



# Musselburgh Rugby Football Club

**Integrity . Respect . Inclusion**

## **Welcome to Musselburgh Youth Rugby**

**Season 2019/20**

Musselburgh Youth Rugby  
building a new era of Rugby in Musselburgh  
that is an asset to young people and their community.

Musselburgh RFC has proudly been delivering rugby to the young people of Musselburgh for over 40 years, we are proud of our long history of providing a safe and nurturing environment where both boys & girls can build friendships, develop life skills and be active through playing rugby.

We are building on last season's launch of a new blended model that incorporates SRU Conference League Games that are played between schools on Saturday's from August to December and friendly games played between clubs on Wednesdays ( U15's only) Saturday's & Sunday's throughout the season and East Lothian County School 7's played after the Easter Break to conclude the season.

We believe this will allow Musselburgh RFC to provide rugby to all our youth members – those who attend Musselburgh Grammar School and former MRFC Mini Rugby Players who are committed to play for their catchment schools on a Saturday.

We are aware that players may not be able to attend all training sessions and games due to other commitments this is understandable, we would like all players, parents and coaches to commit where they can so we can work together on building our Youth Section into a great success.

New for this season we are pleased to be able to deliver SRU School of Rugby sessions within MGS curriculum and after school sessions, again these sessions are optional.

### **Locations & Training Times**

Day	Time	location	Age group
Monday	5-6pm	Pinkie	U13, 14, 15 & 16
Tuesday	7-8pm	Pinkie/Stoneyhill	U18
Wednesday	5.30-7pm	Pinkie	U13,14, 15 &16
Thursday	7-8pm	Pinkie/Stoneyhill	U13, 14, 15 & 16

After School Strength & Conditioning sessions –

Monday and Wednesdays 3.30-4.30pm in the dance studio/ gym hall. These sessions are fully supervised to allow the players to develop their knowledge and understanding of using exercise to build their stamina and physical performance.

**Saturday's** – These are Game Day's only- your age group Team Manager will provide location and time details in advance.

If there is no game scheduled this is a free day.

## **Sunday's**

Skills Training – Relaxed optional Skills session to allow the players to practice core skills..

Home Games -will be held at Pinkie to allow all age groups to play at the same time.

Your Team manager will be in touch with meet/KO time details.

Away Games – your age group team manager will provide location and meet time details.

A Fixture list is available on Team App and on [www.musselburghrfc.com](http://www.musselburghrfc.com) please note training and game information may change over the course of the season, your Age Group Team Manager will keep you up to date.

## **Contact Information**

Each Age group has a Volunteer Team Manager (TM) that contacts every parent in their group to inform them of training times, game information, any changes or any Youth Rugby related information. It is vital that you check Team App regularly and reply to all team manager communication when asked by responding whether your child can or cannot train/play that week allows the coaches to plan training sessions and lets us know if we can field a team for games. Your TM will contact you through the information you include on the players Contact Info/PC1 form.

You can also contact

Denise Talac MRFC Youth Convenor – [mrfcyouthenquiries@gmail.com](mailto:mrfcyouthenquiries@gmail.com)

Ross Hanning Youth Development Officer – [rhanning@musselburghgrammar.elcschools.org.uk](mailto:rhanning@musselburghgrammar.elcschools.org.uk)

## **Social Media**

Club website [www.musselburghrfc.com](http://www.musselburghrfc.com)

Facebook – MRFC Youth Rugby and Musselburgh RFC

Twitter – MRFC\_YOUTH

Instagram – Musselburghyouthrugby

## **Kit**

All Players are issued before each game with a Playing Top.

Player supply their own

**Blue Shorts**

**Red Socks**

**Boots** – These can be metal studs or “moudly’s”. If boots with metal studs are worn you must ensure they are well maintained as not to cause injury to themselves or others.

**Gum Shield** – Must be worn in all contact games and training.

Musselburgh RFC Online Shop links

<https://vsnsport.co.uk/musselburgh-rfc/>

<https://www.imagescotland.com/custom-catalogue/ISG-S1244/325632>

Can write something here regarding help in providing kit.

### **The following items are not compulsory but many players do have them**

- Scrum Caps – If worn must be made for rugby and be properly fitted, if it is too big it can move around or even be pulled from behind causing injury to the wearer.
- Padded Undershirts - not needed but are permitted.
- Cold Gear Base Wear – These are tight fitting leggings/ shorts and long sleeved top that helps keep your child warm during the cold wet months. They are worn underneath their shorts and tops and are easier to wash & dry than jogging bottoms

### **Items not permitted during rugby training or game sessions**

- **Sports Goggles** – The International Rugby Board Law 4, Regulation 12 states the wearing of sports goggles are **not** permitted. There is ongoing research into Rugby specific sports goggles but at the moment they are deemed unsafe in a tackling environment.
- **Jewellery** – all jewellery and watches should be removed prior to a training or game session for the wearer and other participants safety.

All players should come dressed for the weather at each session, they can wear any sports clothing for training that you don't mind getting dirty.

For games strip tops, blue shorts and red socks must be worn; players can wear base layers to keep warm. During the winter months beanie hats are allowed and a warm coat to wrap around them if they are subbed is essential.

### **Musselburgh Youth Rugby Volunteer Opportunities**

#### **Youth Rugby Tour Group**

We have yet to organise a tour for the youth section, all help in progressing with this is welcomed.

Main duties include communicating with parents with tour info, working with Youth Convenor, collating names of those who want to attend, there is not any responsibility of collecting money.

#### **Fundraising & Sponsorship Group**

This group again would consist of parents & players who could organise fundraising events that will help support the Youth Section grow and improve.

#### **Youth Catering Group**

Musselburgh Youth Rugby encourages all parents to volunteer where they can in preparing the players post-match food it will be good to set up a group of core parents who can coordinate this. As the old saying goes many hands make light work.

### **Coaches & Assistants.**

Musselburgh Youth Rugby welcomes all assistance from any parent who would like to help more with their child's age group.

If you are able to help out in any way please speak with Ross, Denise or any age group Coach.

### **Rugby Season Costs**

This season all young people who play U18 rugby and below will receive free Musselburgh RFC Club membership.

Subs are £10 per calendar month (for 12 months of the year), the standing order should only be cancelled if your child(s) stop play rugby at MRFC. If your child attends every training and game day this works out at £1.26 a session. Sub payments help the club provide player's training equipment, post-match food, end of season trophies, pitch hire, coaching courses etc.

Musselburgh RFC aim's to be inclusive and accessible to all, if you are concerned about sub payments please contact us to discuss in private.

As of 2019/20 season all U18 players are exempt from paying MRFC membership fees.

### **What you need to do...**

1. Setting up a standing order - To help the Treasurer track each player's subs payments, please can you set up an individual Standing Order **for each of your playing children** to commence on the 1<sup>st</sup> of every month.

2. **MRFC Bank Account details**

Sort code        801768

Account         00287545

Reference        Initial Surname Year of Birth        e.g. my standing order would be  
Referenced  
JTalac2006

### **East Lothian Rugby Performance Pathway**

Musselburgh RFC is committed to developing talented players who can move forward into the East Lothian Rugby Performance Pathway. This Pathway Programme is run by Scottish Rugby and identifies the most talented young players to attend special training sessions to further develop their skills and help them to potentially prepare for Scottish Rugby's National Academy, or a contract with Scottish Rugby.

If the young player shows themselves to be committed with a good skill set then the coach of their age group shall nominate them at the start of September to go forward into this pathway program. Don't however worry if you child does not get nominated at first as nominations are entered at the start of each new season to ensure later developing children can progress into the performance pathway as well.

Nominations shall be based on

- Those who can proficiently and consistently perform them in practice and games/matches
- Those who have the ability to act on & retain verbal information & concentrate for a considerable period of time
- Those who are in good physical condition & physically fit

All pathways, regional & national age grade rugby is based on the players age as of the 1<sup>st</sup> of January cut off and not the 1<sup>st</sup> of September like clubs and schools.

Please see the pathway criteria below for each age group.

#### **U14 age group:**

- Schools & Clubs nominate players through Regional Academy invitation to nominate (these nominations may be done through 'Rugby Develop' Dept at Murrayfield in future but not yet confirmed).
- Nominations sent out in September.
- These nominations are encouraged to include potential players with good commitment to club / school training.
- U14 players attend camps but don't have East Lothian Falcons fixtures.
- U14 players that are deemed suitable may be asked to 'play up' in the U15 squad for the fixtures.

#### **U15 age group:**

- Schools & Clubs nominate players through Regional Academy invitation to nominate (these nominations may be done through 'Rugby Develop' Dept at Murrayfield in future but not yet confirmed).
- Nominations sent out in September.
- These nominations are encouraged to include potential players with good commitment to club / school training.
- U15 players attend camps but the progress onto 2 fixtures vs Borders U15's.
- East Lothian Falcons picks two U15 squads to play against two Borders U15 squads.
- A combined East Lothian / Borders U15 squad is then selected for the summer U16 Regional Academy Championships which takes place in July / August.
- The Regional Academy Championships consists of 4 Regions: Borders/ East Lothian, Edinburgh, Glasgow and Caledonia.
- Scotland currently select 2 National U16 teams by combining Borders / East Lothian & Edinburgh (East) and then Glasgow & Caledonia (West).

#### **U17 age group:**

- EL Rugby Development Officer asks schools / clubs in East Lothian for U17 nominations in September.
- East Lothian U17's play against Borders U17's.
- Combined squad selected for Borders / East Lothian U18 squad for U18 Regional Academy Championships which takes place in July / August.
- East (Edinburgh / Borders-EL) vs West (Glasgow / Caledonia) squads selected.
- National U18 squad selected.

#### **Child Protection**

Musselburgh Rugby Football Club recognises that every individual involved in the coaching or supervision of anyone under the age of 18 years old who is associated with the club has a duty to safeguard the welfare of those minors. This duty extends to the prevention of physical, sexual or emotional abuse of children and shall be applied regardless of a child's sex, race or religion.

Musselburgh RFC Child Protection Officer is Robin Veitch who can be contacted at [childprotectionmrfc@gmail.com](mailto:childprotectionmrfc@gmail.com)

A copy of our child protection policy and charters can be found on the club website ([www.musselburghrfc.com](http://www.musselburghrfc.com)) and in the file section in the FB group or by following the link ([http://www.scottishrugby.org/sites/default/files/editor/images/sr17\\_childprotection\\_policy\\_v6.pdf](http://www.scottishrugby.org/sites/default/files/editor/images/sr17_childprotection_policy_v6.pdf))

