



# HITCHIN RFC

Rugby Football Club



## Mini & Youth!



### HITCHIN RFC MINI & YOUTH RUGBY NEWSLETTER 15<sup>th</sup> February 2012

*Touring U14 side*



What the Dickens! For the second time in as many weeks, dangerous pitch conditions have dictated the cancellation of all our fixtures. The freezing cold weather even prompted coaches to call off any non contact training.

It now feels like an ages since the boys and girls had any rugby, and I, anything much to report. But don't despair, the big freeze appears to be heading for a thaw, which might just mean it's business as usual, come Sunday – fingers crossed!

In the meanwhile, here is a bit of rugby blurb to help pad-out my newsletter.

Legend has it that in 1823, during a school football match in the town of Rugby, a young man named William Webb Ellis picked up the ball and ran towards the opposition's goal line. Two centuries later and Rugby Football has evolved into one of the world's most popular sports, with millions of people playing, watching and enjoying it. The Game has at its heart, a unique ethos that it has retained over the years. Not only is it played to the Laws, but also within the spirit of the Laws.

#### **The Six Nations Championship**

*Italy 15 - 19 England:* A Try from Hodgson, some points from Farrell and England continues their winning streak. Watching and enjoying the game is at the heart of Rugby, so keep encouraging your children to watch as much as they can.

#### **Touring Sides**

The U14's, seen above, and U16 youth sides are back from their annual rugby tours. The feedback is, it went very smoothly and that all had a tremendous time.

#### **AGM & Election of 2012-13 M&Y Committee**

Our **M&Y AGM** will be held on **Wednesday 18th April 2012** at 8pm in the clubhouse. Please come along and help elect next season's M&Y committee. To find out more, please speak to me or [Neil Farrer](#), Vice-Chair Youth. Alternatively, contact Michael Emmerson, the M&Y Secretary on 07798 898271 or at [MandySecretary@hitchinrugby.com](mailto:MandySecretary@hitchinrugby.com). We look forward to hearing from you.

Keep an eye out for news updates and remember to always wear plenty of layers in order to stay warm.

# Social Calendar

Fancy a  
**QUIZ** and a **CURRY?**

## **M&Y Quiz Night**

**Friday, 16<sup>th</sup> March, 7:30pm**

**Tickets are £5 each**

*including yummy chicken/veggie curry*

*Tables of 6 preferred  
Please order your tickets through your  
Social Reps or me, thank you.*

*Justine Welbury -  
[j.welbury@sky.com](mailto:j.welbury@sky.com)*

## **RFU Grand Prize Draw**

As part of our fund raising initiative each year every M&Y member receives with their copy of **Club Points** magazine 2 booklets (£10) of tickets and a reply paid envelope for the:

**RFU GRAND DRAW 2011/12**  
**1st PRIZE - £10,000**  
**and more than 40 other prizes!**

**90%** of the money raised by the sale of these tickets will be a tax-free donation to the club and will go towards new changing rooms.

Please give your support, complete the stubs of the booklets enclosed and return before 25 February 2012 to:  
*Chris Jones, 69 Bearton Green,  
Hitchin SG5 1UG*

## **Mini & Youth 2011/2012**

<b>When</b>	<b>What</b>	<b>Where</b>
Wednesday 18 <sup>th</sup> April 20:00	<b>M&amp;Y AGM</b> <i>(Elect M&amp;Y committee)</i>	Hitchin Rugby Club
Thursday 3 <sup>rd</sup> May 19:00	<b>M&amp;Y Awards Dinner</b> <b>U13s-U15s</b>	Hitchin Rugby Club
tbc	<b>End of Season Dinner</b> <b>U13 Girls</b>	Hitchin Rugby Club
Friday 4 <sup>th</sup> May 19:00	<b>M&amp;Y Awards Dinner</b> <b>U16s-Colts</b>	Hitchin Rugby Club
Sunday 6 <sup>th</sup> May 09:30	<b>M&amp;Y Founders Day BBQ/Tag</b> <b>Tournament</b>	Hitchin Rugby Club
Friday 11 <sup>th</sup> May 19:30	<b>M&amp;Y End of Season</b> <b>RUGBY BALL</b>	The Marquee, Hitchin Rugby Club
Friday 16 <sup>th</sup> March 19:30	<b>Quiz Night &amp; a Curry</b>	Hitchin Rugby Club

# Coaches Corner

## End of Season Awards

Team Managers/Coaches, it's fast approaching that time of year once more and I am currently in the process of organising this seasons many awards.

If your age group was one of those awarded a *Club Trophy* at the end of last season, and have not already done so, please can you return it to me/the clubhouse. I will be sending them off to be engraved as soon as they are all received.

On the occasion of the *Founders Day Tag competition* or at one of the *End of Season Youth dinners* each year, two club sponsored awards per age group are made. They are awarded for the categories: **Coaches Player of the Year** and **Most Improved Player**. Please forward the names of your two nominees to me as soon as possible, so they can be engraved onto the trophies.

Most of you have already provided me with a group size figure, but can I have numbers from the few remaining groups.

Please can I also ask that you proof all name spelling, as I am next to useless with this and will simply be copying and pasting the information I receive from you.

It's normal for age groups to present **additional trophies** i.e. Players Player, Supporters Player, Top-Gun, or other categories.

The awarding of additional trophies is a decision taken by individual groups and they must therefore, be sourced and purchased by the group.

However, as often is the case, I can order them from our supplier along with the club's order. Groups can then pay me for them on or before the presentation day. (*Managers/Coaches are invited to contact me soon if they require this facility*).

You may check out the website in order to select trophies and to obtain pricing.

[www.cheaptrophies.co.uk](http://www.cheaptrophies.co.uk)

With such a large number of trophies to source and engrave, our supplier will need a sufficient period in which to turn our order around. So, if I can have your data by Sunday night, I can kick things off.

## Cost of Texting Using Easy Club Manager

Sending a text message using the Easy Club Manager works out at approximately 6 pence for each recipient. Since the beginning of January M&Y have sent over 2370 of them, some so long that they represented more than one text in terms of cost.

98% of our membership has a registered email contact, so can I ask that announcements of training or match cancellations etc. is done using email or web announcements, as these methods incurs no charges.

## Flood Lights

The blown lamps and all of those on the backs of the three main floodlight columns, that illuminate the training areas between pitches, are shortly being replaced for ones emitting white light.

# Useful Repeats

## Mid-week Training – 2nd XV Pitch

Please can groups not train in the 22m of the 2<sup>nd</sup> XV pitch as it is once again showing signs of excessive wear & tear. Thank you for your co-operation in helping to preserve pitch conditions.

## Saracens Tickets

To avoid an administrative nightmare, please can groups ensure that for all future tickets requisition for Saracens games, your order is placed through our Saracens co-ordinator, Justine Welbury ([j.welbury@sky.com](mailto:j.welbury@sky.com)).

## Locking Up Procedure On Sundays

The changing rooms are still occasionally being left unlocked. Please can Lead Coaches check that all post guards, tackle bags, balls, flags etc, have all been put away after use. Also, can **the most senior age group** or **the last team to play** also ensure that the **Kit Store, Changing rooms** and **Field barrier** are **locked securely** before leaving. The bar staff will provide you with the keys you require.

## First Aiders Accessing the Pitch

It is vital that team first aiders wear a high-viz tabard and ensure they speak with the referee before the game. They need to discuss briefly their intentions regards accessing the pitch.

## Reporting Match Results

The league co-ordinator role is still being covered by [John Walsh](#), so please continue to send him your match results and he will submit them to the web site on the Monday/Tuesday following matches.

## Food On A Sunday

Whether you have a game or just training, when you are at home on a Sunday it is important that Team Managers make [Sue](#), [John Walsh](#) or [me](#) aware of squad numbers so we can make sure there is adequate provision to feed everyone (*bacon rolls etc...*).

## Certificate of Courses Attended/Refund of Costs

May I remind managers to collect copies of all coaching or other certificates attained for club records. Email scanned copies with receipts to [Adrian Pomfret](#) (*coaching coordinator*), who can then authorise the appropriate refunds.

## Clubhouse, Match Day & Training Check List

It is important that coaches conducting midweek sessions ensure a copy of the **Check list** is completed before training commences on each occasion. A copy of the form can be obtained from the club website (*Until a rack is put up please leave on the bar*).

## Referee co-ordinator

Steve Ward, our referee co-ordinator, will be working to get more qualified referees to be available. Keep on trying to encourage a couple of your parents to take up the challenge of being 'The Ref'. For more information please contact [Steve Ward](#).

## Cancellation Of Games/Training

Whenever possible, we try to provide as much warning of cancellation as we can, but this may not always happen. Unless you hear otherwise from me, then please assume that it is still on. However, in knowing the players in your squads, as you do, lead coaches may decide to shorten or indeed to cancel the session, this will be your call.

Watch out for an emails, continually check the website or feel free to call [me](#) on 01462713828 or 7545267550.

## Content for Newsletter

Keep your photographs of players in action and other content material for inclusion coming please. But what else do your players do outside of rugby? I would like to receive information on all their notable activities and achievements. There is only so much I can say about my own boys or the U13 & U16 ☺.

Some of your contributions are still arriving late! Please try to send it to [me](#) by the latest on Tuesday at 10:00 as I would like to send the newsletter out on Wednesdays.

# Playing Matters

[\(click on links to go to team page/fixtures/results\)](#)

## MINI RUGBY

Once again, all fixtures as well as training was cancelled due to dangerous pitches and freezing weather conditions.

[UNDER 7](#)

[UNDER 8](#)

[UNDER 9](#)

[UNDER 10](#)

[UNDER 11](#)

[UNDER 12](#)



## YOUTH RUGBY GIRLS

[UNDER 13 GIRLS](#)

Girls and Parents, at the moment I cannot give any indication of whether training will be on or off this Sunday. The ground is still frozen, but the forecast looks a bit warmer, so please keep checking your emails.

The following Sunday, 26th February, Hertford (Beckenham will be there as well) have confirmed that the games will be going ahead, weather permitting. Kick off time will be about 1:00/1:30. I will get a definite time next week, but you will need to get there about 45 mins before, so you can warm up. I will email the address as well. Thank you to those that have emailed to say that they can play.

Don't forget the Women's England v Wales game on the 25 February at Twickenham. There is free entry, once the men's game has finished, and it is live on the BBC red button. England have won 2 out of 2 so far!!

If you have a spare 5 minutes you might like to watch the [England Women's Rugby Promo](#) video on Youtube (*approx 2:58 in*). You might recognise someone who

features in it a couple of times. She is in a pale blue, pink and black shirt wearing a grey scum cap!! - Enjoy your half term.

### **Ladies Six Nations**

The dates of the games are:

*25th February England v Wales*

*11th March France v England*

*17th February. England v Ireland*

For more information on girl's rugby, contact **Adrian Pomfret**  
(Coaching Coordinator) [adrian.pomfret@virgin.net](mailto:adrian.pomfret@virgin.net) | m: 07906863550

## **YOUTH RUGBY BOYS**

**[UNDER 13](#)**      **[HML1](#)**

*See the U14 tour report below*

**[UNDER 15](#)**      **[HML1](#)**

*See the U16 tour report below*

**[UNDER 17](#)**      **[HML5](#)**

**[COLT](#)**      **[HML1](#)**



[UNDER 14A](#)

[HML3](#)

[UNDER 14B](#)

[HML6](#)

### **U14s Frankenstein tour to Marlow 2012.**

The U14s tour 2012 had games arranged with Henley and Marlow, but the snow put paid to those. We travelled to Longridge activity centre, next to the Thames on the outskirts of Marlow on the Friday night and after a hearty spag bol, the tour court convened. Jack Wuidart had compiled a brilliant presentation of all the tourists with suitable music for each and Tony handed out the delightful pink tour shirts.

On Saturday, after an interesting breakfast experience (the beans were best) many in Frankenstein's monster outfits, some as the scientist himself and others with decidedly green faces (Shelley the author was born in Marlow) we moved to Henley for a few games of touch rugby, on their astro. David decided to take the scenic route, not wishing to dent the pristine Minibus on Marlow's bridge bollards and showed the tourists some lovely views en route. Sat nav was not always helpful! An unrestrained dog gave him the chance to demonstrate the minibus' excellent ABS and we made it to Henley in fine shape!

After the touch rugby, where Henley's Barbarian flanker ref Mark Venner demonstrated admirable even handedness, some tyre lifting was organised, then a superb session in the clubhouse with beef stew, Brakspears and the usual drinking games for the boys (squash!) which we won 2-0. The Golden Hedgehog was presented to the other HRFC (See pic. Tony seems to think a parrot featured in Frankenstein. Poor deluded chap) and sat proudly on the trophy cabinet. A fine club, with whom we hope to have a proper fixture next season. We took the direct route home



The afternoon was given over to some Dragon boat racing on the Thames. The boat that went 2nd was the quickest. We then headed to Marlow RFC to watch Italy v Eng - a tight game with England just doing enough and Saracens Charlie "Charge down" Hodgson, getting another try.



We moved onto the Tiger Garden restaurant for a hearty curry, quite a shock for the fine townfolk of Marlow seeing our monstrous rabble descend on them. Some will not be best pleased to hear that our boys did us proud and behaved impeccably, even with the long wait for food. We returned to Longridge for our final evening. A short court session was convened, with a number of crimes being reported. Being a Wasp supporter on a "Saracens" tour was charged at 6 of the party. The most heinous, it was felt, by the prosecution, was attempted murder. The victim? The dog that ran out in front of us. A guilty verdict was given, despite pleas for consideration to be given to the fact that it was Steve Johnson who had recommended the route we took out of the centre, leading to the country journey! My punishment was of course some very fiery garlic.



Sunday was departure day. Our fixture with Marlow has been lost to the weather, so we travel early to Wasps. We meet Phil Vickery and Austin Healey at the ESPN stand and the boys have a picture with Sting and Tom Rees. Not sure many of the boys know him, but such a nice guy and extremely unlucky with injuries.



The game begins and Wasps score first.

Saracens manage the win though, keeping the majority of the HRFC group happy. We journey back to Hitchin with the 2 buses "Frank" and "Stein" full of sleeping boys for most of the journey. Well done to them for being such good company and to Tony "D.O.R." for organising it. A shame the rugby did not work out, but a great team building experience nonetheless. Next year the tourists may venture overseas to a tournament in Italy. Watch this spacio!



**UNDER 16**

**HML1**

**Hogs on Tour**



**Stratford-upon-Avon  
2012**

## **Hitchin U16's Rugby Tour - Stratford-upon-Avon**

**10<sup>th</sup>-12<sup>th</sup> February 2012**

With the widespread cancellation of matches in early February we were fearful that we might have a rugby-free tour. Phone calls to the opposition mid week gave us hope, but then the fresh deluge of snow on Thursday night raised considerable doubt as to whether we'd even make it to Warwickshire.

Thankfully the roads were clear and Stratford and Moseley had missed the worst of the snow and so it was an expectant group of 22 players and 11 parents that met in the club car park at 4.30pm. We were travelling to the home of Shakespeare, and in honour of our rich literary heritage, there was a fine display of quills and cod-pieces on show.

The Youth Hostel was great with lots of room, good food and a small but amply stocked bar. However the beds must have been uncomfortable as no-one seemed to spend long in them!

Saturday dawned clear and very, very cold. Had there been more snow it would have been ideal for skiing, so we did the next best thing and headed for a dry ski slope in the middle of Birmingham. It soon became apparent that there was a wide range of ability, from those used to the après-ski in St Moritz, to complete novices who could barely stay upright. Thankfully there were no major injuries and a full squad headed to Moseley's ground.

The car park was covered in ice and the ground was like iron, but we were to play on the 3G artificial pitch and that was in perfect condition so we set about our warm up to get used to the surface. Moseley were a couple of players short, so we lent them two of ours - and a third following an injury in the first half. Hitchin started well and played much of the first period in Moseley's half but their stubborn defence kept us at bay for 20 minutes until Bambi found space on the wing to open the scoring. Duke and Ron then crossed to increase our lead to 15 points at half time.

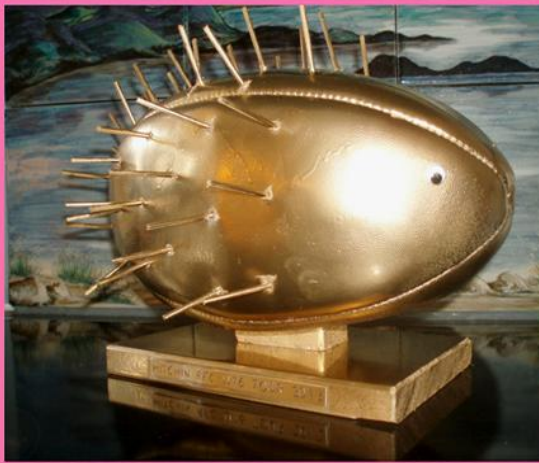
The second half started in the same manner with Hitchin pressing strongly and Bambi again breaking free to gain a 22-0 lead. At this stage, tiredness & perhaps a

bit of complacency kicked in and a missed tackle allowed Moseley to score in the corner. This gave them heart and they started to exert more pressure, slowly reducing the deficit until, with 5 minutes to go, they snatched the lead after some good approach play by Tracy - one of our 'ringers'. The boys roused themselves and surged up field before setting Bambi free for what everyone thought was the winning score but ended up as a lineout due to a toe in touch. With that we ran out of time and all but 3 of the Hitchin boys lost their unbeaten-on-tour record. Final Score **24-22**.

Moseley are a great club and made us very welcome. They were impressed that we chose to play in pink - our tour shirts avoiding any possibility of a colour clash. We took advantage of their hospitality with an impromptu court session and a few indoor games, then watched the Italy England match before heading back to the hostel.

Unfortunately, on Sunday the ground was still frozen solid and so our game with Stratford was called off, although judging by the state of the players, it was probably a blessing in disguise. Instead, we considered the options for a literary and heritage tour of Stratford before driving to Leamington Spa for ten pin bowling!

It was a great tour, and we were incredibly lucky to actually play some rugby. There are many people to thank for making it such a success: Esther Kerr & Tracy Ryan who did most of the organisation and sorted the bowling out at short notice, Jane Bailey for helping the Judge prepare and sourcing many of the forfeits, Bar Steward for keeping us suitably refreshed, and Judge Deirdre and his assistant, Ratner, for their imaginative and slightly disturbing court sessions. Thanks also to the players who generally behaved well and were a credit to the club. (we've not been banned from the Youth Hostel!)



*Hitchin U16's Rugby Tour – Stratford-upon-Avon*

## Fixtures - Sunday 19th February 2012

<b>Group</b>	<b>Location</b>	<b>Type</b>	<b>Opponent</b>	<b>Kick Off</b>	<b>Pitch</b>
<b>Minis</b>	Away	Match	Tring	10:00	-
<b>U13G's</b>	Home	Training	-	10:00	-
<b>U13's</b>	Home	Match	Bletchley	11:00	Pitch 3
<b>U14A's</b>	Away	Match	Shelford	11:00	-
<b>U14B's</b>	Away	Match	Shelford	11:00	-
<b>U15's</b>	Home	Training	-	10:00	-
<b>U16's</b>	Away	Match	Saracens	11:00	-
<b>U17's</b>	Home	Match	Saffron Walden	11:30	Pitch 2
<b>Colts</b>	Home	Training	-	10:00	Priory

### SENIORS RUGBY

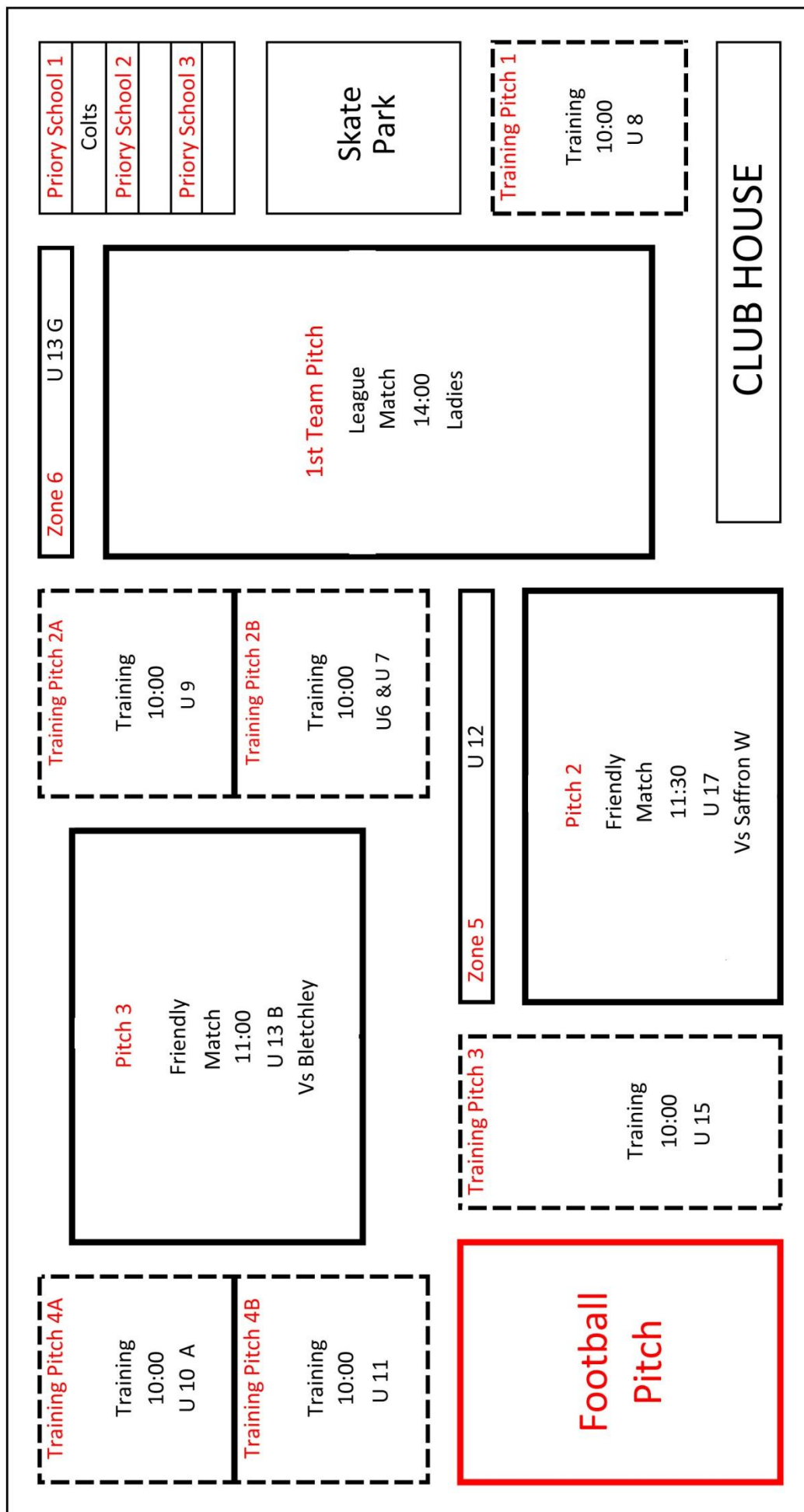
([Click on links](#))

<a href="#">Hitchin First XV</a>	<a href="#">London North West 3</a>
<a href="#">Hitchin 2nd XV</a>	<a href="#">Hertfordshire/Middlesex Merit Table 2</a>
<a href="#">Hitchin 3rd XV:</a>	<a href="#">Hertfordshire/Middlesex Merit Table 4</a>
<a href="#">Hitchin 4th XV</a>	<a href="#">Hertfordshire/Middlesex Merit Table 7</a>
<a href="#">Ladies First XV</a>	-

# Hitchin Mini & Youth Rugby Pitch Plan

Sunday 19th February 2012

**Please note** - this pitch plan may be subject to changes and a final copy will be posted on the clubhouse door on Sunday



Emma Cooke 07707668272

Lynne 07872023078

**Duty First Aider:**

Visitors

**L-Shaped Changing Room:**

Hitchin

**First Team Changing rooms:**

# REPEAT MESSAGES

## MEMBERSHIP FEES REMINDER

You can pay the members secretary by card or cheque in the clubhouse on Sunday morning (please note **NO CASH** payments will be accepted).

## CANCELLATION OF GAMES

The safety of players is paramount, so from time to time matches have to be cancelled due to the unsuitable condition of pitches. It is advisable that you check on club websites, home or away, before setting off on your journey. Also watch out for any last minute communications from your team managers or lead coaches.

## TAKE CHARGE! - LEARN TO BE A REFEREE

**URGENT, we need more Refs!** Take a referee qualification paid for by the club. Parents of younger players! You will develop confidence by starting off with tag rugby. Go on, have a go!

## SOCIAL CALENDAR

Please support our fund-raising efforts by joining in with the many social events we have lined up for this season. Our social calendar dates for your diaries are detailed below.

## BECOME A VOLUNTEER

Players and coaches are vitally important, but successful rugby clubs are more than just teams on the pitch. Volunteers work hard behind the scenes to help make it all happen and there would be no club without them. This club is run entirely by volunteers and a limited or indeed no knowledge of rugby is no reason not to get involved. Please contact [Michael Emmerson](#) or [myself](#), if you would like to help out at the club on Sunday mornings.

## CARS PARKED ON SUNDAY

Please continue to show consideration to the resident of King George's Close by not obstructing access to garages and by respecting their right of access.

## www.HITCHINRUGBY.com

Visit the website, [www.hitchinrugby.com](http://www.hitchinrugby.com) for everything you need to know about your teams, club contacts and other club activities. Check your spam filters to ensure that messages from WebMail@EasyClubManager.co.uk are being allowed through. This is essential since mail sent from here will inform much of what you need to know.

## YOUR CLUBHOUSE

Pop inside before and after training for a tea or coffee and a bacon roll. Use the shop for kit and other rugby essentials, have a drink at the bar, meet members of other age-groups, read information from our screens, meet your coaches and your committee members.

## Clubhouse bookings

All requests for clubhouse bookings need to be made via the M&Y committee.

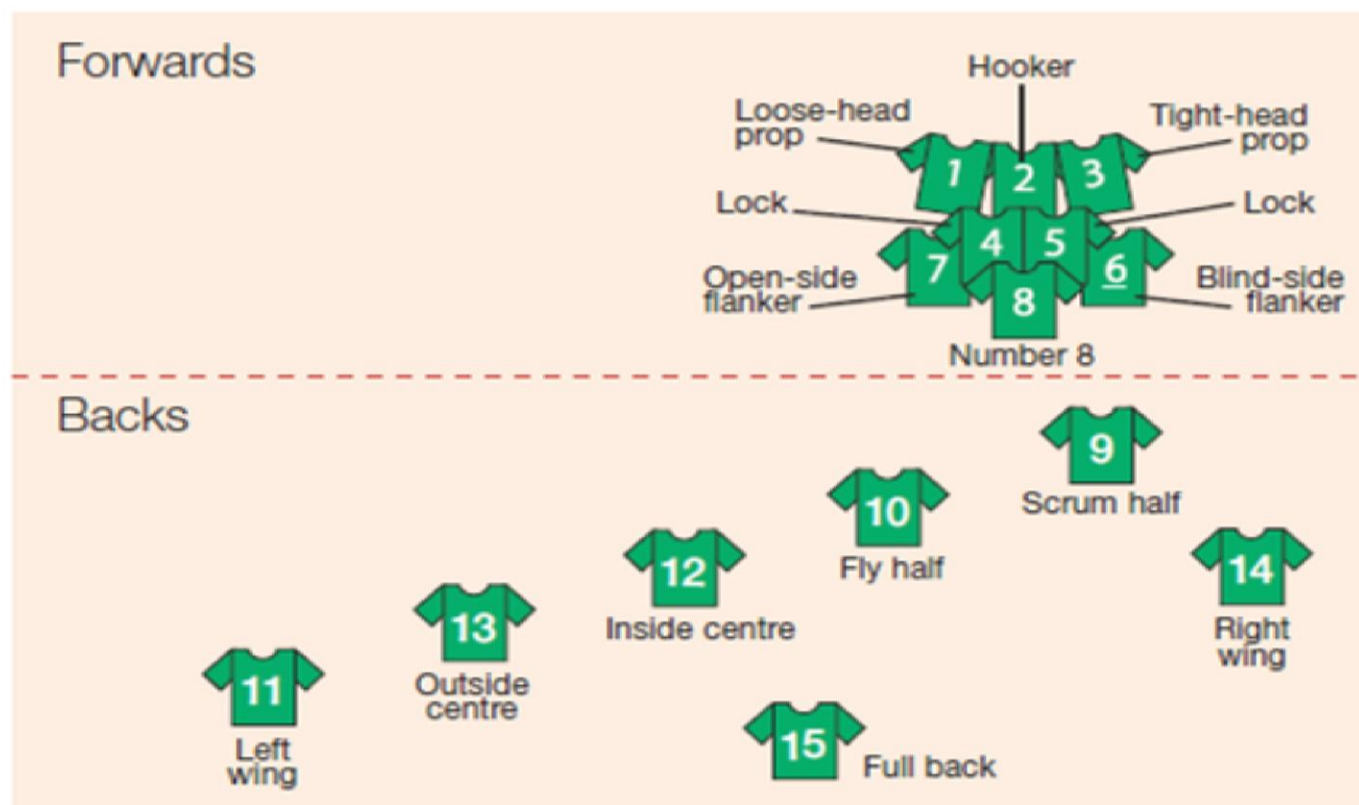
## Smelly Boot Stall

Andrea will be manning the second hand kit stall that will open every home match day. Please donate any unwanted kit or boots you have and also grab yourself a bargain.

## M&Y Notice board

Our notice board is located outside the Clubhouse every Sunday, filled with Mini and Youth information as well as Saracens and Social events. Please get into the habit of checking on there. There will also be space for you to sign up to help out where you can with these. We are always looking for volunteers.

# A Beginners Guide to Rugby



<p><b>Props (1) (3)</b>  <b>What they do:</b></p>	<p>Their primary role is to anchor the scrummage and provide lifting strength and support for the lineout jumpers. Also pivotal in rucks &amp; mauls.</p>
<p><b>What they need:</b></p>	<p>Upper-body strength to provide stability in the scrum, endurance, mobility and safe hands to maintain continuity of play.</p>
<p><b>Hooker (2)</b>  <b>What they do:</b></p>	<p>The hooker has two unique roles on the pitch as the player who wins possession in the scrum and usually throws the ball in to the lineout.</p>
<p><b>What they need:</b></p>	<p>Great strength to withstand the physicality of the front row coupled with speed to get around the pitch and good throwing technique.</p>

*More positions in the next issue*

<p><b>The Ruck</b></p>	<p>A ruck is formed if the ball is on the ground and one or more players from each team who are on their feet close around it. Players must not handle the ball in the ruck, and must use their feet to move the ball or drive over it so that it emerges at the team's hindmost foot, at which point it can be picked up.</p>
<p><b>The Maul</b></p>	<p>A maul occurs when the ball carrier is held by one or more opponents and one or more of the ball carrier's team mates holds on (binds) on as well. The ball must be off the ground.</p> <p>The team in possession of the ball can attempt to gain territory by driving their opponents back towards the opponents' goal line. The ball can then be passed backwards between players in the maul and eventually passed to a player who is not in the maul, or a player can leave the maul carrying the ball and run with it.</p>