to the coaches' discretion. Parents must remain pitch side at all times for an U5 and U6 player. U6's do not play competitive matches.

Until players reach the U9 squad we exclusively play non-contact rugby. We acknowledge that for some players contact rugby is not for them and this is where they can remain with MRFC and join our growing MnJ Touch section. From U12 girls can join touch or our girls section.

Playing it Safely

Safety is of paramount importance to us. We train our coaches to ensure that they adhere to RFU and World Rugby Best Practice and generally taking care of our players and members.

Concussion is one of the most common injuries that players sustain and we ask all players (and parents of our MnJ players) to familiarise themselves with the Headcase e-learning modules on the RFU website. Early identification of concussion is really important. Please go to the following link:

<https://www.englandrugby.com/participation/playing/headcase>



First Aid

We train our coaches and Team Managers in first aid and have first aiders on site. However, as with most sports, injuries can happen. Each age group has a first aid bag which is taken to away matches.

For MnJ players, if your child needs medical attention, we need you to be there with them or for them to have an authorised adult with them.

We are always looking for more First Aiders so if you would like to become a first aider for the club please contact John Atkins; our first aid co-ordinator. firstaid@minchrugby.com

Mental Health

As a club we take the mental health of all our players really seriously. Our club is a family and it is important that we look out for each other and support one another through good and bad times. We are currently in the process of gaining the GRFU Mental Health and Wellbeing Accreditation. We have trained Mental Health First Aiders who are able to support and guide any members who need help. As part of this accreditation, we have joined up with a local

mental health charity Sunflowers who do amazing work in the local area with individuals and families impacted by suicide. See below for more details.

<https://sunflowerssuicidesupport.org.uk/>



Parent/Guardian Support

Your child will learn new skills and enjoy the game of rugby; our coaches will make sure of this. This is always greatly enhanced when re-enforced by parental/guardian encouragement.

We request that your child is not left at Hollybush unattended. If your child needs a hug (when they get hurt/cold/upset), needs to go to the toilet (you'd be surprised) or is asked to sit on the "naughty turf" then we need you there.

Once they are older they may get injured or need to be disciplined, we need you or a designated adult in charge of them and therefore we do insist that you remain at the training ground throughout training and for home and away fixtures. If you cannot remain with your child please let your Team Manager know who you have designated as the adult in charge of them – this should not be the coach.

Welfare

The Club works hard to keep children safe by training our coaches, adhering to RFU and World Rugby best practice and generally taking care. We have a Safeguarding Officer Nick Muir, who liaises with all Team Managers, the Management Committee, Coaches and Gloucestershire RFU to ensure we remain up to date on all policies relating to your child's welfare. If you have any concern over a MnJ player please contact Nick, safeguarding@minchrugby.com

Communication is a two-way street

Keeping in touch with over five hundred members is a challenge and we use a variety of communication channels.

Club Website

Our club website provides you with information about the club and contact details for the different sections. The club website is:

<http://www.minchrugby.com/>



Facebook



This is used to share information about matches, social events and share post-match news. It is a really good way to keep up to date with the latest news about Minch. The main club Facebook page is:

Minchinhampton MRFC Whole Club

<https://www.facebook.com/groups/271807782973906/>



This is a private community so please do request to join and build our community.

Instagram



If Facebook is not your thing then maybe you would prefer to sign up to the club Instagram page. The club Instagram page is:

<https://www.instagram.com/minchrugbyclub/>



Do sign up so you can keep up to date with the latest information from your club.

Stack TeamApp



The best way for all members and parents to keep up to date with age group activity is through Stack TeamApp. This is used by Team Managers, and coaches to keep you up to date with matches, training, catering duties, social events and tours. We ask that you download this app and register on Stack TeamApp and ensure notifications are set to receive.

If you have not used this before there will be lots of people to show you how to use it.

All ages Stack TeamApp is:

https://www.teamapp.com/clubs/537008/dashboard?_detail=v1



WhatsApp



Many age groups have set up a WhatsApp group to share quick messages and immediate communication so please do speak with your Team Manager or coach to get added to the WhatsApp groups that are relevant.

Please be responsive to communications; we try to keep these to a minimum but we do need to hear from you re availability for training and matches. This makes the running of any team much easier.

Each week Team Managers or coaches communicate with their age group to ensure players (and parents) are fully briefed prior to training or matches on the Saturday for seniors and Sunday for MnJ.

For MnJ we will use Stack Team App to keep you informed of match cancellations due to poor weather – this will be done before 8.30am on a Sunday morning; please check your email before you set out for rugby.

Executive Committee

The Executive Committee is voted in by the members of the club at the annual AGM and this is the group of individuals who work on behalf of all the members to ensure the club remains financially viable, compliant with all the RFU regulations and is a great club for all ages to enjoy their rugby.

As well as ensuring that the day to day running of the club goes smoothly the Executive are also responsible for ensuring the long-term future of the club; considering training and playing space and club facilities will meet the demands of a growing grass roots club. The Executive has, over the past 13 years, secured over £1.2m through grants, fundraising and good will to create the pitches and clubhouse we all enjoy today.

Meet the Executive:

Morgwn Atkins: Chairman, originally took up the role as Chairman for a three-month period in the Summer of 2007, when the club was nomadic, to ensure playing facilities for the next season. Morgs was part of the Future Policy Committee that negotiated the purchase of our current Hollybush site and obtained our change of use planning permission.

Tristan Iles: Club Secretary, is our steady pair of hands and ensures committees take place and actions are followed up! He is also very involved with the MnJ where is he secretary and has three children who play in MnJ. He is brilliant with technology and seems to be the only person who knows how GMS works!

Andy Smith: Club Treasurer, has been involved in the club pretty much since its inception. He has also been Senior Section Treasurer and Club Treasurer for most of that time. We would not like to guess the amount of volunteer hours Andy has put in over the years!. Andy is often seen behind the bar on a Saturday afternoon.

Andy Burfoot (Burfs): Club Captain who plays for The Rams and his son George plays for First XV and other son Charlie coaches with U7's. He has taken on the role of Club Captain this year and is there as a listening ear for anyone who plays rugby. He will work with Tom Smith to support the development of rugby within the club.

Andy Huntly: Commercial Director, has been involved with the club since 2010 when his son played for the club and he now supports us in identifying additional sources of revenue and sponsorship – ensuring we use the club's assets in the best possible way.

Jamie Burke: Facilities Management, has been a huge supporter of the club since his sons started playing rugby over 12 years ago and can often be found with screwdriver in hand sorting out something that needs fixing. Jamie also is responsible for the club kit which is for sale in the club shop

Tom Smith: Director of Rugby, was recruited from outside the club by the Exec Committee three years ago. Tom has changed the face of the rugby side of the club. Since his involvement

the Seniors, in particular, have gone from strength to strength with playing and training numbers swelling significantly.

Julian Athawes (aka Blade): President, has been involved with the club for longer than he will care to remember. He epitomises what MRFC is all about. Blade stepped into the President role after the untimely death of Graham Gregory. Blade still plays, has been known to referee and is fully versed in post match celebrations.

Steve Davies: Senior Chairman and is also a head coach within our MnJ section. Steve is passionate about his rugby, the club and as a former Captain of The Rams is a well-established figure at Minch.

Mark Pollard: Touch Chairman and fabulous cook – serving up a fantastic curry or chilli for club functions. Mark has rebuilt the Touch section and this is now a vibrant section of the club which is truly inclusive of age, gender and ability.

Hilary Barnett: MnJ Chair has all four children involved in the club (willingly not coerced) and has been involved since 2010. Hils has supported the MnJ section as secretary for five years and is now Chair of MnJ. She can be found in the clubhouse and around the pitches most Sundays welcoming players and parents.

Seniors Section

We are so pleased that at Minch we have a growing senior section, attracting many of our Colts players as they become eligible for senior rugby and also players who have decided to start playing rugby again. It is such a sociable game and provides great fun on and off the pitch.

Who better than Mike Tindall to explain the attraction of rugby and MRFC:

"The social aspect of rugby is why we play. It's why we get involved in our local club: it's the end of season tours, the midweek curries, the post-training beers, that is what rugby is - it drives communities. It can be the social hub. Take Minchinhampton here, the clubhouse is built by the players, it's got infectious people who run it: whether that be from the under-6's, to the Colts, to the first team or the Rams (second XV). It takes those loyalties from people to drive it and it becomes a mini community which is great. That sense of community is why we all get involved. If you've had a bad week, there are people you can unload on and exercise also de-stresses. You can chat to thirty of your best mates over a beer, there will be some laughs and they'll make you feel better about it. It's having that shoulder to rely on, but also all the health benefits. You always get the guy who thinks he's skilful and then throws the ball into touch, so you get humour too."

At MRFC we have two core teams; the First XV and our second team The Rams. Occasionally we field a third team called Tups. We have nearly 100 players in our Senior Men's Section.

Our **First XV** play in the Counties 3 Tribute Gloucestershire North and **The Rams** play in Gloucester & District 1, having been promoted from Gloucester and District 2 last season.

The teams and players are coached by Tom Smith, our Director of Rugby and other members of the senior team and club representatives.

Matches are played home and away throughout the season which runs from September to April, with some touring teams visiting in May. Food is provided after home matches and the cost of this is included in the membership fee of £162. Players are also provided with a team shirt. Tours are held in April and no one knows what happens on these!!

Training is at Hollybush on a Tuesday evening from 6.30 – 8.00pm and the bar is open for post-match discussions. To support training Tom uses a veo camera to record matches and training, which gives players a great opportunity to see themselves in action and learn from the good and the bad!

The seniors have several socials during the year including a curry night in December and an end of season dinner.

Videos of our Seniors training with Mike Tindall

To give you a flavour of training with our seniors here are some videos that were made when Mike Tindall was supporting the RFU with getting people back to playing rugby post covid lockdown.

This video was made for the big screen at Twickenham:

<https://vimeo.com/681318196/Ofd45d5134>



This was the media video:

<https://vimeo.com/681323474/1ba16b8eba>



Women's Team

We have recently started a women's team and we are really excited about this. It is early days and training started during the off season. The team trains on a Thursday evening from 7.00 – 8.15 and from the end of October will train on a Sunday afternoon at Hollybush.

If you are interested in joining this fun and enthusiastic group of women do let Team Captains Amy Barnett or Flick Aubertin know. They'd love to hear from you, womens@minchrugby.com

Meet your Senior Section Committee

Steve Davies: Chairman of Senior Committee and has been involved with the club for over 5 years. Steve plays for the seniors and has been Captain of the Rams. He's also a pretty good cook!!

Andy Smith: Treasurer of the Seniors and the club overall and has been with the club since it started nearly 40 years ago. If you want to know anything about the club and its history, he is the man to ask!

Rob Edmonds: Secretary and one of the founding members of the club. Rob is also responsible for all administration connected to club disciplinarys.

Tom Smith: Director of Rugby has been with the club for three seasons now and is responsible for the whole ethos of how MRFC plays rugby – ensuring we are following the same guidelines from Under 6 all the way through to seniors.

Brian Gabbett: VP Secretary and has been doing this role since the club started, taking care of those members of our club who don't want to play rugby but want to be part of it.

Pete Varley: Stroud Combination Representative and previous Club Secretary and Club Chairman. Pete continues to support the club representing us at the combination's monthly meetings and ensuring we are entered into the combination cups.

Gino Beaumont: Gino is somewhat of a fixture's guru; he often finds us fixtures at very short notice when games are cancelled.

Jonny Acton: First XV Captain started playing for the club in 2021 and this is his first season as Captain.

Terry Roseblade: Rams Captain for the first year and a coach for the MnJ for the past 5 years.

Clive Eagles: Tups Captain and the person in the club with the most club caps at over 400.

Joe Medd-Fin: Senior Player Rep has been playing with the club since he was eight and is passionate about his rugby and the club. Joe is a great example of someone who played for MnJ's, went away to Uni but has come back to his club!

Ben Pope: Senior Player Rep has been playing with the club for the past three years. Ben has recently officially joined the Senior Committee and his enthusiasm is gratefully received.

Touch Section

We are a vibrant and fully inclusive section of MRFC, affiliated to both the RFU and England Touch.

Touch rugby came into being in the 1950s and its main feature is that it is a limited-contact sport, in contrast to rugby union . As its name suggests, touch rugby involves contact made with only minimal force. As a result, tackling is not permitted. It is this characteristic that makes it a mixed sport. Though often associated with five-a-side rugby, it is very different and is a sport in its own right, with its own international federation. It's a popular social game.

We have 3 sections:

- MnJ who play on a Sunday morning with sessions for U9 – U15. We have players who are complete beginners through to National level ETA players.
- The Seniors Section which starts at 14 years of age and has no upper age limit. This runs on a Thursday evening - 6.30 - 8.00pm and focuses on ETA touch.
- The Old Ruckers which combines current and former contact players who pitch up and play every Thursday evening 6.30 - 8.00pm.

Our venues alternate throughout the year:

September -March Wycliffe College, Stonehouse (Astro for the darker nights)
April-August Minchinhampton Rugby Club, Hollybush, Minchinhampton.

If you would like to come along and have a taster session or just want to get some more information please contact Mark - Touch Lead on 07790951125 or email: touch@minchrugby.com.

To join the Touch Stack Team App please download the app, search for Minchinhampton Senior Touch and request to join.

iOS <https://www.teamapp.com/ios-app>
Android <https://www.teamapp.com/android-app>

If you prefer the website version:

https://www.teamapp.com/clubs/476139?_webpage=v1



Meet your Touch Committee

Mark Pollard: Chairman, has been involved with the club for over 16 years since his son played in MnJ. He first played rugby at a County Cup training session and was then encouraged to come to Touch at Minch. Over the last few years, he has taken over the section from founder J P Cory and it is a fabulous social and integrated part of the club.

Jason Richards: Treasurer, is a founder member of Touch along with JP Cory and has three boys who played for the club. They all went to Swansea University and all captained the Swansea Warpigs! Jason is also a founder member of The Rugby Wine Club (see our Sponsorship page).

John Goodwin: Secretary, has been involved with the club for many years and is a former first team player and has two sons who played for the club. He is still an active player in Touch.

Abbie Wood: Fixtures Secretary, has been playing at Minch for over 10 years and is a MnJ Touch coach, with a niece and nephew who play at the club. She is a great organiser for Touch.

Amanda Woolls: Safeguarding officer and Social secretary, is always supporting the club and the section and can often be found on a Saturday afternoon behind the bar serving a pint or two!

Emma Smith: Committee Member, has been involved with Touch for three years and helps the section to run smoothly. She is married to Tom Smith, DOR and is by the way a fantastic hockey player (she's pretty awesome at Touch rugby too!)

Adrian Danks: MnJ Touch Lead Coach and organiser, started the MnJ Touch section and is a level 3 qualified Touch Referee and under his direction we have eight junior players at national level.

Minis and Juniors (MnJ) Section

This is the biggest section of our club with over 400 MnJ playing rugby on a Sunday. There is a real buzz in the clubhouse on a Sunday with parents enjoying a hot drink and one of our great bacon rolls and of course watching their children train or play matches. In the winter we have the log burner going and it is a welcome relief to come into the club house to warm up after bracing the winds that tend to blow at Hollybush.

We are a completely volunteer run club; from the MnJ Committee, the Team Managers, the coaches and the weekly catering teams. We are always looking for help to run this thriving section of the club so please to do come forward and volunteer. If you have played rugby and would like to help coach we provide and fund coaching qualification via the RFU. Volunteering is great fun and is a great way to get to know other parents and support your club.

Our Approach to Rugby

At Minch RFC we are all inclusive and welcome players of any ability. We do not stream our teams and ensure all players are given match time in accordance with the rules of the RFU. We ask all our players to abide by the values of the club and the rules of the game.

The most important thing is that all our players feel welcomed and enjoy playing. We seek to provide a pathway for young players to gradually acquire the skills and knowledge needed to play Rugby Union. Matches provide an opportunity for players to test the skills they have gained in training in a game situation.

We have trained teams at all age groups to support the development of your child in the skills of rugby both on and off the pitch. We offer both contact and touch rugby at MnJ level and we are building our girls section to provide even more choice for our young players.

We work hard to transition our players through to Colts and then into our Seniors when the time is right for them. Nothing gives us greater pleasure than welcoming players into the Senior team who started their journey with the club at the age of five!

Minch Girls

Over the past season Tom Nurse and the team of girls coaches have worked tirelessly to grow our new girls' section; running sessions each week as well as training at Kingsholm. Players such as World Player of the Year, Zoe Aldcroft have delivered sessions at Hollybush. As a result of their hard work, the section is growing and we are establishing ourselves as club for girls rugby in Gloucestershire.

We have developed great relationships with local clubs and formed a local hub called the Cotswolds Lionesses and train and play with these at Hollybush and at their respective clubs. Our aim is to build a complete squad of our own.

For further information on the girls section please contact Tom Nurse – girls@minchrugby.com

Meet your MnJ Committee

Hilary Barnett: MnJ Chair, has been involved with the club for 12 years and can be found most Sunday mornings in the clubhouse helping make coffee and bacon rolls. Hils sits on the Executive Committee and has three sons and a daughter who all play or coach for the club.

Tristan Iles: MnJ Secretary, has three children who all play rugby at Minch. He is a wiz on anything technological and helps keep us all in line. As a valued member of the Executive committee he provides a solid link between MnJ and the senior section of the club.

Tanya Davies: Fixtures Sec and has a son who plays in MnJ and her husband is Captain of The Rams. It's a family affair! Tanya works with the Team Managers from all age groups to ensure matches are sorted and catering teams are in place each week.

Nick Muir: Safe guarding officer and coach support, has two sons who play rugby and always has a smile on his face. He has the unenviable task of ensuring we keep all of the children playing rugby safe from a welfare perspective. All our coaches and team managers are DBS checked and Nick keeps us compliant.

Neil Stirling Jones: Coach training and development, has a son who plays rugby and his wife Beth is Team Manager for the U11's this year. Ensuring our coaches are trained and up to date with their knowledge and skills is a new role we have introduced this year. Coaches move up with their age group each year and so it is really important that we have a consistency of approach from one age group to the next and that ultimately all our coaching leads our players to be the best they can be.

Stephen Smith: MnJ Treasurer, has three boys and a daughter who play for the club and is married to the MnJ Chair. Stephen ensures the section remains financially viable and works closely with the club's treasurer in determining allocation of funds for the ongoing running of the club.

Tom Nurse: Girls Section Lead, has a son who plays for the club and volunteers for Gloucester RFU as their Co-chair of On Field. Tom has worked with several other club members to build and develop the girls' section which is just starting its second year. This takes a huge amount of time and commitment and we welcome all girls to our club.

Ian Collier: Membership Secretary, has a son who plays in MnJ and a daughter who has volunteered at the club as part of her Duke of Edinburgh award. Ian is a great help to all parents who struggle with the challenges of GMS.

Ioan Jones: Honorary Junior President, has played for the club since he was very young and now is representing England as an U18 player. He is a fabulous ambassador for our club.

PLAYER PROGRESSION



U6

- Tag

U7

- Tag

U8

- Tag - 4 tags to score

U9

- Contact game starts
- Tackle handling ball

U10

- 1 player uncontacted team
- Kick and touch
- Support players get team
- Tackle not bind

U11

- 2 player teams - strike, no touch
- Kick and touch
- Support players get team
- Tackling - no off-side

U12

- 3 player teams - strike, no touch
- Kick and touch - substituted
- Break-off before scrums

U13

- Boys 4 player teams - strike and touch
- Boys tackling - Struck team - strike, no touch

U14

- 4 player teams - Number 8 pick up and run
- Tackling at goal
- Uncontacted lineout

U15

- Boys & girls uncontacted lineout - Lift permitted

U16

- Contacted lineout - Lift permitted

U17

U18

Mixed Rugby

Girls Rugby

Boys Rugby

Mixed Senior Touch

Mixed Senior Touch

Mixed Senior Touch

Mixed Senior Touch

TOUCH RUGBY

#HAMRUGBY / @HAMRUGBY



Meet our Sponsors

We are very lucky at MRFC to have a number of sponsors who help us to fund the maintenance and improvements we strive for on an annual basis. We always try to have sponsorship over a number of years so that we can develop the sponsors brand within the club and make sure that they get value for money. We are always looking for sponsors and emphasise that sponsor opportunities go far beyond the ability to appear on our shirts and shorts!

This year we will be hosting our first ever MnJ festival after the success of last year's inaugural Girls Festival in March 2022. This will extend the opportunities for local companies to get behind the club and the festival and put their brand before hundreds of potential customers, more of that later!

Future Sponsors

If you and/or your company would like to become a sponsor of our great club then please do get in contact with our Commercial Director Andy Huntly events@minchrugby.com

Our current sponsors are as follows:

Bramblecrest Garden Furniture



Bramblecrest have been our main sponsors now for a number of years and our current deal runs through until the end of the 2023/24 season. Bramblecrest are located close by in Ashton Down and have been in business for over 22 years. They design high quality, stylish garden furniture and their products are sold via third party stockists and their own website.

They continue to offer us a fantastic member benefit by alerting us, in advance to their seasonal warehouse outlet events where MRFC members have the opportunity to view clearance stock at discount prices. We communicate these unique opportunities through all of our club social media channels.

Plumbstop



Plumbstop, based in Esland Place, Love Lane Cirencester, are your local supplier of Plumbing, Heating and Bathroom supplies both to the trade and retail market. Plumbstop have committed to sponsoring MRFC for the 2021/22 and 2022/23 season and offer club members a discount of 20% off all bathroom Esteem goods. All you have to do is show your membership card (available from your committee reps).

Topcon



Topcon are a supplier of machine control systems supporting the surveying, construction, mining and agriculture sectors. They have kindly agreed to sponsor MRFC for both the 2021/22 and 2022/23 seasons.

UK Power Solutions



UK Power Solutions specialise in the design and installation of multi-utility Electricity, Gas, Water & Fibre connections; supporting Developers, House Builders and Network Operators; their head office is based in Stonehouse. UKPS have been loyal sponsors of MRFC for several years and have committed their current involvement until the end of the 2022/23 season.

Hamptons



Hamptons are an internationally recognised estate agency with 92 branches across the south of the UK and have sponsored MRFC now for a number of years. Their local branch is situated in London Road, Stroud and they offer a special service to members of the club. For every property that is sold owned by team players and their families, or anyone connected to the club, Hamptons donate to the club £250 per completed sale. Hamptons have kindly agreed to sponsor the club through to the end of the 2023/4 season.

The Good, The Bad and the Rugby



MRFC has an ongoing relationship with ex England captain Mike Tindall, who still occasionally turns out for the club on a Saturday and has children who are active members of our Mnj Section.

The Good, the Bad and the Rugby is a popular weekly podcast featuring Mike along with ex-England colleague James Haskell and broadcaster Alex Payne.

The Rugby Wine Club (TRWC)



TRWC was launched in 2021 by Mike Tindall and NearBuyWines as a new way for rugby clubs to raise funds. £3 for every case of wine purchased by club members goes directly to the club. Members and their families and friends can buy wine at TRWC online shop and nominate MRFC at checkout. Wines are delivered to the club.

TRWC also host innovative events with their club partners and we will let you know when events are happening at MRFC.

<https://www.therugbywineclub.com/>

Turnkey Construction



Turnkey Construction are a local building, refurbishment, alteration, extensions and new build company well known for the quality of their work. The company has a long relationship with MRFC. They are based at Merretts Mill, Bath Road, Stroud.

Booking the Clubhouse

Our Clubhouse is a fabulous asset and whilst always prioritising rugby and rugby related activities we do offer members the opportunity to book the clubhouse provided it does not impinge on our core activities and values.

Meetings or Conferences

The clubhouse is a great venue for meetings or small conferences. We have tea and coffee making facilities on site and we have upgraded our AV equipment to make such meetings smoother to run.

Evening Events

These are restricted during the playing season, as stated above, we are a rugby club and we ensure that this remains our number one priority. However, do give us a call/email and let us know dates you would like to hire the club and we can always see if it is feasible.

During the off-season, June to the end of August we have greater opportunity to hire the clubhouse in the evenings.

Please note we have a licence that enables functions to run until 11pm with everyone off site by midnight. We do have neighbours and so we are required to be mindful of noise especially when people are leaving any function.

If you are interested in hiring the club or facilities at Hollybush please contact our Commercial Director Andy Huntly on 07850 953797 or at events@minchrugby.com

Raising Money for the Club



This is a fabulous way to raise money for the club. Minchinhampton Rugby Club are registered with easyfundraising, which means you can raise FREE donations for us every time you shop online. Over 6,000 shops and sites will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself!

These donations really mount up and make a BIG difference to us, so we'd really appreciate it if you could take a moment to sign up and support us. It's completely FREE and only takes a moment. Let your friends and family know and they, too, could support your club.

We constantly have new projects that require funding; from new AV equipment to new furniture as well as larger projects like the new changing rooms.

We currently have 30 members on our easyfundraising page who have raised nearly £500 just through doing shopping on line. With over 400 members in our club this is an easy way to raise so much more if you were to sign up!

You can find our easyfundraising page at:

<https://www.easyfundraising.org.uk/causes/minchinhamptonrc/>



You're just a few clicks away from helping the club raise much needed funds.

Thank you.

Useful Contact Names and Emails

The main email address for the club is: info@minchrugby.com

Senior contact	seniors@minchrugby.com	First XV: Ben Jones The Rams: Steve Davies Women: Vicky Watson
Women contact	womens@michrugby.com	
Touch contact	touch@minchrugby.com	Mark Pollard
MnJ contact	juniors@minchrugby.com	Hilary Barnett
MnJ Fixtures	fixtures@minchrugby.com	Tanya Davies
Girls contact	girls@minchrugby.com	Tom Nurse
Hiring the club	events@minchrugby.com	Andy Huntly
Safeguarding	safeguarding@minchrugby.com	Nick Muir
First aid	firstaid@minchrugby.com	John Atkins
GMS issues	info@minchrugby.com	Tristan Iles

We'd Love to hear from you

We know that within our membership we have a wealth of expertise and know - how. There are many things we get involved with as a club; from needing a tractor to level out the car park to needing support and expertise in pulling together our next five-year strategy. With so many members we do not know what you can all do and how you could help with the many different projects and initiatives we undertake.

We have put together the following form and if you have skills and expertise that might be of benefit to the club we would love to hear from you.

Please complete this form and email it to info@minchrugby.com or hand it to your Team Manager or Coach and we will keep them on file and your data will not be shared with anyone else.

Name	
Rugby Section	Senior, Touch, MnJ (circle as appropriate)
Affiliation to the club	Player, Member, Parent/Guardian (circle as appropriate)
Contact number	
Email address	
Company Name	
Services you can offer MRFC	
Skills you can offer MRFC	
Equipment you can offer MRFC	

Code of Conduct

We understand that it is sometimes difficult not to take rugby very seriously!!! However, we would ask that you read through the following codes of conduct with your children and abide by them.

The Players' Code of Conduct is an important part of the fabric of the Minchinhampton RFC. We owe it to ourselves and others, to play within the rules, enjoy the game and develop the skills necessary both playing and socially. We expect our players to:

- **ENJOY PLAYING RUGBY**
- Recognise the effort made by coaches, parents, and match officials in providing the opportunity to play the game and enjoy the rugby environment.
- Understand the values of loyalty and commitment to adults and team mates.
- Remember skill development, fun and enjoyment is the most important parts of the game.
- Be attentive at all training/coaching sessions, and equally work hard for yourself and your team.
- Recognise good play by ALL players on both sides, being a sportsperson, win or lose; we always shake hands with our opponents.
- Play to the rules; always accept the referee's decisions, without question.
- Control your emotions, verbal or physical abuse towards your team-mates, opponents or officials **IS NOT ACCEPTABLE.**
- Remember this is not Twickenham or Kingsholm (all other professional venues are included), these are children and this is Minch.

Code of conduct for parents/guardians

Minchinhampton RFC's MnJ have gone from strength to strength. The Club acknowledges that parents / guardians are an integral part of the club, which ensures that young players can enjoy their rugby and experience a safe, inclusive and enjoyable environment. We actively encourage our Parents/Guardians to:

- Recognise the efforts made by coaches, and match officials in providing the opportunity for our children to play the game and enjoy the rugby environment.
- Be aware that the Club has a duty of care, therefore assist the coaches with supervision
- Be involved with the Club's activities, share concerns with coaches and club officials.
- Be familiar with our Child Protection Policy and our Code of Conduct for Coaches, Players and Conduct Procedure
- Always be mindful that we are a volunteer club and everyone who you see at the club gives their time, effort and energy for free.

We expect Parents/Guardians to:

- Encourage, rather than force young people to play. Remember, they play for their own enjoyment not ours.

- Focus on fair play, the efforts of the young players, rather than just winning or losing.
- Provide positive verbal feedback, both in training and game situations.
- Young people learn by example, please remember not to use loud, coarse or abusive language.
- Follow the behaviours set out in our values
- Always show appreciation of all good play by ALL young players from both sides
- Most importantly, we are here for the players, let's enjoy rugby!
- Remain on site and be with your children supporting them while they play

MRFC is a wonderful family club that has a strong set of values which we strive to adhere to at all times. In joining the club, you become part of this family that prides itself on taking care of its members both on and off the pitch. We look forward to inspiring your son or daughter to love the game of rugby and to meeting you on the pitch side, in the clubhouse or at one of our socials.