

Notebook



With the RWC almost upon us, it is great to see that there will be a number of players playing in the tournament who began their Rugby journey's at clubs/schools within Eastern Counties.

The latest and most notable International player is Lewis Ludlam, who was a surprise addition to England's RWC squad announced in August.

Lewis had joined Ipswich RFC as an eight-year-old after watching Martin Johnson and top scorer Johnny Wilkinson lift the World Cup for the first time in 2003.

Lewis went on to play Youth Rugby at Colchester RFC and St Joseph's college in Ipswich. See the next page for more information on Lewis' Rugby journey to date (thanks to Ipswich RFC)



Other players selected to play, or in contention at the time of writing, at the RWC to watch for include: -

Ali Price (Scotland) – born Kings Lynn and attended Wisbech Grammar School and **Rory Hutchinson** (Scotland) who played his youth rugby and made his first senior appearances at Shelford – but also spent some time as a Wendens Ambo mini. As well as the more familiar established internationals **George North** (Wales) – born Kings Lynn and not forgetting England and British Lion **Ben Youngs** who began playing at Holt alongside his brother Tom.



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FORMER IPSWICH RFC PLAYER, LEWIS LUDLAM NAMED IN EDDIE JONES' 31-MAN ENGLAND SQUAD FOR THE RUGBY WORLD CUP



When a young boy was sat watching the World cup final in 2003 as England lifted the trophy down in Australia, he could be heard saying to himself "I wanna do that"

His Dad brought him down to Humber Doucy lane where Lewis at aged 8 years old would start a story only he could write.

Lewis attended Kesgrave high school before moving to St Joseph's College where he would play in 3 National schools festival's and captain the winning side in 2013 only the hosts third title.

Lewis's club rugby career took him from where it all started at Ipswich to Colchester followed by being selected for the Northampton saints playing his first game for the senior side in 2016/2017 season. During this time, he has played for England under 18 and under 20's being named the country's player of the tournament in the world championships.

This season has really been a breakthrough season for Lewis with the arrival of Chris Boyd the new head coach at Northampton saints he made 27 appearances for the club scoring 4 tries. This led to him being invited to train with the England squad before the Barbarians game in May. In June 2019 Lewis was named as one of four uncapped players in the preliminary world cup training squad. Three training camps later Lewis is named in the squad to face Wales this past Sunday. Whilst he looked set to come off the bench an injury propelled him into the starting line-up for his debut. A day I'm sure he and his family never forget. Lewis took his chance by the scruff of its neck and gave it his all, putting in an incredible performance.

Whilst after the game he got straight into some media bits before some well-earned rest. He then spent the next 36 hours waiting with batted breath to see if it was enough for Eddie Jones to select him for the World cup.

At 1300hrs 12/08/2019 that dream came true as Lewis is named as one of the 31-man squad heading to Japan to do battle for that trophy he saw being lifted at the start of it all 16 years ago.

So how does the story end? Well Lewis is still writing that but, on the 2nd November, we will know the end of this chapter at least.

From all at Ipswich Rugby Club good luck Lewis



EASTERN COUNTIES LEAGUES FOR 2019/20 – GAME ON!

Eastern Counties priority is to support clubs to play as much rugby as possible, so we are fully supportive of the RFU’s ‘Game On’ proposals to allow as many scheduled fixtures to happen as possible. These regulations apply to all competitions outside the RFU English Clubs Championship – including EC2 and 3 leagues and county cups – unless the organisers have sought exemptions (which Eastern Counties haven’t).

The details of how this will work in the men’s game are set out in the regulations for the Eastern Counties 2 and 3 leagues – which have been sent to all clubs, but are also available on the Eastern Counties website

www.ecrugby.com – as well as being summarised in the graphic below.

The Eastern Counties 1 leagues are fully part of the RFU’s English Clubs Championship and are governed by those regulations. Clubs will be more familiar now with the structure of the three EC1 geographical divisions, but in response to club feedback we have made some changes to the structure. Again these are summarised in the diagram below and all clubs have been informed.

One change to regulation at EC1 level is that for clubs whose EC1 teams are their only team, or where the EC1 team is the lowest team, you will be allowed to name up to seven replacements – other teams will only be able to name the ‘normal’ three. Again, this is a result of feedback from clubs – the full detail of this regulation was included in the circulation to clubs but has now been confirmed by London Division – who have the final say on this league. Maximum interchanges will remain at eight however, regardless of how many you have on the bench.

GAME ON!

NOT GOT AN ADULT 15? HERE ARE SOME OPTIONS TO KEEP THE GAME ON!



MATCH LENGTH
MINIMUM OF 40 MINS IN TOTAL

ROLLING SUBS
PLAYERS ABLE TO RETURN TO THE FIELD OF PLAY

LINE-OUT
TEAMS MAY AGREE NOT TO CONTEST OR LIFT IN THE LINE OUT

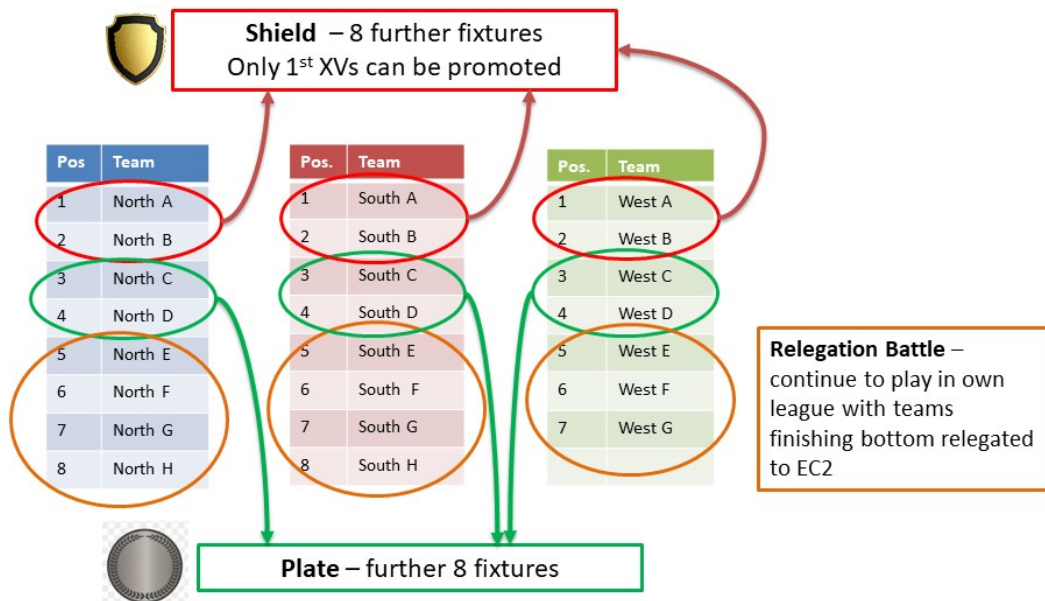
HALF GAME RULE
ALL PLAYERS TO PLAY AT LEAST HALF A MATCH

MINIMUM 10 PLAYERS
TEAMS FROM 10 TO 15 A SIDE. EQUAL NUMBERS ENCOURAGED

SCRUMS
TEAMS MAY AGREE THAT SCRUMS WILL BE UNCONTESTED

CONFIRM WITH OPPONENT AND MATCH OFFICIALS PRIOR TO MATCH

Eastern Counties One - 2019-20



- Phase 1: Home and away in relevant league, 14 games (12 West) - 14 September 2019 – 18 January 2020
- Phase 2: League position determines competition 6-8 games (Shield, Plate, Relegation Battle) - 15 February– 25 April 2020
Phase 2 fixtures will be based on a formula to be issued to fixture secretaries at start of season



RFU INSURANCE – PREPARE FOR THE NEW SEASON



As the new season starts it's important to ensure that you understand the insurance the RFU arranges for clubs and how this protects you and your players.

Club Activities – The RFU arranges extensive Public Liability cover to protect the club from claims arising from your sporting and many commercial activities at Level 3 and below. Full details of what is and isn't covered can be found on the [England Rugby Insurance website](#).

Cover for Players – Personal Accident insurance is arranged for players which will pay them a significant lump sum if they suffer a catastrophic injury while playing or training. Full details are provided on the [website here](#).

CB Insurance cover - As many CB activities are delivered in conjunction with clubs, Public Liability cover for CBs is arranged as part of the cover provided to clubs. Therefore, Public Liability (and Employers Liability) cover for CBs is arranged by Howden insurance brokers as part of the same policy that provides this cover to Level 3 and below.

Details of the cover can be found [here](#) and if you have any queries please contact Howden on 0121 698 8001.

Directors and Officers liability cover, which provides protection for CB committee members in respect of the management of the CB, remains in place under the RFU corporate insurance, managed by Marsh.

Additional Insurance cover that can be purchased by club or CB or to get a competitive market quote.

Cover for loss of income if a player is injured and can't work in the short term. This cover can be arranged as an add-on to the catastrophic injury cover and to do so please contact Howden, RFU's insurance broker, on 0121 698 8001 or by [clicking here](#). Full details of the loss of income cover are available on the [website here](#).

Is your clubhouse, your equipment and your club income properly protected? If the clubhouse was damaged and you lost income from the bar and room hire would you be able to survive? Howden can arrange bespoke cover for your club to make sure you are appropriately protected - to find out more, [click here](#).

Other support:

VAT Helpline: Clubs continue to make savings and benefit from free advice given on the VAT helpline. Clubs can receive advice on how to optimise levels of VAT recovery on general expenditure and facility improvements and also discuss what incomes are VAT free. Clubs wanting advice can access the helpline by either calling Russell Moore on 07710 329317 or by sending an e mail to russellmoore@sportsvat.co.uk

Legal and Tax Helpline: The RFU has arranged helplines for clubs to obtain free advice on any legal or tax related matter, as well as online support for the creation of standard contracts and legal documents. Legal & Tax Helpline: **0330 303 1877**

Online Legal Documents: RFU clubs are provided with online support for the creation of legal documents. This service allows clubs to draft your own legal documents instantly, simply by answering a series of easy-to-answer questions.

Many documents are available free of charge, and include such things as:

- Employment agreement
- Website privacy policy
- Health and safety policy creator

To access the system click [here](#). Clubs will need to register by entering the RFU clubs' voucher code - **ARAG751BIZ**.



GDPR/THE DATA PROTECTION ACT 2018



Have you paid the annual data protection charge? All organisations in the sport and recreation sector that process personal data are required to pay an annual data protection charge to the Information Commissioner's Office (ICO) unless a relevant exemption applies. "Processing personal data" includes simply collecting and storing details of members, teachers, coaches and participants so this does affect a large majority of us, including the smallest organisations. It is a legal requirement to pay the charge, and failure to do so could result in a fine, but it does also make good business sense as it could have an impact on your organisation's reputation. Once you have paid, your organisation's details are published on the Information Commissioner's register of data controllers.

There are three levels of charge payable:

1. Micro organisations (including sole traders) pay £40;
2. Small and medium organisations pay £60; and
3. Large organisations pay £2,900. Payments made by direct debit will automatically receive an annual £5 deduction.

The ICO have provided a very helpful, easy-to-use online tool to help you determine if payment is necessary; you can find the [self-assessment tool](#) on the ICO website. It is also important to make sure you are paying the correct level of charge - the [charge-assessment tool](#) will indicate the level you are required to pay. If you are a data controller and do not pay the charge, or you pay the incorrect charge when required to do so, then you risk enforcement action by the ICO.

The maximum fine is £4,350. Don't get caught out.

For any general queries relating to data protection, please contact the RFU Legal Helpline on 0330 303 1877.

NEW HIGH TACKLE SANCTION FRAMEWORK



World Rugby has issued a law application guideline and supporting educational materials to assist everyone in the game with the on-field sanction decision-making process for high tackles and shoulder charges.

Reflecting the evidence-based approach to reducing the risk of concussion, the decision-making framework for high tackles was developed in partnership with union and competition delegates attending the player welfare symposium in France and includes player, coach, match official and medic input.

It is a simple step-by-step guide with the purpose of:

- Improving the consistency in application of on-field sanctions by distinguishing between dangerous tackles that warrant a penalty, yellow card or red card.
- Supporting protection of the head of both players by consistently and frequently sanctioning the tackle behaviour that is known to be the highest risk

Available as a PDF, the framework is also supported by an educational video and illustrates what match officials are looking for when determining a sanction

The process focuses on the source of direct contact to the head, the degree of force and, for the first time, any mitigating or aggravating factors that may be applied by the match officials. It will be a useful tool for coaches, players, match officials, media and fans. It provides a fresh emphasis and does not retrospectively judge previous decisions.

[Click here](#) for the decision-making framework for high tackles.

Many referee societies will be undertaking more detailed training, please make contact with your local society for dates to attend.

EASTERN COUNTIES U17/U18 CLUB RUGBY - SEASON 19/20 - MERIT TABLE

We have now received applications from no less than 21 clubs to take part in the Merit Table. This is a fantastic response and exceeds all expectations. Thank you!!

I have now put together a set of 3-way fixtures for the Merit Table for the 6 Sundays identified below.

Each club has 2 home Sundays; I have tried to keep the travel as sensible as possible, although a few clubs have one longer distance travel.

Each club will play 11 or 12 different opposition across the period – including (hopefully) some new opponents.

This is not a competition per se, but a method of providing games for our young players.

I would ask all clubs to honour all games whatever their player availability, and would ask the larger, stronger clubs to support our smaller clubs and please ensure all available members of your squad are included (and play half game rule).

EASTERN COUNTIES U17/U18 MERIT TABLE				EASTERN COUNTIES U17/U18 MERIT TABLE														
FIXTURES - SEPTEMBER --> DECEMBER 2019				FIXTURES - SEPTEMBER --> DECEMBER 2019														
Date	Home Club	Visitor 1	Visitor 2	Club	O P P O S I T I O N												Club	
					22nd Sept	22nd Sept	6th Oct	6th Oct	27th Oct	27th Oct								
22nd Sep	Bury	Ely	Colchester	Braintree	S Walden	A Wisbech	N Colchester	A Woodbridge	N Sudbury	H West Norfolk	N Braintree							
	Holt	N Walsham	Swatton	Bury	Colchester	H Ely	H Wymondham	A N Walsham	N Cambridge	A Wisbech	N Bury							
	L & Y	Diss	Norwich	Cambridge	Shelford	A Wymondham	N Huntingdon	A S Walden	N Wisbech	H Bury	H Cambridge							
	S Walden	Braintree	Wisbech	Colchester	Bury	A Ely	N Woodbridge	H Braintree	H Diss	A Swatton	N Colchester							
	Shelford	Cambridge	Wymondham	Crusaders	West Norfolk	A Huntingdon	N Sudbury	A Shelford	N Holt	H S Walden	H Crusaders							
6th Oct	West Norfolk	Huntingdon	Crusaders	Crusaders	L & Y	A Norwich	N Wisbech	A West Norfolk	N Colchester	H Swatton	H Diss							
	Woodbridge	Southwold	Sudbury	Ely	Bury	A Colchester	N Norwich	A Holt	N Huntingdon	H Shelford	H Ely							
				Holt	N Walsham	H Swatton	H Norwich	A Ely	N Crusaders	A S Walden	N Huntingdon							
				Huntingdon	L & Y	Diss	H Norwich	H Swatton	A Southwold	N N Walsham	A Woodbridge	N L & Y						
				N Walsham	Holt	A Swatton	N Wymondham	A Bury	N L & Y	H Woodbridge	H N Walsham							
27th Oct				Crusaders	Woodbridge	A Crusaders	N S Walden	H Cambridge	H Ely	A Shelford	N Huntingdon							
				Southwold	Crusaders	A Sudbury	N Swatton	A L & Y	N Norwich	H Wymondham	H Southwold							
				Sudbury	Woodbridge	A Southwold	N Shelford	H Crusaders	H Braintree	A West Norfolk	N Sudbury							
				Swatton	Holt	A N Walsham	N L & Y	H Southwold	H Diss	A Colchester	N Swatton							
				Wisbech	Huntingdon	H Crusaders	H Wisbech	A Diss	N Braintree	A Sudbury	N West Norfolk							
10th Nov				Wymondham	Shelford	H Wymondham	H Sudbury	A Crusaders	N Ely	A Huntingdon	N Wymondham							
				Southwold	Cambridge	H Wymondham	H Sudbury	A Crusaders	N Ely	A Huntingdon	H Southwold							
				Braintree	Sudbury	A Southwold	N Shelford	H Crusaders	H Braintree	A West Norfolk	N Braintree							
				Cambridge	Wisbech	Bury	A Norwich	H Southwold	H Diss	A Colchester	N Swatton							
				Crusaders	Holt	S Walden	A Braintree	N West Norfolk	H Diss	H Cambridge	A Bury	N West Norfolk						
24th Nov				Ely	Huntingdon	Sudbury	H Southwold	H Colchester	A Braintree	N N Walsham	A L & Y							
				Wymondham	Shelford	A Cambridge	N Bury	H N Walsham	H Southwold	A Norwich	N Wymondham							
				Braintree	Sudbury	A Southwold	N Shelford	H Crusaders	H Braintree	A West Norfolk	N Braintree							
				Crusaders	Wisbech	Bury	A Norwich	H Southwold	H Diss	A Colchester	N Swatton							
				Ely	Huntingdon	Sudbury	H Southwold	H Colchester	A Braintree	N N Walsham	A L & Y							
8th Dec				Wymondham	Shelford	A Cambridge	N Bury	H N Walsham	H Southwold	A Norwich	N Wymondham							
				Braintree	Sudbury	A Southwold	N Shelford	H Crusaders	H Braintree	A West Norfolk	N Braintree							
				Crusaders	Wisbech	Bury	A Norwich	H Southwold	H Diss	A Colchester	N Swatton							
				Ely	Huntingdon	Sudbury	H Southwold	H Colchester	A Braintree	N N Walsham	A L & Y							
				Wymondham	Shelford	A Cambridge	N Bury	H N Walsham	H Southwold	A Norwich	N Wymondham							

Ross Cowie

rossrugby@btinternet.com

Chairman of Youth Rugby & Age Grade Rugby – Eastern Counties



EASTERN COUNTIES – U17/U18 CLUB PROGRAM – SEASON 19/20

The new season is now just a month away, and following on from our successful Forums last season, and a very successful Cup / Plate Competition, we now confirm our plans for the new season.

We are all aware of the challenges that we face with this age group, both on and off the pitch, and within and outside the game.

Therefore, we at Eastern Counties are putting a huge amount of effort into supporting our U17 / U18 club program, in order to ensure the future of our great club game.

We would ask all clubs to view their **U17 / U18 squad** as the **most important for the future of their club**, and to give it the maximum support, with great coaching and management.

Please consider whether to brand their **U17 / U18 side** as the **Senior Representative Team of Youth Section**. And please make every effort to ensure that your **U17 & U18 players are encouraged to play with their mates and peers at their own age group**.

Aim for 19/20

To keep as many 16/17/18 year-olds continuing playing the game in their clubs – reduce the current haemorrhage. To increase the numbers of 16/17/18 year-olds playing the game in their clubs. All in order to increase numbers available for subsequent transition to the adult game.

Ultimate Target

20 (or more) teams playing in the EC Cup / Plate / Shield etc

Plans for 2019/20

Providing a **flexible but structured offer** through-out the year.

All players to get game time – not just the best – **half game**.

Clubs to match numbers / lend players etc.

Splitting season into two; allowing for more formal competition following Christmas Break (less impact on private school students).

Encourage / Broker **clustering of teams** when player numbers are low – these teams allowed to enter EC competitions.

Reduce Regulations for Cup – lower numbers may play, with or without front row.

Pitch Up & Play Festivals.

Clubs to consider **Friday Night fixtures** (or Saturdays if appropriate) with local opposition.

Clubs to play at least **One Game per season** (at an agreed competitive standard) **with a Rugby Playing School**.

Transition to adult teams to be considered as an individual player development tool, and not a “sticking plaster” to fix adult player number issues. Too early “promotion” could lead to unsatisfactory experience for youngsters in the wrong teams, and to remaining U18 players with insufficient numbers to raise a side, leading to “leakages” in both directions.

Merit Table – pre-Christmas. There had been a considerable number of requests for a pre-Christmas “competition”; there was agreement to run a Merit Table Competition, but with 3-way fixtures, allowing clubs to borrow players if necessary, or a better chance of a game should one side cry off.

Playing Program [This program is built into the Youth Playing Calendar for 19/20]

1) Stowmarket Festival – October 13th – Clubs please ensure this is in your playing program – this is a great day of rugby - Details to follow nearer the time

2) Pre-Christmas Merit Table – 3-Way games – there is no necessity for another competition per se; the Merit Table is only a means of securing / arranging fixtures – **See Below**

3) Pitch Up & Play Festivals – 3 Festivals – one in each county, but at a central venue, to be held on National Cup, or Representative Sundays – Target – 75 players at each event – **See Below**

4) EC Cup & Plate – post-Christmas – to follow this current season’s plan / program – local-ish pool matches, 4 subsequent tiered competitions; reduced regulation

5) EC Sevens – 26th April — possibly supported by XRugby Sevens for more modest players.



Playing Calendar (Structured Season) for the season:

		U17 / U18 (COLTS)				U17 / U18 (COLTS)
01-Sep-19	Sun	Club Registration		05-Jan-20	Sun	
08-Sep-19	Sun			12-Jan-20	Sun	CB U18 v Herts (A) / CB U17 Assessment
15-Sep-19	Sun			19-Jan-20	Sun	Nat Cup
22-Sep-19	Sun	Colts Merit 1		26-Jan-20	Sun	Colts Cup 1
29-Sep-19	Sun			02-Feb-20	Sun	CB U17 Coaching / Colts Cup 2
06-Oct-19	Sun	Colts Merit 2		09-Feb-20	Sun	Nat Cup
13-Oct-19	Sun	Stow Fest		16-Feb-20	Sun	
20-Oct-19	Sun	Nat Cup / Pitch Up & Play		23-Feb-20	Sun	
27-Oct-19	Sun	CB U18 Assessment / Colts Merit 3		01-Mar-20	Sun	U17s v Herts Colts Cup 3
03-Nov-19	Sun	CB U18 v Herts (H)		08-Mar-20	Sun	Colts Cup 4
10-Nov-19	Sun	Colts Merit 4		15-Mar-20	Sun	Colts Cup 5
17-Nov-19	Sun	Nat Cup / Pitch Up & Play		22-Mar-20	Sun	Colts Cup Reserve
24-Nov-19	Sun	Colts Merit 5		29-Mar-20	Sun	Colts Cup Semi
01-Dec-19	Sun	CB U18 v Essex (A) / Pitch Up & Play		05-Apr-20	Sun	CB U17 v Middx (H)
08-Dec-19	Sun	Colts Merit 6		12-Apr-20	Sun	Easter
15-Dec-19	Sun	CB U18 v Middx (H)		19-Apr-20	Sun	
22-Dec-19	Sun	Christmas Break		26-Apr-20	Sun	Colts Sevens / CB U17 v Herts (H)
29-Dec-19	Sun	Christmas Break		03-May-20	Sun	Colts Finals

Pre-Christmas Merit Table

Games will be organised for the following Sundays:-

22nd Sept 6th Oct 27th Oct 10th Nov 24th Nov 8th Dec

Wherever possible, these will be organised as 3-way fixtures, aiming to give each entrant 2 games at home, 2 local away fixtures, and 2 more distant games. The Merit Table should be regarded as a means of playing games, and not as a “win-win” competition, please. Clubs entering must make every effort to attend every scheduled date, whatever numbers are available – other clubs will support by matching numbers – lend, borrow players to ensure a game. Don’t worry if you cannot field 15 players or have a front row. We want these games to have “light touch” rules & regulations. I will organise the games across these 6 Sundays; if clubs wish to add further games into the table, they are very welcome, whether or not the opposition are taking part (just let me know by midnight, Wednesday prior to the game)

Please confirm, by e-mail, by Monday 26th August that you still wish to take part in the Merit Table – and I will endeavour to publish games by Sunday 1st September.

If you have any special requests regarding venues, opposition, date issues etc, please again advise by 26th August, and I will endeavour to take these into account. If clubs wish to cluster, or indeed run 2 teams, please let me know – these arrangements will be very welcome.

Pitch Up & Play

We will organise Pitch Up & Play sessions on the following Sundays :-

20th Oct 17th Nov 1st Dec

Venues will be advised in due course, but there will be one in each county, but close-ish to the centre of ECs. These dates (deliberately) clash with Nat Cup or EC County matches – there is no compulsion to take part, but clubs not involved in Nat Cup are encouraged to bring all available players for a fun rugby day out.

Ross Cowie - Chairman of Youth Rugby & Age Grade Rugby – Eastern Counties



WHEREABOUTS SEPTEMBER



Roger Pierson
RFU Council Member

- 3 EC Mgmt Committee
- 5 RFU Club & CB Services Group
- 7 West Norfolk RFC
- 9 Suffolk RU Meeting
- 12 Council Briefing meeting (TW)
- 13 Council meeting
- 14 Bury St Edmunds RFC
- 16 EC Club Development Meeting
- 18 Cambridgeshire RU Meeting
- 21 Fakenham RFC
- 23 Norfolk RU Meeting
- 28 Mersea Island RFC
- 30 EC Competitions Committee
- 3 EC Mgmt Committee

*Robert will be out of action for a few week's following planned knee surgery in early September.

Like all at EC I'm sure you all wish him well for the operation and a speedy recovery.



Robert Temple
ECRU Honorary Secretary



Darren Wright
Chair – Community Game Growth

*Darren was on holiday enjoying a well-deserved break from Rugby at the time of publication, so was unable to provide his whereabouts



Ian Forton
ECRU President

- 14 Bury St Edmunds
- 21 Ipswich YM
- 28 Mersea Island

*Following surgery John is recuperating at home, he is keen to make the above games, but this will depend on how he progresses.

All at EC wish him well in his recovery



Alasdair Bovaird
ECRU Chairman

- 3 ManCom
- 4 Meeting with chair of Notts Lincs Derby RFU Coaching Committee
- 7 Harlow v Saffron Walden
- 16 CPD – Digital Games approach to coaching – Upminster RFC Cams RFU
- 18 Cottenham Renegades v Saffron Walden RFC
- 21 Competitions Committee
- 30

- 3 EC Mgmt Committee meeting



Pamela Clarke
ECRU Treasurer

- 3 EC Mgmt Committee
- 4 Coaching Meeting RFU
- 7 Cambridge RFC Senior Men's rugby meeting
- 10 Leicester Tigers RPPG
- 11 Northampton Saints RPPG, Bedford School
- 14 Lowestoft RFC
- 16 EC Sponsorship meeting
- 21 Beccles RFC
- 28 Diss RFC

OPPORTUNITIES AT EASTERN COUNTIES

If you are enjoying being involved in rugby and want to get more involved, or if you know of somebody who does, then we hope that you will think about getting involved at a county or Eastern Counties level.

We are always on the lookout for new volunteers – so even if none of the specific roles advertised below appeals – why not send us a note letting us know a bit about what you'd like to do and some sense of what your background is – don't need a full CV, but a sense of what you would be bringing to the table would be fantastic. Send it to loverugby@ecrugby.com – and we will take it from there.

Chairs, Managers, Volunteers

This year we have some specific roles we are looking to fill – if you are interested in letting us know. There are also roles available at the three county unions and those are listed below as well. As above, send expressions of interest to loverugby@ecrugby.com and we'll be in touch!

Role	What do they do?
Chair of Club Development	With current Chair, John Winders having been confirmed in the role of President of Eastern Counties at the recent AGM, we need to identify someone to take over this crucial role – which involves close liaison with the three counties and with the RFU team to support clubs in developing their organisation and facilities. A full handover will be provided, and the new chair will benefit from John's considerable expertise in the role.
Assistant Treasurer	To support the Hon. Treasurer, the Finance Committee and the Management Committee – particularly in the process of monitoring financial performance and the delivery of our action plan.
Chair of Coaching Committee	this post is currently occupied by Chris Capps-Jenner our Director of Representative Rugby and he is looking to step down to focus on the larger role. Working with the County Coaching Co-ordinators and the RFU professional team, the Coaching Committee's role is to promote coach development across Eastern Counties – and to organise the highly successful annual coaching conference each summer.
Press & Digital Communications Officer	To support the Chair of Marketing and Comms, duties will include maintaining the ECRU Website and Social Media Feeds, posting news articles to these channels, co-ordinating the EC Notebook as well as collating match reports from the representative teams and sending these to the press.
Handbook Editor	To support the Chair of Marketing and Comms in the production of the annual EC Handbook, collating and organising information from Eastern Counties Officers, Clubs and Partners. This will require someone with excellent organisational skills and a good working knowledge of Microsoft Office, specifically Word and Excel. Knowledge of GMS and Desktop Publishing would also be advantageous.

OPPORTUNITIES AT IN CAMBRIDGESHIRE, NORFOLK AND SUFFOLK

Role	Where?	What do they do?
Sponsorship Co-ordinators	Cambridgeshire Suffolk	Work with our Eastern Counties Sponsorship Co-ordinator, Davide Taylor – identifying opportunities in those areas to get sponsors on board.
Volunteer Co-ordinators	Cambridgeshire Norfolk Suffolk	All three counties are looking for someone to take the lead in this area: supporting clubs to support and recruit volunteers and working with the Chair of Volunteering at Eastern Counties to ensure that no stone is left unturned to ensure that this vital resource is recognised and developed.
County Safeguarding Officer	Cambridgeshire	A vital role to support clubs in the county with their safeguarding requirements, and to work with the CB team to spread best practice and across the three counties.

Coaches

The process for coaches is slightly different – please send information about your coaching background to our Director of Representative Rugby, Chris Capps-Jenner at chriscappsjenner@sas-es.com Eastern Counties and the three counties run representative programmes at adult and age grade levels for both male and female players.

All of these programmes require coaching teams which are put together by our Director of Representative Rugby.

If you are coaching at a club or have experience of coaching in any environment – and would be interested in joining one of our teams then please let Chris know at the email above.

At Eastern Counties, we aim to improve the rugby experience for all involved in the game in our three counties – and to do that we have a continuous need to bring a wider range of people into our work – if you want to contribute then please put yourself forward. If you are not sure if any of the above are exact fits for what you want or are able to do – then let us know what you can do, and we'll take a look at where you might fit in.





NOTE FROM THE EDITOR

If you would like your club article to appear in this Newsletter, then please send it (preferably with a related photo/image) to: -

Notebook@ecrurugby.com

by the 25th of the month.

Russ Clarke

ECRU – Chair Marketing and Communications

Eastern Counties Rugby Union

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JOIN US FOR DRINKS AND NIBBLES IN THE CAR PARK AT TWICKENHAM

With the much anticipated RWC in Japan happening during the usual Autumn International window there will be no EC presence at Twickenham this autumn.

However, the popular “drinks in the car park” will be back for the 2020 Six Nations, specifically the England vs Wales game on the 7th March.

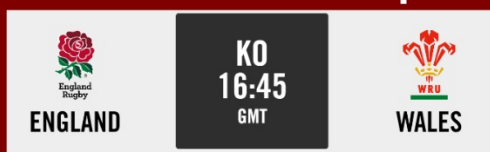
So, if you’re lucky enough to secure a ticket, then pop along and see us in the Cardinal Vaughan Car Park for pre-match drinks. As it’s 4.45pm KO we will be setup from 2pm, last orders will be at 4pm!



EASTERN COUNTIES RUGBY UNION

Join us for Drinks and nibbles!

Sat 7th March from 2pm





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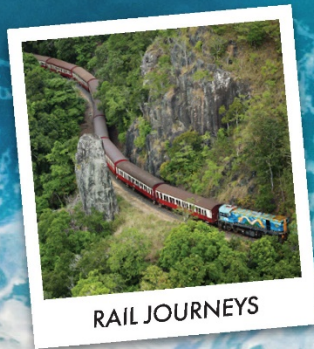


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