

Welcome
to

LOUGHBOROUGH
Rugby Football Club Ltd. 

SEASON 2008 – 09

**Mini/Junior Section
(U7 to U17)**



COMMUNITY RUGBY
ACTIVE SPORTS
SEAL OF APPROVAL

Ground & Clubhouse
Derby Road Playing Fields
Loughborough
Leicestershire
Phone:- 01509 216093
E-Mail:- loughboroughrfc@hotmail.com
Web Site www.LRFC.org.uk

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1. WELCOME!

Welcome to Loughborough Rugby Football Club for the 2008-09 season to all who played last year and to all new players and members. It has always been the aim of this club to offer every one the chance to take part in the great game of Rugby football whether they come from a rugby background or are trying the sport for the first time.

This club will help develop the players all round skill, fitness and coordination in a safe and structured environment so that at whatever level they may attain they will have had the best grounding and the most enjoyment from a game that is fun to play. Our mini/junior section is one the largest, if not the largest in the county with some age groups fielding two teams this season. Also, the Club is looking for anyone who would be interested in helping to support a girls team. If that's you please make your self known. This is a very important aspect of the Club as the sport of rugby is becoming more and more popular with the ladies, as can be seen this season with the club fielding two senior ladies teams which is great for Loughborough as most clubs in the county are unable to field one.

This welcome pack contains all the information that you will need for the coming season as well as a list of contacts so please feel to contact any of the officials listed with any concerns you may have and I look forward to seeing in the clubhouse after training or matches on a Sunday.

John Moreland
Chair. LRFC Mini/Junior Section

Equipment and Attendance

Boots, socks, shorts and Jersey in Club Colours are required for all matches.

Scrum cap, shoulder pads etc. are optional. These items are all available in the Club shop. See below for details.

A Gum Shield is recommended for U7 and U8 (Tag Rugby) and mandatory for all other age groups. No gum shield – no game. The gum shield is best fitted by a dentist rather than buying an 'off the peg' variety.

Warm, waterproof/windproof clothing. Players will become cold very quickly when wet, particularly the younger ones.

A full water bottle.

Clean footwear and clean top and trousers as a cover up for dirty kit and knees for use in the Clubhouse whether Home or Away. No kit is to be worn in the Clubhouse.

Matches and Training usually start at 10.00 each Sunday for Minis and Juniors. Some games, especially the Junior ones may start at different times by arrangement so please check with the Coach but typically Junior games kick off at 11.00.

At Mini age groups it is expected that parents will be in attendance. At Mini U7, U8 and U9 this attendance is obligatory.

Clubhouse

The Club have undertaken further improvements in the Clubhouse ready for the new season. A lot of hard work has been undertaken to make the club a more welcoming place and we would like to keep it this way. Therefore could we please ask that all treat the club as they would their home and that **no muddy footwear or kit** is worn in the club at any time. Please make sure that all players have a clean change of footwear and a top & trousers as a cover up for dirty knees and kit. If we all work together on this then the Club will be a pleasant place to socialise after training and matches. We want everyone to enjoy their visit and come again. Let's take pride in what we have and make it better!

Catering & Bar Rota

Each Training and Match day the Bar and Kitchen are open in the Clubhouse to provide Food & Drink (hot & cold and alcoholic drinks during licensed hours) for parents/guardians, players and visitors. All activities at Loughborough are undertaken on a voluntary basis and, as Members, Parents/Guardians are enabled to make a valuable contribution to the success of the Mini/Junior Section by supporting these activities and assist where required. There will be a kitchen rota for parents by Age Group briefed out by Coaches in the early weeks of the season.

Tournaments & County Cup

Loughborough RFC operates its fixtures for Mini and Juniors within the rules laid down in the RFU Continuum. The Continuum defines how the game is introduced to U7 as non-contact Tag Rugby and evolved, in terms of rules (Laws) and numbers of players, into the more familiar 'full sized' adult game at U19 and upwards. With young, developing bodies in a contact sport safety is paramount and the Continuum also stipulates the number of matches and Tournaments Minis & Juniors can play in. The object of this is to ensure that youngsters do not over train and over play at too young an age. For the Minis the maximum number of Tournaments and Fixtures allowed by the Continuum are planned, based on one team per age group. The actual number of Fixtures played may be reduced by adverse weather conditions. If the number of players in an age group is particularly large then additional Fixtures and/or Tournaments may be arranged to ensure all players have a fair and appropriate amount of playing time. The Junior Section teams will take part in the County Cup Competition for their age group. The Mini Section Teams will take part in Tournaments (where squad sizes will be restricted by the entry rules) and 'triangular' fixtures in addition to training and 'single' fixtures. Also, U10 age group will take part in the 'Tigers Cup' Competition (Finals at Welford Road).

Tours

Loughborough tries always to provide a varied and exciting experience of Rugby to its Junior players and in the finest traditions of the game Tours form a part of that experience. Tours rely on the age group Coaches to coordinate fundraising and organisation with the vital and very welcome involvement of Parents/ Guardians.

Club Shop

The Club shop, run by Andy York, operates inside the Clubhouse for the supply of Rugby Kit of all types and associated clothing to Players and other Club Members. The shop will be open every Saturday from 12.00 and Sunday mornings from 10.00. whenever there is a Mini Midi Home fixture or Mini Midi training.

Stock details and prices are posted on the Shop Notice Board inside the Clubhouse or are available from Andy on:-

07941 517472

andrew@trojansportswear.com

A selection of prices for some of the items on sale:-

Rugby Shirt 26-32	£14.00	Shorts	£10.00	Sub Suit	£30.00
34-40	£16.00	Socks 12-2	£4.50	Boot Bag	£7.50
Reversible Fleece (Jun)	£22.00	3-6	£5.00	Ski Hat	£6.00
(Adt)	£27.50	Ski Hat	£6.00	Fleece Hat	£6.00
Boots (var. sizes)	£10 – 25	Club Tie	£10.00	Drill Top	£25.00
Club Shirt (Jun)	£13.00	Polo Shirt (Adt)	£15.00	Baseball Cap	£7.50

Club Website

The Club Website is:- www.LRFC.or.uk It contains Club details and news, areas for comment chat, gossip (!) and match reports. This document is also available there.

Volunteers

The Coaches at the club work extremely hard in preparing the youngsters to play the game. We also need help to undertake other activities throughout the club. As a club we always delighted to have volunteers stepping forward to help in coaching or any other capacity. If you do feel you would like to help then please get in touch with John Moreland (Chairman Mini/Junior Section). Believe me it is fun!

Sponsorship

If you run your own business or work for a company that would like to sponsor the club then please get in touch with John Moreland (Chairman Mini/Junior Section) or Steve Hughes (Senior Club Secretary). Like any organisation we need funds to maintain and improve the club, buy equipment and also to support tours for the Junior Section. The latter is an important part in the sporting and social development of youngsters and the club has always actively encouraged touring. Please support the club in any way you can either by sponsorship or actively raising funds during the year. As a club we have developed a comprehensive business plan that we are happy to share with potential sponsors. This plan shows the vision of the club and also how we are progressing with regards to the targets we have set ourselves.

Rugby for Girls

In partnership with the Women's section, the Mini and Junior section are supporting the development of an U15 girls side. This RFUW age group will allow girls who have progressed through the Mini and Junior mixed age group sides to continue to play rugby at the Club. It also provides a positive opportunity for girls who have experienced rugby at school or who wish to try the sport to do so in a safe, fun environment that supports individual learning and development within the sport of rugby. The U15 girls side upholds the aims of the Mini and Junior section and is reflected in the aim of the Women's section being:

- To maintain and develop a success women's section in the East Midlands
- To make Rugby accessible to women of all ability levels
- To create a friendly environment to develop the game of Rugby.

In a commitment to supporting each player to fulfil their potential and achieving their sporting aspirations, sessions will be supported by qualified coaches ensuring the girls have a positive experience of Rugby. In the first year of the side a core group of players have joined the side. This years aim is to increase the number of players regularly attending training and to participate in a number of friendly fixtures with other local girls sides. The U15 age band is open to girls over the age of 12 and under the age of 15 as detailed on the RFUW website and within this band, girls of all abilities and aspirations are welcome. Initially if players and/or parents wish to come and watch a session and meet the coaches this is wholly welcomed. The same trial period as detailed in the 'Junior Club Rules' applies.

For more information on the girls side, training or any other area please do not hesitate to contact one of the following:

LJ Adams (07966) 082157

Head Coach

laura_janeadams@hotmail.com

Emma Groome

Coach / Manager

emma_groome@yahoo.co.uk

2. Mini / Junior Section Officers

Chair	John Moreland	(01509) 843523 (07926) 884744	j.moreland2@ntlworld.com
Fixtures (Mini).	Adrian Ganderton	(01509) 233379	apganderton@aol.com
Fixtures (Youth)	Dave Timmis	(01509) 816909	davidwtimmis@hotmail.com
Registration	Andy Kirk	(01509) 230322	andygill.kirk@tesco.net
Mini Junior Sect. Sec.	Mark Bartlett	(07764) 607972	cvshed@hotmail.com
County Representative	Dave Timmis	(01509) 816909	davidwtimmis@hotmail.com
Child Welfare Officer	Pete Hales	(01509) 842065	petehales@hotmail.co.uk
House & Grounds	Tony Dalby	(01509) 558062	tonydalby69@hotmail.com

3. Coaches Contact Numbers

U7	John Fraser	(01162) 301461	fraserj472@msn.com
U8	Richard Ward	(01509)880631	richard.ward@richardburbidge.co.uk
U9	Pete Hales*	(01509) 842065	petehales@hotmail.co.uk
	Keith Robinson	(07774) 614845	keith.jr@virgin.net
	Andy Noble	(01509) 621474	andy.noble@travisperkins.co.uk
U10	Mark Sampson*	(01509) 215451 (07894) 795638	marksamo@btinternet.com
	Richard Urwin	(0116) 2211918 (07747)101845	richard@chestertonhouse.co.uk
	Ian Jones(Mgr)	(01509) 889080 (07812) 573085	hoton23@btinternet.com
U11	Mark Flatman*	(01509) 620220	mark.flatman@ntlworld.com
	David Wilson	(01509) 646202	d.w.wilson@lboro.ac.uk
	Jim Tyler	(01509) 266230	james@tylerevents.co.uk
	Mick Waller	(01509) 881719	mickwaller@tiscali.co.uk
	Andy Everitt-Stewart	(01509) 557913	andy@everitt-stewart.com
U12	Adrian Ganderton*	(01509) 233379	apganderton@aol.com
	Andy Wright	(01509) 558098	andy.d.wright@ntlworld.com
	Tony Dalby	(01509) 558062	tonydalby69@hotmail.com
	David Wright	(01509) 557001	davidcwright@gmail.com
U13	Jim Kerry	(01509) 569864	jim.kerry@ntlworld.com
	Glyn Kay(Mgr)*	(01509) 674212	gdpckay@yahoo.co.uk
	Steve Izzard	(01509) 231508	steven.izzard@bigfoot.com
	Paul Cobbin	(07793) 801650	paul.cobbin@juliangraves.co.uk
U14	Andrew Furlong	(01509) 412160	andrewfurlong@tiscali.co.uk
	Andrew Jackson	(01530) 811447	andrew.jackson@fishergerman.co.uk
	David Kirk	(01509) 212304	suzanne.kirk@btinternet.com
	Deborah Cornes*	(01509) 508337	deb.cornes@btinternet.com
U15	Dave Timmis	(01509) 816909	davidwtimmis@hotmail.com
	Ian Randall	(07766) 726179	ianrandall@eaton.com

Mark Bartlett	(07764) 607964	cvshed@hotmail.com
Richard Sykes	(01509) 821562	rm.sykes@ntlworld.com
Andy Kirk*	(01509) 230322	andygill.kirk@tesco.net

U16	Steve Brown*	(01530) 243578	steve.brown@primasolutions.co.uk
	Richard Henson	(01509) 844156	r.henson@cavillfabs.co.uk

U17	Adey Powell	(01509) 210460	powella40@aol.com
	Pat Quemby*	(01509) 560207	p.quemby@ntlworld.com
	Gary North	(01509) 828055	gary.north@ntlworld.com
	Trevor Goddard	(07973) 172928	t.a.goddard@ntlworld.com
	Steve Barnes	(01509) 558045	stevie_b1@ntlworld.com
	Steve Taylor	(01509) 506705	stephen.taylor4@ntlworld.com

* Denotes lead contact for payment of Subscriptions.

4. Fixtures

Minis Fixtures - Season 2008/09

07-Sep	U7 - U12	H		Training			
14-Sep	U7 - U12	H		Training			
21-Sep	U7 - U12	H		Training			
28-Sep	U7 - U12	H		Training			
05-Oct	U7 - U12	H		COALVILLE RFC			
12-Oct	U7 - U12	A		BROADSTREET RFC			
19-Oct	U7 - U12	H		Training			
26-Oct	U7 - U12	T	SOUTH LEICESTER RFC		TOURNAMENT		
02-Nov	U7 - U12	H		Training			
09-Nov	U7 - U12	H		MARKET HARBOROUGH			
16-Nov	U7 - U12	A		PAVIORS RFC			
23-Nov	U7 - U12	H		Training			
30-Nov	U7 - U12	A		SYSTON RFC			
07-Dec	U7 - U12	H		COSBY RFC			
14-Dec	U7 - U12	H		Training			
21-Dec				TBA			
04-Jan	U7 - U12	H		Training			
11-Jan	U7 - U12	H		Training			
18-Jan				TBA			
25-Jan	U7 - U12	H		Training			
01-Feb	U7 - U12	H		VIPERS RFC			
08-Feb	U7 - U12	H		Training			
15-Feb				TBA			
22-Feb	U7 - U12	H		Training			
1-Mar	U7 - U12	H		Training			
8-Mar	U7 - U8	T	ASHBY TAG FESTIVAL	U9 - U12	KETTERING + ASHBY	H	
15-Mar	U7 - U12	T	L'BORO TOURNAMENT		TOURNAMENT		
22-Mar	U7 - U12	A		COSBY RFC			
28-Mar	U12	T	CROSBIE MEMORIAL		To be held at Paviors Rfc (Sat. 28.03.09)		
29-Mar	U7 - U12	A		MARKET HARBOROUGH			
5-Apr	U7 - U12	T	BOSTON RFC		TOURNAMENT		
19-Apr	U7 - U8	T	TAG COUNTY FESTIVAL	U9 - U12	Training	H	
26-Apr	U7 - U8	H		Training	U9 - U12	COUNTY TOURNAMENT	T Venue to be advised

Junior Section Fixtures Season 2008-09

Sunday	Wk	U13		U14		U15		U16		U17'S A TEAM		U17'S B TEAM		Colts	
07/09/2008	1	Registrations		Registrations		Registrations		Registrations		Registrations		Registrations		BUXTON	A
14/09/2008	2	BELGRAVE	A	Club Training	H	BELGRAVE	H	BELGRAVE	H	DINNINGTON	A	SPALDING	H	Club Training	
21/09/2008	3	LEIC. FOREST	H	MKT. BOSWORTH	A	Competition Game		Competition Game		Club Training	H	Club Training		SPALDING	A
28/09/2008	4	Club Training	H	LEIC. FOREST	H	Club Training	H	CUP 1 VIPERS	A	MKT. BOSWORTH	A	KESTEVEN	H	Club Training	
05/10/2008	5	Competition Game		CUP 1 COALVILLE	H	Competition Game		Club Training	H	Club Training	H	Club Training		PAVIORS	H
12/10/2008	6	Club Training	H	COALVILLE	H	Club Training	H	Competition Game		CHESTERFIELD	A	MANSFIELD	A	Club Training	
19/10/2008	7	Northampton OS	H	Club Training	H	CUP 1 Mkt .BOS	H	Club Training	H	NEWARK	A	Club Training		Club Training	
26/10/2008	8	CUP1 LEICS LIONS	H	Northampton OS	H	Competition Game		BURTON	A	Club Training	H	Club Training		SLEAFORD	A
02/11/2008	9	Club Training	H	LUTTERWORTH	H	LUTTERWORTH	A	LUTTERWORTH	H	MATLOCK	H	MARKET RASEN	A	Club Training	
09/11/2008	10	VIPERS	A	KETTERING	H	PLATE 1		COUNTY CUP 2		Club Training	H	Club Training		NOTTINGHAM	H
16/11/2008	11	PLATE R1		COUNTY CUP 2		BOURNE	H	Club Training	H	NOTTINGHAM	A	GRIMSBY	H	Club Training	
23/11/2008	12	Club Training	H	Club Training	H	VIPERS	A	PLATE 1		Club Training	H	Club Training		NEWARK	A
30/11/2008	13	COUNTY CUP 2		PLATE 1		Competition Game		Club Training	H	Club Training	H	Club Training		MANSFIELD	H
07/12/2008	14	Club Training	H	Club Training	H	Club Training	H	Competition Game		NEWARK	H	Club Training		Club Training	
14/12/2008	15	BOURNE	A	Club Training	H	COUNTY CUP 2		Competition Game		Club Training	H	Club Training		BUXTON	H
21/12/2008	16	SYSTON	A	SYSTON	H	SYSTON	A	SYSTON	H	DERBY	H	W.BRIDGFORD	A	Club Training	
28/12/2008	17	CHRISTMAS		CHRISTMAS		CHRISTMAS		CHRISTMAS		CHRISTMAS		CHRISTMAS		CHRISTMAS	
04/01/2009	18	Club Training	H	Club Training	H	BELGRAVE	A	BELGRAVE	A	Club Training	H	Club Training		SPALDING	H
11/01/2009	19	LEIC. FOREST	A	LEIC. FOREST	A	VIPERS	H	Club Training	H	Club Training	H	KESTEVEN	A	Club Training	
18/01/2009	20	BELGRAVE /CUP	A	VIPERS	A	COUNTY CUP S/F		Competition Game		Club Training	H	Club Training		PAVIORS	A
25/01/2009	21	Competition Game		LEIC. LIONS/CUP S/F	H	BURTON	A	LEIC. LIONS / P SF	H	LINCON	H	Club Training		Club Training	
01/02/2009	22	LUTTERWORTH H	H	LUTTERWORTH	A	LUTTERWORTH	H	LUTTERWORTH	A	NOTTINGHAM	H	Club Training		Club Training	
08/02/2009	23	PLATE S/F		BURTON	H	Club Training	H	COUNTY CUP S/F		Club Training		Club Training		SLEAFORD	H
15/02/2009	24	Competition Game		Plate S/F/Training		Plate S/F		VIPERS	H	PAVIORS	A	SOUTHWELL	A	Club Training	T B A
22/02/2009	25	Club Training	H	Club Training	H	MKT. BOSWORTH	H	LEIC. FOREST	A	DERBY	A	W.BRIDGFORD	H	Club Training	T B A
01/03/2009	26	HINCKLEY	A	HINCKLEY	H	HINCKLEY	A	HINCKLEY	H	OADBY	H	Club Training	T B A	NOTTINGHAM	A
08/03/2009	27	PLATE FINAL		PLATE FINAL		PLATE FINAL		PLATE FINAL		Club Training	TBA	Club Training	T B A	NEWARK	H
15/03/2009	28	Club Training	H	Club Training	H	Club Training	H	Club Training	H	DINNINGTON	H	SPALDING		EASTER	
22/03/2009	29	CUP FINAL		N'hampton OS/CUP F	A	Competition Game		CUP FINAL		Club Training	TBA	Club Training	T B A	MANSFIELD	A
29/03/2009	30	VIPERS	H	KETTERING	A	CUP FINAL		VIPERS	A	Club Training	TBA	Club Training	T B A	Club Training	T B A
05/04/2009	31	BOURNE	H	Club Training	H	BOURNE		Club Training	H	Club Training	TBA	Club Training	T B A	Club Training	T B A
12/04/2009	32	EASTER		EASTER		EASTER		EASTER		EASTER		EASTER		EASTER	
19/04/2009	33	MKT. BOSWORTH	A	VIPERS	H	Club Training	H	LEIC. FOREST	H	Club Training	TBA	Club Training	T B A	Club Training	T B A
26/04/2009	34	LEICESTER LIONS	A	Club Training	H	OAKHAM	A	Competition Game		Club Training	TBA	Club Training	T B A	Club Training	T B A
03/05/2009	35	Competition Game		Competition Game		Competition Game		Competition Game		Club Training	TBA	Club Training	T B A	Club Training	T B A
10/05/2009	36	Club Training	H	Club Training	H	Club Training	H	Club Training	H	Club Training	TBA	Club Training	T B A	Club Training	T B A

5. Child Welfare Policy

EQUITY POLICY STATEMENT

Loughborough RFC operates a Child Welfare Policy in line with the guidelines issued by the Rugby Football Union. Copies are available from Suzanne Simon and Gill Portsmouth. A copy is posted on the Notice Board in the Clubhouse. Extracts are given below.

LOUGHBOROUGH RUGBY FOOTBALL CLUB

- This club is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definitions of sport equity:

Sport equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.

- The club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.
- The club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.
- All club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.
- The club will deal with any incidence of discriminatory behaviour seriously, according to club disciplinary procedures.

(Tear off slip)

I have read the Mini/Junior Section Players Code of Conduct and agree to keep these Rules

Signed:-

.....
(Signature)

.....
(Print Name)

U.....
(Age Group)

Please tear out this slip and return it to the Coach for your age group where it will be kept.

6. JUNIOR CLUB RULES

LOUGHBOROUGH RUGBY FOOTBALL CLUB

Loughborough Rugby Football Club is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they have about any aspect of the club with the Chairman Youth Section or the Child Welfare Officer.

As a member of Loughborough Rugby Football Club you are expected to abide by the club rules and also the following rules:

All members must play within the rules and respect officials and their decisions.

- All members must respect opponents.
- Members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
- Members must wear suitable kit – ***Rugby Boots studs must conform with RFU guidelines all protective clothing must be IRB approved*** – for training and match sessions, as agreed with the coach/team manager.
- Clothing suitable for the weather conditions must be worn where appropriate.
- It is recommended that gum shields, if chosen to be used, be fitted by a dentist.
- All players must be registered with Loughborough Rugby Football Club and also the Leicestershire Rugby Union.
- Three passport photographs of player must accompany such a registration.
- Family membership must be paid for the relevant season.
- A trial period is available without any subscription being payable. The duration of the trial will be four weeks but may change at the discretion of the Youth Section committee.
- Members must pay any fees for training or events promptly.
- Junior members are not allowed to smoke on club premises or whilst representing the club at competitions.
- Junior members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.

Tear off Slip

7. CODE OF CONDUCT FOR CLUB OFFICIALS AND VOLUNTEERS

LOUGHBOROUGH RUGBY FOOTBALL CLUB

The essence of good ethical conduct and practice is summarised below. All volunteers must:

- Develop and appropriate working relationship with performers, based on mutual trust and respect.
- Consider the wellbeing and safety of participants before the development of performance.
- Make sure all activities are appropriate to the age, ability and experience of those taking part.
- Promote the positive aspects of the sport (e.g. fair play)
- Display consistently high standards of behaviour and appearance
- Follow all guidelines laid down by the national governing body and the club
- Hold the appropriate, valid qualifications and insurance cover.
- Never exert undue influence over performers to obtain personal benefit or reward
- Never condone rule violations, rough play or the use of prohibitive substances
- Encourage performers to value their performances and not just results

FOR PARENTS/GUARDIANS

LOUGHBOROUGH RUGBY FOOTBALL CLUB

- Encourage your child to learn the rules and play within them.
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by recognising fair play and applauding the performance of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept official's judgements.
- Support your child's involvement and help them enjoy their sport.
- Use correct and proper language at all times.

FOR PLAYERS

LOUGHBOROUGH RUGBY FOOTBALL CLUB

- Abide by the Laws and the sporting spirit of the game of Rugby.
- Not use deliberately dangerous or violent play.
- Use correct and proper language at all times.
- Show respect and courtesy to Coaches, referees, team-mates, opponents and parents/guardians.
- Be gracious in Victory and Defeat since fun, enjoyment, skill development and self respect are the more important than the score.
- Be punctual and let Coaches know your availability for matches & training.
- Treat the equipment and facilities provided by the Club with care and respect.

8. ADDRESSES & DIRECTIONS TO OPPOSITION CLUBS

Where Page number and square reference are given please refer to Philip's Ordinance Survey Street Atlas of Leicestershire & Rutland 2000 (ISBN 0-540-07855-7 – SPIRAL).

Ampthill

Ampthill & District Community Rugby Club

Dillingham Park

Woburn Street

Ampthill

Bedfordshire

MK45 2HX

01525 403303

From M1 Take J11. Turn left onto A421. At next Traffic lights turn right (directions to Ridgemont Station). Go past the station to the top of the hill. Turn right onto A507 (direction to Millbrook, Ampthill & Flitwick) Go through Millbrook and turn left onto B530. This is Woburn Street. Club is on the right.

Ashby

(Page 69 C7)

Nottingham Road

Ashby-de-la-Zouch

Leicestershire

LE65 1DQ

01530 413992

Aylestone St James

(Page 157 B8)

The Clubhouse

Covert Lane

Scraptoft

Leicester

LE7 9SP

0116 241 9202

From Loughborough take A6 direction Leicester. Go through Birstall and turn left onto the A563 Leicester Ring Road (Watermead Way) Follow this road through the Traffic lights onto Troon Way. Travel over the next roundabout onto Thurmaston Lane then Hungarton Boulevard. Just past the Nuffield Hospital (on Right) turn right into Scraptoft Lane. Follow this road for 1mile and pass De Montfort Univ. Campus where the road turns into Covert Lane. Follow Covert lane for a half mile. Aylestone is second Clubhouse on left.

Bedford (Athletic)

Wentworth Drive

Bedford

MK41 8QA

Take M1 to J13. Take A421 dual carriageway towards Bedford. Where the dual carriageway ends turn left onto A428 signed for Bedford. At the 'MFI' Roundabout turn right into Norse Road. Cross 3 further Roundabouts then after 1/2m turn right into Wentworth Drive.

Belgrave

(Page 128 F4)

Abbey Lane

Leicester

LE4 2RG

From Loughborough take A6 to Leicester. Go through Birstall. Go under the A563 Ring Road and across the big roundabout following the A6 Abbey Lane. Clubhouse and Grounds are first turning on the right.

Bourne

Bourne RUFC

Milking Nook Drove

Bourne

Lincs

The Club is 2 miles East of Bourne just off the A151. Turn South into Milking Nook Drove. The Bourne RUFC Clubhouse is 100 yards on the left

Burton on Trent

Burton RFC
Peel Croft
Litchfield Street
Burton on Trent
Staffs
DE14 3RH
01283 564510

The entrance is in Litchfield Street. This is in the centre of Burton, off the A5189 close by St. Peters Bridge (over the Trent). Best approached ex. Loughborough via M1/ A50/A38.

Chesterfield

Chesterfield RUFC
The Rugby Field
Stonegravels
Sheffield Road
Chesterfield
S42
Tel 01246 232321.

From M1 J29 follow Chesterfield Town centre signs. Take A61 towards Sheffield. At Tesco Roundabout turn left. At next Roundabout turn left. Clubhouse and Ground are 400m on the right.

Coalville

(Page 72 A2)

Coalville RUFC
The Memorial Ground
Hall Lane
Coalville
Leicestershire
LE67 5PF
01530 812090

From Loughborough take the Nanpantan Rd (B591) then Copt Oak Road to the Roundabout on the A511. Turn right here along the A511 (Shaw Lane). At the next roundabout turn right along the A511(Bardon Rd). At the next roundabout again go right along the A511 (Bardon Rd). At the next roundabout turn right along A511 (Stephenson Way). At the next roundabout turn right along Broom Leys Road. At the next (3 legged) junction turn left along Meadow Lane. Take second left into Hall Lane. Entrance to Clubhouse & Grounds is on the left, next to the Church.

Derby

Derby RUFC
Haslams Lane
Derby

From M1 take J25 A52 to Derby. At Pentagon Island take A61 (signed to Chesterfield) up Sir Frank Whittle Way. At the 3rd Roundabout turn left (Alfreton Rd). Haslams Lane is on the right after half a mile.

Hinckley

(Page 198 B4)

Leicester Road
Hinckley
Leicestershire
LE10 3DR
01455 448605

From Loughborough take A6 direction Leicester then A46 direction M1. Leave A46 at last exit. Take the slip road off to the Roundabout on the B5380 (Ratby Lane) and turn right. Cross over the next roundabout following Ratby lane to its junction (filter lane to the right) with the A47 Hinckley Rd. Turn right along the A47. Follow the A47 through Earl Shilton. Beyond the village cross the mini roundabout (do not take the B581). At the next Roundabout (after c. 400m), turn left along the B4668 (Leicester Road). Club and grounds are 600m on the right.

Ilkeston

Ilkeston RUFC
The Stute
Hallam Fields Road
Ilkeston Derbyshire
DE7 4AZ
0115 9323244

From M1 J25 take A52 in the direction of Nottingham. At 2nd Roundabout turn left (A6007) and follow Ilkeston Road then Trowel Road, then Stapleford Road (all A6007) over the M1, under the railway then over the railway to its junction with A609. Turn left along Ilkeston Road. Go over the railway (again!) over the canal and the river. Just over the river turn left along Thurman Street which runs into Corporation Road. At the T junction turn left into Hallam Fields Road. Clubhouse and grounds are about 300m on the right.

Kettering

Kettering Rugby Football Club
Waverley Road
Kettering
Northants
NN15 6NT
01536 485588

Take M1 South to A14 Junction. Take A14 to J10, the A6 signed for Kettering/Bedford. Go towards Kettering, through the first set of lights. At the second set of lights, outside Wicksteed Park turn right into Windmill Avenue. Turn first left into Pipers Hill Road and then first left into Waverley Road

Leicester Forest

(Page 152 D2)

Leicester Forest RUFC
Hinckley Road
Leicester
0116 2387136

From Loughborough take the A6 direction Leicester then A46 direction M1. Leave A46 at last exit. Take the slip road off to the Roundabout on the B5380 (Ratby Lane) and turn right. Cross over the next roundabout following Ratby Lane to its junction (filter lane to the right) with the A47 Hinckley Rd. Turn right along the A47. Go through Leicester Forest East. Club is about 400m past the village on the right.

Leicester Lions

(Page 202 A4)

Leicester Lions RFC
Westleigh Park
Lutterworth Road
Blaby
Leicester
LE8 4DQ
0116 2771010

From M1 J21 (Fosse Park), follow directions to Blaby/Whetstone B4114 (Narborough Road Sth). Pass Police HQ on left. At first Roundabout (big Pub on corner) turn left along B582 Enderby Road. At next Roundabout turn right onto A426 Blaby Bypass Go straight on at the next roundabout. At the second roundabout take the first exit sharp left up Lutterworth Road. Clubhouse & grounds are 200m ahead.

Lutterworth

(Page 234 A3)

Lutterworth RUFC
Ashby Lane
Bitteswell
Lutterworth
Leicestershire
LE17 4LN

From M1 J20 take A4303 (Lutterworth Rd) direction Lutterworth. At the next roundabout, turn right along A426 (High St / Market St). Go through Lutterworth centre and about a mile beyond the edge of the village, past the soccer club on the left, take a left turn down Cauldwell Lane. At the T junction the Clubhouse and entrance to grounds are just on the left.

Mansfield

Eakring Road
Mansfield
Notts.
NG18 3EW
01623 649834

From Loughborough take the M1 north to J27. At J27 take 3rd exit signed A608 Mansfield. Travel c. 1/2m over two Roundabouts to traffic lights. Turn left onto A611 signed for Mansfield. Travel 6 – 7m to T-Junction at West Notts College. Turn left onto A60. At next lights turn right onto Berry Hill Lane. Travel to T-Junction at Oak tree Pub and turn right onto A617, Southwell Rd. Travel to next lights and turn left into Oak Tree Lane. Go down hill, over first Roundabout + two Pedestrian crossings to the second set of lights. Turn right here into Eakring Road. There should be a sign to the Club at this point indicating 1/2m on the right.

Market Bosworth

(Page 149 B3)

Market Bosworth RFC
Cadeby Lane
Cadeby
Market Bosworth
Nuneaton
Warks
CV13 OBE

From Loughborough take the Nanpantan Rd (B591) then Copt Oak Road to the Roundabout on the A511. Turn right here along the A511 (Shaw Lane). Turn left at the next Roundabout along the B585 (West Lane then Victoria Road. Follow this road to the T Junction and turn left along Station Rd (still the B585). After 600m the B585 forks to the right (along Wood Lane). Take Wood Lane to the next Junction and go straight ahead through Nailstone Village. Beyond the village at the crossroads turn left onto the A447 (Hinckley Rd). Take the A447 to Bull in the Oak. Turn right to Market Bosworth ('The Park'). Cadeby Lane is on the left after the gates to the Country Park. Club and grounds are about 600m on the right.

Market Harborough (Page 250 F8)

Market Harborough RUFC (formerly Kibworth RUFC)
Northampton Road
Market Harborough
Leicestershire
LE16 9HF
01858 464210

From Leicester take the A6 all the way to the roundabout on the edge of Market Harborough and take the A4304 (Rockingham Road) into the centre. From Market Harborough centre follow signs for Northampton A508. Clubhouse and grounds are about half a mile from the centre on the right.

From M1 Junction 20 take the A4304 (Lutterworth Rd) in the direction of Market Harborough and go to the centre of town. From the centre follow directions as above.

Melbourne

Melbourne RFC
Mini/Junior Section – play at:-
Chellaston School
Swarkestone Road (A514)
Derby
DE73 1UA

From Loughborough take M1 / A50. At the junction of the A50 and A514 turn right in the direction of Derby Centre along Swarkestone Road. The school is on the left before the junction of Station Road.

Melton Mowbray

(Page 82 E8)

King Edward VII School
Burton Road
Melton Mowbray
Leicestershire
LE13 1DR
017815 042661

From Loughborough take the A6 and turn off to Barrow. Go over the bridge and right at the roundabout then first left up Melton Road to the junction of B676 (Six Hills Lane) and A6006. Road Turn right along A6006 and follow the road through Asfordby into Melton centre. Go round the Inner Ring Road and follow directions for A606 (Oakham). Take A606 (Burton St / Burton Rd) over the railway Bridge and River and up the hill. King Edward VII School is half a mile up the hill from the bridge on the left. After the School sign take the second entrance to the school. Drive to the back of the car park. Clubhouse and grounds are downhill on the left.

Northampton Old Scouts

Rushmere Road
Northampton
NN1 5RY
01604 633639

From M1 - exit at Junction 15 and head towards Northampton on A508 dual carriageway. Take left exit signposted to Northampton Town Centre and Bedford after crossing river Nene. The slip road takes you down to the Bedford Road roundabout, take 2nd exit into Rushmere Road and the club is situated approximately ¼ mile on left. From Bedford - enter roundabout as above from A428, take 3rd exit. From Wellingborough - enter roundabout from A45, take 4th exit

Moseley

Billesley Common
Yardley Wood Road
Billesley
Birmingham
B13 0PT
0121 4433631

From the M42 take J3 taking the A435 north in the direction of Birmingham. Go over first Rbt at 1.5m. At second Rbt after 2.5m (Sainsbury's at RBT) take 3rd exit signed to Warstock, Shirley & Solihull into Maypole Lane. Travel 1m and turn left opposite Peterbrook Primary School into Yardley Wood Road. Go straight across the next Rbt (3rd exit) pass Bus Garage on left, cross double mini Rbt complex and two Pedestrian crossings then turn immediately left onto Billesley Common.

Newark

The Rugby Ground
Kelham Road
Newark
NG24 1WN
01636 702355

From Loughborough travel east to access A46 and travel North, direction of Newark. On approaching the town take the A46 bypass (town on RHS). At first Rbt. take first exit, left onto A6065. The ground is about half a mile ahead on the RHS.

Nottingham

Nottingham RUFC
Ireland Avenue
Beeston
Nottingham
NG9 1JD
0115 9254238

From Loughborough take A60 direction of Nottingham. At the roundabout with A52 turn left along A52 (Clifton Bvd). Go over the river on the Flyover then take the next slip road left signed for Beeston A6005 (Beeston Rd). At the next roundabout turn left along A6005 (Queens Rd East / Queens Rd). At the junction of Queens Rd and Dovecote Lane turn left along Dovecote Lane and first right into Ireland Avenue. Clubhouse and Grounds are at the end of this short street.

Nuneaton

Nuneaton RUFC
Liberty Way
Off Eastborough Way
Attleborough Fields

Nuneaton
02476 383206

From Loughborough take M1 (South) to J21. At J21 take M69 direction Coventry. At M69 J1 take A5 (Watling St) direction of Nuneaton. Go straight across the next 3 roundabouts then turn left along A47 (Longshoot). At the next roundabout turn left along A4254 (Eastborough way). At the next roundabout turn right along Townsend drive and first right into Liberty Way. Clubhouse and grounds are just ahead.

Oadby Wyggs

(Page 180 F4/F5)

Oadby RFC
Oval Park
Wigston Road
Oadby
Leicestershire
0116 2714848

From M1 J21 (Fosse Park) take A5460. Bear left and take A563 (Soar Valley way /Atlee Way / Asquith Way. Turn Right (filter lane) onto A5199 (directions to Wigston) This is Welford Road. Stay on Welford Road (on the way it's also called Leicester Road). At the next Roundabout turn left onto B582 Oadby Road / Wigston Road. Clubhouse and grounds are 1500m on left.

Oakham

(Page 137 E7)

Oakham RUFC
The Showground
Barleythorpe Road Oakham
01572 724206

From Loughborough take the A6 and turn off to Barrow. Go over the bridge and right at the roundabout then first left up Melton Road to the junction of B676 (Six Hills Lane) and A6006. Road Turn right along A6006 and follow the road through Asfordby into Melton centre. Go round the Inner Ring Road and follow directions for A606 (Oakham). Take A606 (Burton St / Burton Rd) over the railway Bridge and River and up the hill. Follow A606 through Langham towards Oakham. Go straight on at the Oakham bypass Roundabout following signs for Barleythorpe. The Showground will be seen on the left after c. 400m. Turn left immediately in front of The Rutland College. Clubhouse and grounds are ahead on the left.

Olney

The Recreation Ground
East Street
Olney
Bucks
MK46 4DW

Paviors

The Ron Rossin Ground
Burntstump Hill
Arnold
Nottingham
NG5 8PQ
0115 9630384

To avoid Nottingham. Take M1 to J27. Turn right along A608 (Mansfield Rd). At the third roundabout turn right along A611 (Annesley Rd). At the next roundabout take first exit B6011 then first right along Wighay Rd. Go through Linby and Papplewick to the junction of A6011 and A60 (Mansfield Rd) Turn right along A60. Go over the railway and turn first left along Burntstump Hill. Turn right directly in front of Seely Church School. Clubhouse and grounds are at the bottom of the (poorly metalled) lane on the left.

From Nottingham centre take the A60 (Mansfield Rd). At the Leapool roundabout take the A614 (Ollerton Rd). After 1 mile turn left along Burntstump Hill. Turn left immediately after Seely Church School. Follow directions as above.

Rugby Lions

Webb Ellis Road
Rugby Warks.
CV22 7AU
01788 334466

Sandbach

Bradwall Road
Sandbach
Cheshire
CW11 1RA
01270 762475

South Leicester (Page 203 D8/E8)

South Leicester RFC
Welford Road
Wigston
Leicester
LE18 3TE
0116 6882066

From M1 J21 (Fosse Park) take A5460. Bear left and take A563 (Soar Valley way /Atlee Way / Asquith Way. Turn Right (filter lane) onto A5199 (directions to Wigston) This is Welford Road. Stay on Welford Road (on the way it's also called Leicester Road & Bull Head Street) until you arrive at a Roundabout by a Cemetery. At the Roundabout stay on Welford Rd over the RBT (pass the exit for Guthlaxon Way). The Clubhouse & grounds are 50m on the right.

Stamford (Page 143 B3)

Hambleton Road
Stamford

From Loughborough take the A6 and turn off to Barrow. Go over the bridge and right at the roundabout then first left up Melton Road to the junction of B676 (Six Hills Lane) and A6006. Road Turn right along A6006 and follow the road through Asfordby into Melton centre. Go round the Inner Ring Road and follow directions for A606 (Oakham). Take A606 (Burton St / Burton Rd) over the railway Bridge and River and up the hill. Follow A606 through Langham towards Oakham. Go round Oakham on the bypass and follow the A606 (now Stamford Road) in the direction of Stamford. Cross over the A1 and after about 800m turn right into Hambleton Road immediately in front of the Danish Invader Pub. The ground is just ahead on the left. The car park is tiny so park anywhere you can as soon as you turn off the main road.

Syston (Page 103 E5)

Barkby Road
Queniborough
Leicestershire.

From Loughborough take A6 direction Leicester then A46 (direction Lincoln). Turn left at the next Roundabout (still A46. Take first left slip road and from the roundabout at the top of the slip road turn right along A607 Syston Road. Go under the A46 and straight on at the next roundabout. At the next roundabout take the second exit into Queniborough (Rearsby Road).

Vipers (Page 202 A6)

Vipers RFC
Blaby By Pass
Whetstone
Leicester
LE18 6ND
0116 2864777

From M1 J21 (Fosse Park) follow directions to Blaby/Whetstone B4114 along Narborough Road (South). Pass Police HQ on left. At first Roundabout (big Pub on far corner) turn left along B582 Enderby Road. At next major Roundabout turn right onto A426 Blaby Bypass. Clubhouse & grounds are 600m on the left.