

SPECIAL  
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## Pitch Review

At the end of June the club welcomed Keith Kent, who is the head groundsman at Twickenham to the club.

Keith had been invited up to Eastern Counties to review the pitches of a few clubs and we were one of three selected in Norfolk (Norwich and Crusaders being the others). Keith has now submitted a report to the club and the good news is the pitches are both in reasonable condition considering the amount of use and the weather we have suffered last season.

However, there is a pressing need to start a maintenance programme on both of them. It's fair to

say the bottom pitch probably needs more attention that the first team pitch.

Keith has advised that we need to spike the pitches and apply a considerable amount of sand to them. The committee has



Keith's normal pitch.....

started the process of getting this maintenance programme up and running but it will create an additional cost of upwards of

£2,000.00 on top of our current programme.

One of the key things Keith said needs to be remembered for next season both on training nights and weekend events and that was "***If you are in any doubt as to whether to use the pitch due to its condition—DON'T***".

Please can you all ensure that you remember this once the weather delivers its now annual misery to us.

We can and do have a plan B for training and matches and this will mean that damage to the pitches is limited.

## Membership & Communication

Following the AGM the membership fees have been agreed for the coming season.

The revised membership form can be found in the PAPERWORK section on the website and can be opened in either WORD or PDF format. If you can open the file as a WORD

document you can complete it on your computer and then print this off to submit with your payment. This makes it easier for the membership secretary to correctly record your details. Please can you ensure that you complete the field for email address as the club is

building a distribution list to help with communication for the coming season.





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”*



## Senior Players Insurance

The club has stated in the handbook every year that the club only holds liability insurance which covers paid up members in the case of loss of life or limb, it does not cover loss of earnings through injury whilst playing.

This subject was raised at the AGM as it was felt that some players were not fully aware of this situation.

Spike has contacted a local insurance company ARW group, who are based at Honingham

who are agents for companies who provide this specialist form of insurance.

**The club strongly advises players that they should get personal insurance which can provide for loss of earnings due to injuries sustained whilst playing or travelling to matches or training.**

Players can contact Tresa at ARW group on 01603—880222 to get a quote. If you say you are from Swaffham

RUFC and that Ian Milligan mentioned that you should call this will also help.

Please sort this out before you play.

## Playing / Training Kit

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 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



ahead. This will involve adding all the fixtures, events and the like to the club diary page. This page has all the events for the club recorded in one place, so you can

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

In the coming weeks the club website will be overhauled ready for the season

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

*“The club needs to raise sponsorship—how can you help?”*

## Funding, Sponsorship & Donations

As those of you who attended the AGM will know the club depends greatly on sponsorship and donations every season.

The committee are preparing a budget plan for the forthcoming season which outlines the predicted expenses such as the pitch, as mentioned earlier, and other maintenance items and this will provide a target for the club for the amount of income we need to generate. The sponsorship and donations and grant funding for last season was in the region of £9,000 and we ended the season just on the break even point. Therefore it is fair to assume that in order to survive this is the sort of level of income we need to generate each year.

Therefore a sub-committee has been set up to focus efforts on

this but it will only succeed with your help.

So if you have any contacts, ideas or are just willing to help please talk to one of the committee.

**Please do not assume others will do this and it'll be ok, we do need everyone's help.**

One of the suggestions is that all squads across all sections of the club are set targets for fund raising which goes back into the budget for the good of the whole club.

It would be great to use this need to restart the social side of the club with events during the season.

One of the other ways you can help is to take part in one of the working parties at the club,

the next one is Sunday 11 July but there will be more as the new season approaches.

These events are to address a few basic maintenance jobs at the club. The last one saw the gutters being cleaned, broken advertising boards cleared up and hedges cut as well as the container tidied up and the cleaners room clearer of abandoned kit and tidied up.

There are a number of jobs still to do such as cleaning the contact suits, chairs and the guttering in the drive way as well as other tasks.

**Please try to attend—DO NOT ASSUME OTHER PEOPLE WILL DO THIS—AFTER ALL THIS IS OUR CLUB.**

## Swaffham RUFC



E-mail: [ian.milligan@virgin.net](mailto:ian.milligan@virgin.net)

Net: [www.swaffhamrugby.com](http://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.**



# Mini & Youth Registration Day

Sunday 12 September has been set aside for the registration day for the Mini & Youth sections of the club.

It would be great to deal with all the membership and RFU registration processes needed on that morning which will then allow the team managers and coaches to focus on the rugby aspect of the club for the remainder of the season.

As mentioned previously the membership form is on the club website in the PAPER-WORK section and you can also find the RFU registration

form in that section of the website too. There are also the codes of conduct, child protection policy and photographic permission forms too.

If there are any changes to address, school, etc these need to be recorded on your RFU registration.

Also we must now ensure all players have an RFU ID card which involves having the players photograph inserted into these card.

We have tried to do this during last season for the age groups with limited success

and therefore on this Sunday we will try to ensure we have pictures for all players taken and linked to the registration process.

The club shop will also be open on that morning to enable you to purchase or place orders for any kit you may need.

It would be helpful if you could bring completed forms with you on that morning but there will be a supply of blank forms available on the day if needed.