



Ongar Rugby Football Club

Mini Rugby Newsletter #3: September 2010

Dear Parents, Players and Supporters

Great to see so many of you back for the start of the new season. After last's year exciting growth we are really looking forward to the second season.



Under 7s v Woodford at the Braintree Festival March 09

Clearer coaching structure

This season we are designating coaching teams to each age group so there is continuity for players and coaches and a greater sense of team spirit. We will also separate the age groups earlier in each session so that players are training with their team mates.

Under 9s: Michael Blake and Peter Blake

Under 8s: Katherine Richardson and Chris Kennedy

Under 7s: Jeff Blake and Nigel Doubleday

Under 6s: Philip Cranwell

All age: Peter Furness, Dave Lewis, Mark Jones and Derek Blake

Please do approach your child's coach if you have any questions or concerns.

Rough'n' tumble for the Under 9s means mouthguards

The biggest change this season is that the Under 9s team of Year 4 and 5 players play full contact rugby with tackling, rucking and mauling. They clearly love the rough'n'tumble and our challenge is to make sure they get stuck in safely. To help their skills development we have introduced an extra session for Year 4 and 5 on Wednesdays at 5pm. Mouth guards are a requirement and you can buy perfectly good ones which can be fitted at home for a few pounds.

More matches

This season we will have more competitive matches because the players love the challenge and the coaches noticed how much the players improved after each match. As well as a triangular series of matches against Harlow and Billericay we have a match against Chelmsford and are hoping to confirm matches against Braintree, Brentwood and Upper Clapton

**First match:
Sunday October 17
Ongar Knights
U9 and U8s
v Billericay (home)**

Fenton Sports
10% discount for Ongar
Knights members
Brentwood High St

Playing & training kit

We know you think the Ongar Knights shirts are very smart and this year we would like all players to have the complete kit of navy blue rugby shorts and navy socks. Fentons in Brentwood can supply these and offer a 10% discount to club members. We will also be selling water-proof jackets in the Autumn for the wet'n'windy days we know are coming.

Call out to Year 3 players

If you know anyone in Year 3 at school who might be interested in playing please do invite them along to try Tag Rugby. The Under 8 squad is about 9 strong and we will need at least 10 for each match.

Looking back on 2009-10 season

Our first season was pretty exciting for players and coaches the finale of which was the Under 8s and Under 7s doing so well at the Braintree Festival. Although there was heart-breaking defeat for the Under 7s against Harlow (controversially refereed by the Knights own Mr Cranwell) the Under 8s won two of their matches and drew a third against the eventual finalists. My highlight was the team from Shelley School winning the Alfred Jones Cup for playing in the true spirit of the game.

2009-10 season: Vital Statistics

- 40 regular players playing in two teams: Under 8 and 7
- 200 players in 6 schools coached in our Schools programme
- Hosted the Ongar Schools Festival won by Moreton School
- Took part in Essex RFU Festival and Braintree Festival



Ongar Knights of the Year

Every player that took part in training and matches received a special medal but there were special Ongar Knight of the Year awards for three players that showed real commitment. Between them they only missed 3 training sessions out of a possible 60. Josh Saward was Under 8 Knight (middle) while Mattie Cranwell (left) and George Alavoine (right) shared the Under 7 award. Much to his surprise Philip Cranwell was awarded a Valued Volunteer award by Essex RFU at the Club's Dinner and Dance in May

Chance to play in front of 10,000 fans

London Wasps offer the fantastic chance for mini rugby teams to play Tag Rugby as the pre-match



entertainment before their home matches. Not only do they perform in front of 10,000 players they get pitch side seats for the action. We have booked to play before the Wasps play Stade Toulouse in the Heninken Cup over the weekend of January 22/23. This promises to be crucial match in this year's tournament and will almost certainly be on television. We will take an Under 7s and Under 8s squads of 10 players each. The price is £10 per player, adult tickets are £15 each and further child tickets £8. To be fair, those players that attend training the most between now and October half-term will get first choice. More details to follow.

Managing the purse strings

You may be wondering how we are doing financially. Last year we made a profit of £727 on a turnover of around £3,300. The turnover was boosted by playing shirt sales and a grant from Sportessex for our schools programme. We spent the money on a range of things: balls, equipment, trophies, medals, match teas, Festival entry and even pictures from the local paper. A couple of points to draw your attention to: 1) all the coaches are volunteers but we did provide match shirts 2) we sell the playing shirts at cost 3) we have kept the subs to £40 this season. You will have noticed that we decided to invest in the marquee and tea/coffee facilities to make those Sunday mornings a bit more pleasant but our goal is to build cash reserves each year to support the continuing growth of the club.

For more information about Ongar RFC go to

Web: www.ongarrugbyclub.co.uk

Email: Ongar.minirugby@btinternet.com

Telephone: Philip Cranwell 079765 547493