

SPECIAL
POINTS OF
INTEREST:

- Pitch Review
- Membership
- Insurance
- Sponsorship -
How you can help

New Season - Membership & Registration

As the new season is fast approaching the club has two requirements for all players / supporters. The first for players is to ensure that you are registered with the club. Both the adult and youth (including mini) registration forms are available to download on the website and the youth/mini form is also included in this newsletter.

Youth and mini players will require a photo ID card which the club must produce which needs to include a picture of the player.

We intend to undertake this exercise on the second Sunday of September for the Youth and Mini

sections. Therefore please could you print and complete the registration form and print it out (a typed copy is easier for us to process). If you are already registered (your team manager can confirm this) there is no need for a new form unless you have any changes in your information.

The membership form is also attached to this newsletter as well as being available for download from the site. It has this season's membership rates as agreed at the AGM on it.

The club would remind you that if you are attending as a family and using the facilities you should

join as a family member. The cost for this is minimal in comparison to other sports clubs and from comparing our rates to other rugby clubs in the area we are in many cases less than half their cost. Again for the mini and youth sections we would like to deal with all the membership on the 12th September.

This assists with the clubs cash-flow and ultimately new equipment, maintenance of facilities and the like.

We would appreciate your contact email being included on the membership form to allow us to update our distribution lists.

Tigers course

The 2010 Tigers course held at the club on the week commencing 23 July saw 107 young players from across the region and beyond taking part.

This is the largest course we have ever hosted and Tigers have confirmed this is the largest course they have run this year.

The club would like to thank;

DMA

Norfolk Farm Produce

Waitrose

Warburtons

DPS

These companies donated all the food for the course

and therefore ensured that the club produced a profit for the course.

This would have also been impossible had it not been for a small group of volunteers who gave up holiday to cook, clean and wash-up.

**To you all a massive
THANK YOU.**



COMMUNITY RUGBY
ACTIVE SPORTS
SEAL OF APPROVAL

The club was the first in the region to be awarded the Seal of Approval by the RFU

“The club shop will be open more often this season to provide members with decent kit at cost prices”



Community stuff

A number of members of our club have been involved in some fund raising during the last couple of months for different causes. Ollie & Toby Johnson have written and produced a song and video called Tears of Pride and have been using this to raise funds for Help for Heroes. This has had a lot of coverage in the local press and on TV and it is hoped that a figure of in excess of £7000 can be raised from this activity. The

details are on the club website. Jared Milligan has raised just over £1,000 for Matt Hampson's Trust by having his hair cut (the first haircut in close to 5 years). The next fund raiser for one of our members involves Rich Morrissey doing the Norwich Half Marathon for MacMillan Cancer Support. The senior sides in the club have done a challenge on a yearly basis to raise funds for this cause which have in-

cluded the three peaks challenge and wa walk back to the club from the coast. These undertakings prove that being part of a wider community is still very much at the heart of our club. If you can assist any of these efforts all the details are on the website. Please also pass them on however you can.

Playing / Training Kit— Reminder

It is planned that the club shop will be open more often during training sessions and match days over the coming season but there are a few sensible suggestions (mainly for the mini and youth players);

Players should have rugby shorts. Football type shorts do not provide a good grip (useful in scrums, mauls and the like and later in lifting at the line outs) and they will rip very easily.

The club would urge players to wear a gumshield whilst playing and

training. Please ensure the players have one which fits, they are no use if they 'flap' about in their mouths.

For playing it would be great if the players had club socks and black rugby shorts for matches and both these items can be purchased from the club shop.

During the session it is far to say we will get wet, muddy and cold at times and it would be good if younger players got into the habit of bringing wet water kit (waterproofs and where

necessary a change of kit or clothes for afterwards) with them.

There have been occasions where players have only had the kit they are playing in and once wet and cold from the match they need to warm up.

Again there are a number of items in the club shop which might be useful.

It should be noted that the shop is not designed to make a profit for the club but to provide decent kit for the members.

Website updates - Reminder



The new mini and youth fixtures are on the site and further events and the like will be added to the club diary page. This page has all the events for the club recorded in one place, so you can

pictures from games as well as other club news.

Therefore please can we ask that all age groups have some-one who produces match reports and if there are any news events who-ever they might be please forward them to Eric, Richard, Sharon or Spike who all have access to update the site.

In the coming weeks the club website will be overhauled ready for the season ahead. You may have noticed some of these changes already.

select a date and see where all the squads are on any given day.

The site needs regular updates during the season both with match reports and

“Using our buy.at site is a simple way to raise money for the club”

Other club shop

For those of you who buy stuff on line would you like a way to help increase club funds at no cost what so ever to you.

This really is money for nothing.

The club has set up a shopping portal which can be found at;

www.buy.at/swaffhamrufc

The site provides links to numerous retail sites and any purchases you make on those sites generates a commission payment to the club.

The retails involved include major high street brands such as M&S, HMV, John Lewis and many others as well as major on-line retailers such as Play.com and Amazon.

It you are shopping on line this just takes one extra click to generate money for our club. Some of the commission rates are very impressive.

To be clear the prices you pay as a customer are exactly the same as they would be if you went to the site direct. It does-

n't ask you for any details.

It really is money for nothing.

It is open to anyone so not only can you help raise funds so can friends and family.

This has been in place for some time now and we have had a small income from a few transactions but as reports show an increase in online shopping this really is a fund raiser which could come into its own this season with your support.

The following are a sample of retailers involved.



SWAFFHAM R.U.F.C.

Membership Application Form 2010/11

Type of Membership			
Title (Mr/Mrs/Miss)		Forename(s)	
Surname		Date of Birth	
Address			
Telephone: Home		Work	
Mobile		Email * This is very important to help the club communicate with you.	
Occupation*			
*Optional, but helpful to know members skills)			
For Family Membership, please list below the names of all your family members:			
Name	Date of birth	<input type="checkbox"/>	Note: If you DO NOT wish to provide permission for the club to use images of players under the age of 18 in line with the Clubs published child protection policy, please enter a CROSS in the box provided and sign below
Name	Date of birth	<input type="checkbox"/>	
Name	Date of birth	<input type="checkbox"/>	
Name	Date of birth	<input type="checkbox"/>	
Name	Date of birth	<input type="checkbox"/>	
I enclose a cheque/cash* in the sum of £... ..* Delete as appropriate (cheques to be made payable to Swaffham RUFC)			...
Please return this completed form Swaffham RUFC			
Annual Subscriptions 2010 / 11:			
Family - £60		Player Senior - £50	
Player Unemployed/Student/Youth/Mini - £35		Social - £35	
NOTE : PAYMENTS MADE AFTER 1 OCTOBER WILL BE SUBJECT TO £10 LATE CHARGE			
Points to note:			
1. Membership is from 1 st September 2010 to 31 st August 2011			
2. Subscriptions are due for payment on or before 1 st September 2010. Any renewable subscriptions not paid by 30 th October will be deemed to be in arrears and an additional levy of £10 will be added. This levy will not apply to new members who initially join the Club mid-season or later.			
3. Family membership covers spouses/partners and all immediate family members. Children are included up to the age of 17, at age 18 they are classed as adult members and are liable for subscriptions for their class of membership.			
4. Members may be issued with a membership card and, if so, it should be produced on demand as proof of identity and age. No alcoholic drinks will be served to any persons under the age of 18 at the discretion of the bar person.			
5. Members' social guests shall be admitted to the Club on 3 occasions only per membership year. Guest exceeding this limit shall be requested to join as social members.			
6. Mini and Youth members may not sign guests in.			
7. All members and guests are expected to abide by The Rules of the Club.			

RUGBY FOOTBALL UNION

YOUNG PLAYER REGISTRATION FORM

RFU Registration Number (if known)

This form should be completed for all players within the club who have **NOT** previously registered with the RFU, are re-registering or have data amendments.

Please complete each section in **BLOCK CAPITALS** and return to your Club Registration Officer along with **TWO** passport size photographs. Please tick where appropriate New Registration Re-registration Data Amendment Club Transfer

First Names:	Surname:	D.O.B.:
Home Address:		
Postcode:		
Male/Female	Home Tel:	Mobile Tel:
Email address:		
Ethnic Origin (Please tick (✓) where appropriate):-		
<input type="checkbox"/> White: British	<input type="checkbox"/> Mixed: White & Black Caribbean	<input type="checkbox"/> Asian and Asian British: Indian
<input type="checkbox"/> White: Irish	<input type="checkbox"/> Mixed: White & Black African	<input type="checkbox"/> Asian and Asian British: Pakistan
<input type="checkbox"/> White: Other	<input type="checkbox"/> Mixed: White & Asian	<input type="checkbox"/> Asian and Asian British: Bangladesh
<input type="checkbox"/> Chinese	<input type="checkbox"/> Mixed: Other	<input type="checkbox"/> Asian and Asian British: Other
<input type="checkbox"/> Black or Black British: Caribbean	<input type="checkbox"/> Black or Black British: Africa	<input type="checkbox"/> Black or Black British: Other
<input type="checkbox"/> Other Ethnic Group		
Previous Rugby Club (if any)	Representative Playing History (please give dates etc., using a separate sheet if necessary)	
Playing Position: <input type="checkbox"/> Unspecified <input type="checkbox"/> Front Row <input type="checkbox"/> Forward <input type="checkbox"/> Back	Plays at school: <input type="checkbox"/> Yes <input type="checkbox"/> No	
Medical Conditions/allergies (Asthma, Epilepsy, Allergic to penicillin) Please give full details using separate sheet if necessary: (Completing this section is not obligatory but the RFU in the interests of child safety strongly recommend that you do so).		
Name of Parent/Guardian:-	D.O.B.:	
Address of Parent/Guardian (if different from above):		
Postcode:		
Contact Telephone Number:	Email address:	
School/Education Establishment Name and Address:		
Contact Number:	Postcode:	
DATA PROTECTION		
The RFU is fully aware that some people will only want to receive information from the RFU on rugby issues and, therefore, you can ensure that you only receive this type of information by ticking the appropriate boxes below. However, some people will want to receive other information and, therefore, there are three options set out below.		
If you do or do not wish to receive certain types of data, you should tick the appropriate box below; the RFU may also use such personal data for the following purposes:		
<ul style="list-style-type: none"> to send you by electronic mail (including email, SMS or image messages, etc) other information about RFU tickets, products, special offers, opportunities and related service which may be of interest to you e.g. TEL, RFU Travel, The Rugby Store etc. Tick here if you do not want to receive such information <input type="checkbox"/> to pass your details to our official sponsors, who may use them now or in the future and to keep you informed by post of their products and services and to compile market research information and statistics, e.g. Nike, O2, Ford, etc. Tick here if you do not wish to receive such information <input type="checkbox"/> to send you by electronic mail (including email, SMS or image messages, etc) information about our official sponsors, their associated companies and their products and services which may be of interest to you. Tick here if you do wish to receive such information <input type="checkbox"/> 		
I declare that the above is correct. In signing this form I agree that the above named player can be bound by the laws and resolutions of the Rugby Football Union and its constituent body and the rules of:		
		Rugby Football Club
PLEASE STATE CURRENT CLUB		
Signed (player):	Date:	
Signed (parent / guardian):	Date:	
Countersigned (Club Official):	Date:	

Distribution: Please retain a copy of this document, send one to your CB Youth Registrar.

Swaffham RUFC

E-mail: ian.milligan@virgin.net
Net: www.swaffhamrugby.com

Providing RUGBY for all

This newsletter is designed to give an overview of our club.

It is however not the full picture—our sport is more than the game on the pitch, the evenings or weekends training, the dirty boots and muddy kit. Rugby is more than a game and our club should be more than just the place we play our sport.

With all of our help we can ensure the club continues to grow with that goal in mind.

This is our club, our team and our game.



Discipline

The season has yet to start and already Eastern Counties has been in touch with all the clubs in the region with regards to discipline.

This follows an incident at a local club in a senior squad game and has resulted in a player being charged by the police and being fined a total of over £500.

Eastern Counties will also be taking action under their disciplinary process which will no doubt include a ban of some time.

However the letter does focus very much on the younger age groups at clubs. It is as-

sumed that the adult game is more uniformly policed by society referees who have clear reporting processes whilst mini and youth matches are often looked after by volunteers at a number of clubs.

Therefore please read the codes of conduct and our clubs disciplinary procedures. They are on the website and ensure that you are aware of the standards our club expects.

As a club, Swaffham has a good reputation for behaviour. However, we cannot afford to rest on that reputa-

tion so please ensure that you follow our guidelines and bring any issues in either the mini section or the youth to the attention of our Safeguarding Officers who will take the necessary action to deal with issues.

Rugby is a physical game but one which is based on an ethos of fair play, respect and team work. It is our responsibility to ensure it remains that way.