

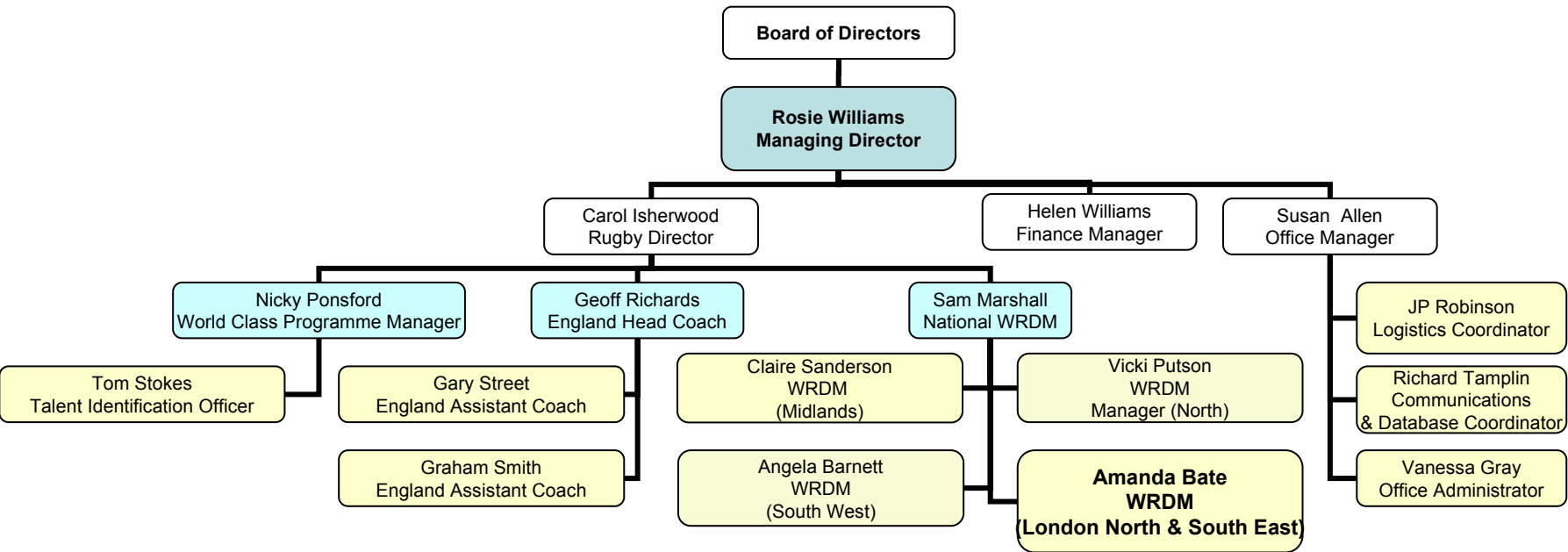
# **Welcome to the RFUW Regional Programme 06/07**

## **East Region**

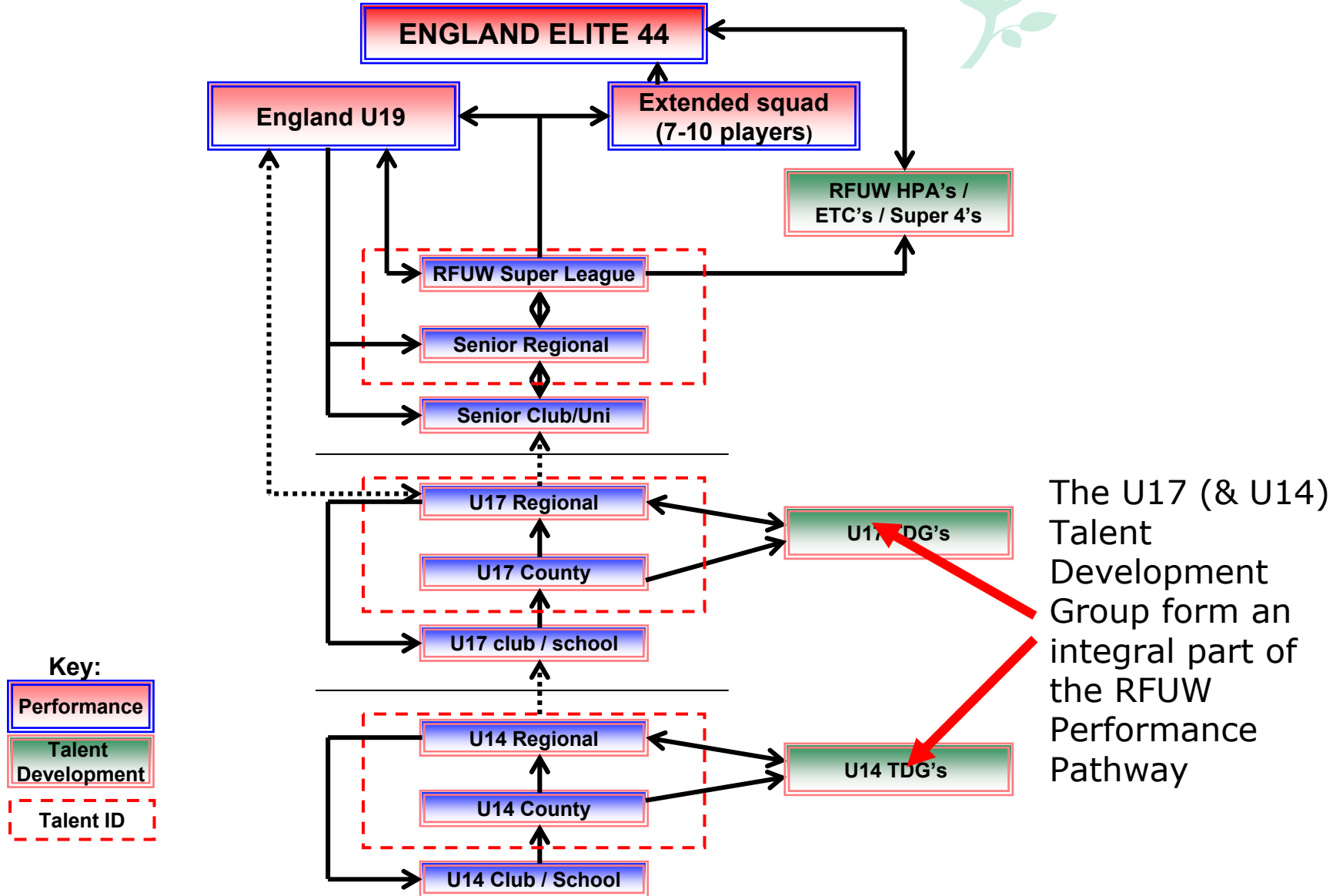


# The RFUW

- The National Governing Body for Women and Girls Playing Rugby (separate officially from the RFU)
- Set up due to the increasing demand from women to play rugby union from 1980s and currently have 17 full time staff Nationally.
- Their role is to:
  - Organise and regulate senior competition (League, Cup, Nat 7s, Nat 10s, S4s & Regional Prog.)
  - Regulate youth competition (Nat Cup, Nat 10s & Regional Prog.)
  - England squads – Senior 44, U19s
  - Develop and increase opportunities for girls/women to play



# ENGLAND WOMEN'S RUGBY PERFORMANCE PATHWAY 2006/2007



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## Counties (Youth)

### Provide a Structure

- Underpin and co-ordinate coaching within clubs
- Training with a bigger squad of players
- Allow opportunities for players to obtain match experience
- Selection process in many areas for Regional Programme

### Player Development

- Allow players to experience different coaching models and styles of delivery
- An assessment process whereby players and coaches can bench-mark against a given criteria
- Opportunities for youth players to experience playing with full sides and gain positional experience.

# Regional Programme

## Aims of the Programme

- To provide quality competitive opportunities for senior players within clubs that don't reach the Elite Programme (all senior players bar the top 44 are eligible and encouraged to participate within the Regional Programme)
- To provide U14s and U17s with a comprehensive training and competition programme designed to improve Core Skills and increase Game Awareness in a representative playing environment.
- To provide the opportunity for talented coaches and volunteers wanting to take the next step
- Talent ID for TDGs (U17s & U14s) and HPAs (senior).

# Regional Programme

## Costs

- £45 for whole programme (inc. £5 trials fee)
- contribution for accommodation (if necessary)
- optional cost for personal kit of £30
- Hardship cases – apply to your Programme Manager.


## What the programme offers

- A quality coaching experience
- Opportunity to progress up Player Pathway
- Squad playing kit for both squads
- Access to RFUW Regionally branded personal training kit.
- Full competitive fixtures for both age-groups
- Senior Programme Final
- Royal Sun Alliance Festival for U17s and U14s

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## Regional Programme

### Staff Commitment

- Provide a planned, professional programme of training based on the needs of the players attending.
  - Specialist coaching on positional play.
  - To make fair selection based on performances seen at training, matches and trial matches.
  - To provide all players with feedback if requested.
  - Analysis of team performance in matches.
  - Report back on RFUW video analysis results.
  - Advice on additional training where appropriate.
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# Regional Programme

## Your Commitment

- TURN UP TO TRAINING!
- Come with an open mind and retain what is covered in each session.
- Be prepared to try new things.
- Train as you would play.
- Even if you are injured make every effort to come so you don't miss part of the programme.
- Manage your injuries responsibly and keep us informed.
- Make yourself available for matches.
- Respond to Team Manager on time with payment, availability and required paperwork.

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## Regional Programme Dates (Youth)

28/01/07 – Trials

11/02/07 – Training

25/02/07 – Training

11/03/07 – Training

18/03/07 – U14s & U17s Match

24/03/07 – Training (optional)

01/04/07 – U14s & U17s Match

22/04/07 – Tournament Prep

6 & 7 05/07 – National Regional Festival (Rugby School)

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## Communication

*Enter any important communication you feel is necessary to pass on*

## Other Important Information

*Enter any important information regarding training and matches here*

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## Codes of Conduct

- Players are expected to read & sign the Players Code of Conduct to participate in the Regional Programme
- Staff are expected to read & sign the Staff Code of Conduct to participate in the Regional Programme
  - all staff are CRB checked
  - all staff have submitted references to be involved
  - every Region has a Welfare Officer to look after the Welfare of all players under the age of 18
- Parents are expected to adhere by the Parents Code of Conduct and also sign to say they will adhere to the content.

***Although the Programme is a step on the Player Pathway, it is still about fun!***

## Codes of Conduct

### Extract from the Parents Code of Conduct:

- Remember that young people play rugby for their own enjoyment not that of the parents.
- Encourage young people to play - not force them.
- Focus on the young players' efforts rather than winning or losing.
- Be realistic about the young players' ability do not push them towards a level that they are not capable of achieving.
- Provide positive verbal feedback both in training and during the game.

REMEMBER THAT PERSISTANT, NEGATIVE MESSAGES WILL ADVERSELY AFFECT THE PLAYERS' AND REFEREE'S PERFORMANCE AND ATTITUDE AND YOU COULD BE ASKED TO LEAVE THE EVENT.

# Codes of Conduct

RFUW  REGIONAL RUGBY PROGRAMME 2006/07

## PLAYERS CODE OF CONDUCT

All squad players are asked to read and sign up to this code of conduct.

### Principles of Participation

### Code of Conduct for Participants

#### **Fair Play**

Treat others with the same respect and fairness that you would like them to show you. Demonstrate 'Fair Play' on and off the field.

#### **Equity**

Respect differences in gender, disability, culture, race, ethnicity, and religious belief systems between yourself and others. Challenge discrimination and prejudice.

#### **Inclusiveness and tolerance**

Appreciate that all players bring something valuable and different to the programme.

Value and learn from the diversity of people you meet and show patience with others and act with dignity at all times.

#### **Responsibility**

Look out for yourself and the welfare of others. Do not engage in any irresponsible or illegal behaviour.

Challenge behaviour that falls below the expected standards of RFUW Regional Rugby Programme. Speak out if you are concerned about anything or if you feel uncomfortable about your own needs and those others: be organised and on time.

#### **Friendship**

Take time to thank those who help you take part, whether your family, organisation or team mates.

😊 ABOVE ALL "ENJOY" 😊

## **Regional Programme**

**U14s Manager**

**U17s Manager**

**Welfare Manager**

**Any Questions?**

