

Hello everyone

Well most important part first and that is to congratulate Harry Richards for getting the Trophy this week. WELL DONE HARRY!! We have been very aware that we have a lot of children now and only 2 trophies (or 1 if parents forget to bring them back which does happen). I am pleased to say that I will be bringing some new trophies with me on Sunday which means that we should be able to give out 4 each week. The children are doing so well that we would love to give them all trophies but we still need them to work hard to be the ones picked each week to take the trophies home.

\*\*I have had some problems with my distribution list so if you no longer wish to receive this message every week, please just reply with STOP and I will make sure you are removed \*\*

This week's newsletter is short and sweet: Your Head Coaches Message, Christmas Party, Chocolate Hamper and Raffle Prizes, Weather, First Aid and dogs.

*On Sunday with a certain amount of trepidation we tried out proper games of tag as part of the training drills. We tried this a few weeks ago, as those who were around then may remember, and to be frank, it was a disaster. What a transformation we saw on Sunday. The relays and bulldog games are certainly paying dividends, as it was clear that all but the youngest are starting to grasp the concept of being tagged / staying in a line to defend and running inside the boundaries. This sort of thing is great to see and most of the coaches commented on Sunday about the change we are seeing. If you parents are practising at home – keep doing it, as it is working. We have had a couple of record weeks with over 60 kids turning up to training but I am happy to say that we have numbers in the coaching squad so we can deal with this. I am still keen to have a female coach.... any mums interested see Michelle or myself. On coaches, once again thanks to the coaching staff and Michelle for their fantastic support. Richard*

**Christmas Party:** There is one major change from my message last week. Originally we decided to have the party after training on Sunday the 18<sup>th</sup> December but the party will now be instead of training so starting at 10am and finishing around 12 noon. All members are free and the party included lunch. Sibling are £2.50 which includes lunch and need to be paid before the 18<sup>th</sup> please.

**Chocolate Hamper and Raffle Prizes:** Please remember to bring you 1 chocolate related item for the U6 chocolate Hamper for the Raffle on the 18<sup>th</sup> AND, A BIG CALL OUT TO ANY PARENT WHO CAN GIVE US A RAFFLE PRIZE. The U7s have a dad who is a professional photographer and he has offered an family portrait for the raffle. Please think about what you may be able to offer and come and talk to me.

**Weather:** Well, I think it was our coldest session so far last week and the fog never really lifted making the children quite cold. Layers, Layers, Layers is the best advice as these can be taken off but not added if they are not with you. Hats, Gloves (2 pairs in case the first get muddy, wet and cold) tracksuit bottoms, hoodies etc. etc. Any advice on this you would like then please come and speak to me on Sunday or send me a message and I am happy to help.

**First Aid:** I am pleased to say that I have now completed and passed my Sports First Aid course. Richard is also a qualified first Aider through the Scouts so we now have at least 1 First Aider available at all times. If any of you are also First Aid qualified then please let me know so I can pop this on my list for any emergencies in our age group or other age groups during training session at MRFC.

**Dogs:** A reminder that the Club policy is that no dogs are allowed at training on Sundays. We are very protected inside the running track as not many people let their dogs foul there and don't clean it up. Saying that, Richard does do a check every Sunday morning to make sure. None of us want our children falling over in dog foul. Unfortunately the U9's upwards are not so lucky as Braywick is public ground and even though there are signs asking people not to allow their dogs on the marked out pitches at any times, it is a constant problem for the head coaches as they have to clean the pitches of dog mess every week. Most of our parents are responsible with their dogs, it is club policy for everyone not to bring dogs to training sessions.

That's it this week folks so I look forward to seeing you on Sunday with your 1 item of chocolate and a big thank you to the 3 parents who bought it last week.

Kind regards

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**Rugby = Team Work, Respect, Enjoyment, Discipline and Sportsmanship**