

www.nantconwy.org www.nantconwy.org www.nantconwy.org

CLWB RYGBI NANT CONWY

TYMOR 2008/ 09 SEASON



YN DATBLYGU RYGBI LEDLED DYFFRYN CONWY

DEVELOPING RUGBY IN THE CONWY VALLEY

[**www.nantconwy.org**](http://www.nantconwy.org)

Season 2008/09

Welcome

Welcome to another new season. To our existing players welcome back, to those who join us for the first time a very warm welcome. We hope you enjoy your time with Clwb Rygbi Nant Conwy.

General Information

- * Some general points of information – especially for our newer players:
Membership fees for the season remain at **£30 per player**. There are no weekly training fees, leisure centre charges (November 08 – Feb 09) or bus hire charges for one off away matches.
- * All players must complete and return a Nant Conwy and WRU membership form plus 2 x passport sized photographs (new players only) before they can play for the club.
- * Membership to the club / WRU provides a basic level of insurance, however parents may wish to take out an additional personal policy for their child / children.
- * The WRU now insist all clubs working with children / young players have a number of procedures in place. These include Welfare Policy, Welfare Officers, Code of Conduct (players and Coaches) Please see club notice board for further information.
- * All match kit is provided by the club, although players are welcome to buy replica shirts and club merchandise from the club shop. Please contact Ems (under 9's coach with your order)
- * The club is run totally by volunteers (and funded through membership fees, fund raising and small grants). Everyone connected with the club works for the good of our young players. If you have any concerns, comments or observations relating to any aspect of club activity please make these known.
- * If you feel you can help in any way please, please make yourself known to any of the coaches / team managers – a successful club needs far more than just coaches !
- * A full list of names and contacts, and roles within the club is provided below.
- * The club promotes a holistic approach to the game of rugby and guides young players in the importance of :
 - 1 The pleasure enjoyment and satisfaction of playing free and expansive rugby
 - 2 Helping each player to develop to his her maximum potential
 - 3 Understanding of the rules and the importance of fair play
 - 4 Respect of fellow team mates, opponents and match officials
 - 5 Expectations of being a Nant Conwy player, on and off the pitch.
 - 6 What is expected of all players during training and match days.

Developments over the Summer

* Nant Conwy were one of only four North Wales clubs to be invited to a training day with I Ospreys at Rhyl RFC in early August. A chance to meet our Welsh hero's face to face !!

* A successful Sale Sharks Summer Camp saw 87 young players from across the region receive 3 days of coaching and fun rugby from the Premier league club at Nant plus a visit to the Sharks training facility at Carrington – A great time was had by all.

* The pavilion has been given a lick of paint, the changing rooms looking light and fresh throughout. Thanks to Crispin for all his hard work, and to **C L Jones , LLanrwst for providing the paint**

* The field committee have been giving our pitches some much needed TLC. All playing areas have been sprayed, re seeded and fertilised. New sets of post protectors (at £600 a set) have been ordered.

* Discussions are ongoing with the Environment Agency regarding plans for Pant Carw to become a flood plain, the implications for the club and any compensation we might expect.

* We hope to launch our new website very shortly. Volunteers from the club have been busily building a user friendly site which will appeal to ALL members (including a junior message board) This will hopefully make communication much easier and provide you all with up to date information,..... more shortly

Training

Training is held every Friday (excluding school holidays) at 6.00pm until 7.00pm Please arrive at training area by 5.55pm. Training should fun. However training is also the place where the work is done - preparing and learning ! The more the players put in the more they will learn and they will enjoy.

Training sessions are usually be structured as follows:

- 1 Warm up (15 mins) All players must complete a warm up as it reduces the likelihood of injury and enhances performance
- 2 Skills training (20 mins)
- 3 Team work/building (25 mins)
- 4 Game/putting training into practice (10 mins)
- 5 Cool down (5 mins) All players must complete a cool down as it will reduce the likelihood of a reaction to training and aid recovery.

All players should wear suitable clothing and depending on the weather have : tee shirt, rugby shirt, lightweight rain jacket, rugby shorts, lightweight rain trousers socks and rugby boots. Note (Some referees are now clamping down on blades and refusing to allow players to use blades. Ensure any blades carry the IRB stamp).

Competitive Games

A full seasons fixture list has been arranged, with each game (home and away) taking place on a Sunday, and starting at 11.00am under WRU rules.

Rifau Cyswllt Hyfforddwyr-Rheolwyr / Coaches-Managers Contacts

Enw / Name	Tîm / Team	Rhif ffon / Tel no	Symudol / Mobile Nodiadau / Notes
Iw gadarnhau /TBC	- 8		
Iw gadarnhau /TBC	- 8		
Marc James	- 9	01492 576959	
Emrys Roberts	- 9	01492 641729	Gyfrifol am siop y clwb Runs the club shop
Owain Cowell	- 10	01492 584045	
John Court	- 10	01492 641949	Swyddog amddiffyn plant Welfare officer
Fiona Best	- 11		07919 068917
Dewi Arfon	- 11	01492 640399	Trysorydd y clwb Club treasurer
Huw Evans	- 12	01492 573784	Swyddog datblyru'r clwb Club development Officer
Steven Jones	- 12	01492 640396	
Stephen Willis	- 13	01492 641452	
Dewi Jones	- 13	01492 650041	
Colin Welsby	- 14		07779 606872
Haydn Davies	- 14	01492 580903	
Nick Jones	- 15	01492 660857	Cadeirydd adran iau Chairman junior section
Neil Pringle	- 15	01745 860421	0787 9036916 Ysg adran iau /Sec jnr section
Fiona Best	Merched/Girls - 13 /17		07919 068917 " "

Yvonne Jones : 01492 535987 Trefnydd Gemau Fixture Secretary
Crispin Backshall : 01492 660713 Trefnydd y siop / gegin Shop / café organiser