



Ongar Rugby Football Club

Mini Rugby Newsletter #1: August 2009

Dear Parents,

I hope you are all having a good Summer and haven't run out of things to do with the kids. I just wanted to update you on the latest news and plans for Ongar Mini Rugby

First training session on Sunday, September 13

A reminder that the first Sunday training session will take place on Sunday, September 13 at Love Lane, Ongar starting at 10am. The session will last an hour and we promise your kids the same fun and energetic exercise that those that came along to the Summer Taster course in July experienced.



The first block runs for 6 weeks up to and including Sunday, October 18. You will need to complete a registration form which is attached with this email (a version will be on the Club website shortly). Fees will be £10 per 6 week block payable up front at the first session.

The training sessions are for girls and boys in school years 1-4 from September 2009. We'll send through further details about that first session the week before.

New name and kit

One part of the Summer Taster course was to give the kids a chance to name the Ongar mini rugby section. One creative thinker came up with the **Knights** which we love because of its links to the castle featured in the Ongar RFC badge.

Despite the wonderful designs the kids came up with for the shirt we decided to be practical (as we are parents too!). We have negotiated with Fenton Sports for a shirt pre-manufactured by KooGa, a leading kit manufacturer, in the Club colours of Navy Blue and Gold. The advantage is it is very good quality shirt and will cost only £20 including the embroidery of the Club badge. We have ordered 20 shirts to start with in Small and Medium Boys sizes (I checked the sizes against my 5 and 7 year olds and they are a good fit that will last). We will be selling them on Sunday, September 13 but if you would like to reserve a shirt now please let Philip Cranwell know.



Tag Rugby Coaching Course: Monday, September 7

We have organised with the RFU to run a Tag Coaching Course on Monday, September 7 at Love Lane, Ongar from 7pm until 10pm. If any of you would like to participate in Tag coaching then this course is absolutely brilliant. No previous experience is necessary and I promise you won't have to tackle anyone but enthusiasm and running around are mandatory. The cost is £30 but we will fund two free places for any women that want to do it!

Special Incentive for Adult membership of Ongar RFC

Everyone knows how hard it is to get tickets for England internationals at Twickenham. The Club gets an allocation for each international and now we have a mini rugby section we will get a slightly larger allocation. In recognition the Club has agreed that that any parents of mini rugby kids that join Ongar RFC as an adult member (cost £45) before September 30 will get entered into an exclusive draw for a pair of tickets for one of the matches in November. You will need to pay the face value of the tickets. *Please note these tickets will be for your personal use and any selling on will result in the Club losing its allocation...You have been warned!!*

Child Welfare Policy

We realise we have a huge responsibility when you put your children in our care. The Club has appointed Philip Cranwell as Child Welfare Officer and the draft Child Welfare Policy will be on the website shortly. In signing your child's registration form you are agreeing to comply with this policy so please take the time to read it. If you have some comments or amendments please do let Philip Cranwell know.

Child Welfare Officer
Philip Cranwell
M 07976 547493
T 01277 36208
E ongar.minirugby@btinternet.com

Coaching in local primary schools

We are absolutely delighted to announce that the Club has been awarded funding by Sportessex to run Tag Rugby coaching in six local primary schools: Bentley, Chipping Ongar, High Ongar, Moreton, Shelley and Dr Walkers.

This funding means we can provide eight weeks coaching for free during the Autumn 2009 term and hopefully attract more children to the Sunday sessions. Among our plans is an inter-school tournament which will also include teams from Ongar Knights for those not attending one of the six primary schools. More details to follow.

Introducing the some of the Ongar Knights coaching team



Michael Blake Katherine Richardson Nigel Doubleday Malcolm Milne Philip Cranwell

We look forward to seeing you on Sunday, September 13.