

Notebook



EC WOMEN'S JODIE TURL JOINS TYRRELS PREMIERSHIP CHAMPIONS SARACENS

Jodie Turl (Anglia Ruskin University, Shelford RFC and Eastern Counties) – prop joins Saracens having only started playing rugby two years ago!

Reflecting on her time at Eastern Counties last season, Jodie said that *“I am looking to improve my rugby game and prolong the rugby season, the next step on from club rugby, for me, was having the honour of playing for my county. From the off, training was way more intense, yet I was still having so much fun. The team became like a second family to me and training was my favourite part of the week. Being new to the squad, during training and games I wanted to prove that I earned my shirt and deserved to be a part of the team. I learned so much whilst training and playing at EC not only as a rugby player but also as a person and I am so grateful to have had the opportunity. Unfortunately, this year wasn't our year, but I will always treasure my first season playing for Eastern Counties. It was the stepping-stone that gave me the confidence to go for Saracens. The whole EC team and all the coaches helped me believe in myself. EC is also where I have made some of my closest friends who will continue to be with me throughout my rugby journey”*



Jodie (far right) is pictured with her Saracens team-mates, which include fellow EC alumni Georgie Lingham (West Norfolk) and Libby Lockwood (Wymondham, West Norfolk)

Contents

Jodie Turl signs for Saracens	1
Calling Club Groundsmen	2
Walking Rugby in Norfolk	3
Club Accreditation – March Bears	4
James Phillips joins RFU Development Cttee	4
EC Volunteer of the Year	4
Holt RFC's Ref looks to the RWC	5
All bets are off	6
Game Values – Zero Tolerance	7
Whereabouts	8
Opportunities at EC	9
Opportunities at Cambs, Norfolk & Suffolk	10
Drinks in the Car Park at Twickenham	11



CALLING CLUB GROUNDSMEN

PITCH MAINTENANCE EVENING

Free groundsman connected kit for all attendees!



HINCKLEY RFC

Leicester Rd, Hinckley LE10 3DR

Wednesday 13th November 2019 : 6.30pm-9.00pm

Free of Charge – Food will be provided

Email groundsmenconnected@rfu.com to register

On the night, we will cover...

- RGC's rugby club maintenance equipment package
- Key note presentations by Keith Kent & Ed Mowe (Leicester Tigers – Head Groundsman)
- Machinery demonstrations
- General pitch maintenance advice



BEDFORD BLUES RFC

Goldington Rd, Bedford MK40 3NF

Monday 18th November 2019 : 6.30pm-9.00pm

Free of Charge – Food will be provided

Email groundsmenconnected@rfu.com to register

On the night, we will cover...

- RGC's rugby club maintenance equipment package
- Key note presentation by Wayne Billing (Spurs Head Groundsman & former Saints Head Groundsman)
- Machinery demonstrations
- General pitch maintenance advice



CLUB DEVELOPMENT SUPPORTS WALKING RUGBY IN NORFOLK



Walking Rugby first emerged in the Eastern Counties at the Lowestoft and Yarmouth Club. Following this initiative, the Club Development Committee resolved earlier this year to encourage Walking Rugby at both the Crusaders and Fakenham Clubs with the objective of strengthening these clubs through improved links with their local communities.

Jeffery Pearce from Fakenham promoted the sport in a Club Newsletter by advising this is a really fun team game that is suitable for people of both sexes and of all ages and abilities. He made the point that this is a much simpler version of the traditional game of rugby and much less physical. It is all about the enjoyment of the participants. At Fakenham all sessions start and finish with some gentle warm-up and warm-down exercises to help with overall fitness levels. At the beginning of the summer Fakenham had 20 new players and on average there were a couple of newcomers each week. The gender split was 60% male and 40% female. 50% of the participants were in the 50 - 59 age range, 43% between 60 - 69 and the remaining 7% over 70. Jeffery said "the most important thing is people are really enjoying themselves and bringing along their friends."



Nick Loone from the Crusaders Club also thanked Club Development for the support that has been given. The photograph shows the game being played at this Club. It is quite clear that this initiative is promoting community rugby in the Eastern Counties.

CLUB ACCREDITATION – MARCH BEARS RUFC

During the summer the accreditation process was recognised at the **March Bears Rugby Club** with a presentation made by Council Member, Roger Pierson and President, John Winders. The occasion was a Fun Day with a Rugby Match in support of the club's charity, Scottie's Little Soldiers. Players had travelled from all over the Country to take part in this competitive game.



We are all aware that there is a firm commitment on the part of the Rugby Football Union to strengthen clubs to grow the game in the communities around them. Part of this commitment is the Club Accreditation Scheme that is designed to help all clubs become stronger, more effective, more efficient and more enjoyable places in which to play rugby. If any Club has any queries to raise about this process, then they are recommended to contact their Rugby Development Officer direct to resolve outstanding issues.



RUGBY FOOTBALL UNION'S GAME DEVELOPMENT SUB-COMMITTEE

It has been announced that, our CB Volunteer Coordinator, James Phillips has been appointed onto the RFU's Game Development Committee. He has indicated it is his intention to share the insight he obtains at this RFU level on game development around the Eastern Counties.

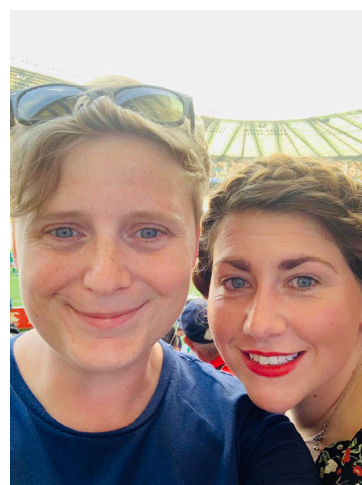
He has also advised he would be happy for clubs to feed any ideas or comments they have on this topic to him in order that he might share them with the group. He can be contacted at phillips120@hotmail.co.uk

EC VOLUNTEER OF THE YEAR – ENJOYS A DAY AT TWICKENHAM

Bonnie Mae Holmes enjoyed a day at Twickenham at the England vs Ireland RWC warm up game courtesy of EC Club Development through the Mitsubishi Motors Initiative as a thank you and in recognition of her efforts as a club volunteer.

Bonnie is pictured here with her friend on the day of the game, which as I'm sure you will all remember was a very successful day for the England team, running in 57 points to Ireland's 15 as part of their RWC preparations.

Bonnie said "Just wanted to say a big thank you for our rugby tickets... we had the best day!"



HOLT'S RUGBY REF LOOKS TO WORLD CUP

Inevitably most of the attention at the Rugby World Cup, which starts in Japan on September 20th, will be on the teams playing the games. For one rising Holt rugby star, Grant Stephen, equally important will be the performance of the match officials: the referees, assistant referees and TMOs (television match officials).

Grant, who is a former Reepham High School pupil, developed his rugby with the Holt Club. He played for Holt from the age of six and went on through the youth teams and advanced to the backrow for the Club's Second XV. However, at the age of 16 he went on a refereeing course which fitted in with his GCSE in physical education. He found he enjoyed refereeing more than he enjoyed playing and recognised that he had the potential to go further in this role. He stresses that referees learn all the time and pays a particular tribute to Andy Watson of Dereham and Viv Hathaway of Lowestoft for their part in his development.



Grant joined the RAF at the age of 18 and is now a Senior Aircraftsman maintaining Typhoon planes at RAF Lossiemouth in Scotland. He has now made good progress through the hierarchy of the Scottish Referees' panel. Over the last year he has had charge of some important games including the under 23 inter-service championship at Aldershot and a Scottish club cup final at Murrayfield. At 22 he is seen as having the ability to go further over the next decade, but he is modest about both his achievements and ambitions. He is more than happy to continue to referee the annual Holt vs Presidents XV Boxing Day fixture.

Together with other referees, the Rugby World Cup will offer plenty of opportunities for discussion and consequent learning. There has recently been new international guidance on dealing with the dangers that can arise from a high tackle (broadly illegal contact with an opponent's head) and how this is interpreted will be important for the future of the game. Understandably parents of young players will want assurances that the risk of injury is minimised in what will always be a contact sport. One other area of interest will be any differences of interpretation between the southern hemisphere New Zealand, Australian and South African referees and those from Europe. Traditionally the southern referees have been less rigorous in their approach when the ball has gone to ground after a tackle; this has allowed a faster, and, for some spectators, a more enjoyable game to develop. But, as Grant Stephen points out, consistency of interpretation is essential, and coaches demand a clear understanding of what is and isn't permitted. This will especially be the case in this most important of international competitions.

Grant will be watching the games from a new attachment in Cyprus. However, his former team-mates will be able to enjoy much of the tournament at Holt's Bridge Road Clubhouse. Those World Cup games that take place on the same days as a Holt First XV fixture will be shown live on the big screen television - starting with New Zealand vs. South Africa on the morning of Saturday 21st September ahead of Holt's opening home game against Ipswich that afternoon.

Martyn Sloman – Holt RFC



ALL BETS ARE OFF!

IMPORTANT REGULATION – ANTI-CORRUPTION & BETTING

With the 2019 Rugby World Cup in progress, and the start of the season, this is an opportune time to remind you of the RFU's **zero betting policy on rugby union anywhere in the world**.

There are important regulations in place protecting the integrity of rugby that affect everybody in the professional and semi-professional game **RFU Regulation 17 (Anti-Corruption and Betting)**, so please remind yourself of the following messages to ensure you and our sport stay protected:

- **DO NOT** bet on any rugby match (or ask anyone to place a bet for you) anywhere in the world.
- **DO NOT** misuse or pass on inside information e.g. details of injuries, selection, etc. if not already public knowledge. Be careful on social media! (What is Inside Information? – see below)
- **DO NOT** accept money or gifts from anyone who is betting on rugby or in return for giving inside information or underperforming in a match.
- **DO NOT** fix or attempt to fix any part of a match.
- **REPORT** any suspicious or unusual approach or activity to the RFU Anti-Corruption Officer (AlysLewis@rfu.com, 0208 831 7696), to an RFU, PRL or RPA official, or to the Anti-Corruption hotline on 0208 831 6789 or email confidential@rfu.com



This applies to everybody involved in the professional and semi-professional game and is regardless of whether you are directly involved in a match or whether you gain from the bet. It also applies to all forms of betting.

WHAT ARE THE REGULATIONS?

To see a full version of the Anti-Corruption Regulations, please see **RFU Regulation 17 (Anti-Corruption and Betting)**. Failure to comply with the regulations will result in sanction.

WHAT IS INSIDE INFORMATION?

In short, Inside Information is any non-public information relating to rugby which you are aware of due to your involvement in the sport. Depending on your role, you may have access to different types of Inside Information. Having Inside Information is inevitable in many roles and does not breach the Regulations in itself. It is how you treat that information that is important.

Players, coaches and other people involved with teams

If you are a player, coach, team doctor/physiotherapist, analyst or someone else involved with a team, the Inside Information you acquire could include: tactics, strategies, team selections, intended substitutions, team injuries, form, who is kicking off, winner of the toss, pitch/weather conditions (for example, before the public are in the stadium), citings and suspensions, detailed video analysis information and statistics not available to the public, etc. until/unless such information becomes public knowledge.

Match officials and other people involved in officiating

If you are a match official or someone involved with the match officials such as a performance reviewer or selector, the Inside Information you acquire could include: referee appointments, who is kicking off, winner of the toss, pitch/weather conditions (for example, before the public are in the stadium), how the match will be refereed, citings and suspensions, detailed video analysis information and statistics not available to the public, etc. until/unless such information becomes public knowledge.

People involved in rugby administration

If you are an administrator or volunteer in a Union, Association or Club, for example, the Inside Information you have could include: coaching and captaincy appointments, fixture scheduling information, team selections, referee appointments, tactics, strategies, team selections, intended substitutions, team injuries, form, pitch/weather conditions (for example, before the public are in the stadium), citings and suspensions, etc. until such information becomes public knowledge.

People associated with others involved in Rugby Union

If you are a family member, friend or associate of any of the above people you could also become privy to this Inside Information through your connection to that person.



Michael Priestley

Chairman, Rugby Football Referees Union Constituent Body
Email: michaelpriestley@rfu.co.uk



18 Jun 19

To:

SOCIETY SECRETARIES - for immediate distribution
GAME VALUES - ZERO TOLERANCE

APPROACH TO PLAYER APPEALING / QUESTIONING DECISIONS / GENERAL BACKCHAT

At Premiership and Championship level, a concerted effort has been made over the last 2 years to enforce Game Values and the Rugby Core Values (Teamwork, Respect, Enjoyment, Discipline and Sportsmanship). Core Values that should translate in to Game Values and are what we hold as setting our game apart from others.

Unfortunately, at levels below the elite end of the game, a dramatic increase has been seen in players appealing (throwing arms in the air to seek a decision / generally backchatting or challenging and questioning a Match Official when a decision has been made. It is now time to enforce a **ZERO TOLERANCE** approach to this activity and we ask that you ensure that this important message is relayed to all of your Match Officials. These principles should be applied with immediate effect. The approach to stop this type of behaviour will also include the Coaching Pillar.

Please see the link below to clips from a National League game (refereed by a Match Official with Premiership experience) to underpin the approach that we wish to be taken at all levels of the game.

Please copy and paste the link into your browser for the clips

<https://we.tl/we.tl/t-XLV21M0m2B>

Clip 1, is of particular interest as you can see a player 'waiving arms' on 2 occasions during the first couple of minutes of the match.

I would encourage you to listen to the Referee communication in all 3 clips

Please direct your Match Officials to engage Captains (and where possible Coaches) before a game as part of the pre match brief and make it completely clear that they should encourage players to avoid;

- Waiving arms during live play – appealing
- Calling for decisions 'e.g. holding on'
- Giving the referee backchat following a decision

PROCESS TO FOLLOW

The Referees process to be applied at all levels is simple;

1st occasion: a player will be spoken to, this could be during 'Live Play' as in Clip 1,

2nd occasion: the captain will be warned',

3rd occasion: will see a team penalised.

If the incident is serious enough, the player may be penalized on the first occasion.

If this does not solve the matter, then clearly sanctions can be escalated accordingly.

Should you have any queries, please do not hesitate to contact either:

Michael Priestley - michaelpriestley@rfu.co.uk

Tim Miller - tim.miller@rfu.co.uk

Michael Priestley



WHEREABOUTS OCTOBER



Roger Pierson
RFU Council
Member

- 1 EC Operations Group
- 4 Ely v Sawston
- 5 Norwich v Stowmarket
- 8 EC Management Committee
- 9 Area 4 CBs Meeting
- 11 Diss RFC
- 12 Lakenham v Beccles
- 19 Cantabrigian RFC
- 26 Crusaders v Beccles
- 28 Norfolk RU Meeting
- 29 Drop- in clinic (Norfolk)
- 30 Inter- County match (N v C)
- 31 RFU CB & Club Development Group

*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.



John Winders
ECRU President

- 5 Ipswich YM
- 8 EC Management Committee
- 12 Sudbury
- 19 Hadleigh



Robert Temple
ECRU Honorary
Secretary



Alasdair Bovaird
ECRU Chairman

- 1 EC Operations Group
- 4 Friday Night Lights at Ely
- 5 Saffron Walden v Southwold
- 8 ManCom
- 9 Area 4 CBs Meeting
- 12 Mildenhall v St Ives
- 26 Club visit - tbc
- 28 Norfolk Clubs meeting
- 30 Norfolk v Cambridgeshire



Pamela Clarke
ECRU Treasurer

- 1 EC Operations Group

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?
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.
Coaching Coordinator	Norfolk	Norfolk are seeking an individual to take on the role of Coaching Coordinator for the County. This person the County's Coaching Programme supporting and working with the County's club coaches as well as working with and co-ordinating activities with Eastern Counties
Youth Chairman	Norfolk	Norfolk as looking for someone to take on the role of Youth Chairman which will involve all managing the County's Youth Programme, working with the team managers at both the County and EC level to ensure there is a sound programme in place for Youth Rugby at Norfolk

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

Tomo Industrial Estate
Tomo Rd
Stowmarket IP14 5AY
01449 614 674
Admin@ECRURugby.com

ECRURugby.com

[/ECRURugby](https://www.facebook.com/ECRURugby)

[@ECRURugby](https://twitter.com/ECRURugby)

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


ENGLAND

**KO
16:45
GMT**


WALES











Harrod SportTM

The original since 1954

**Proud
Partners to
Eastern
Counties
Rugby
Union**

The UK's leading manufacturer of goals, posts and nets

harrodsport.com



@HarrodSport



HarrodSport

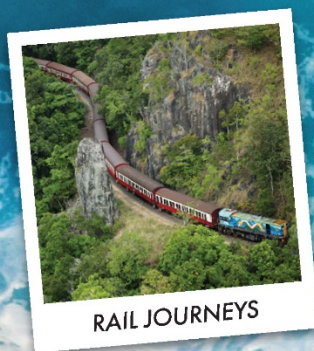


Harrod Sport

Premier travel

YOUR LOCAL, INDEPENDENT TRAVEL AGENT,
OFFERING THE WIDEST CHOICE ON THE HIGH STREET

PROUD TO SUPPORT ECRU RUGBY



**SUPPORTER
EXCLUSIVE:**
Save up to
£100 off your
holiday!*



WE ARE A DIRECT BOOKING CENTRE FOR



perfect moments shared



and many more...

100% protected



FREEPHONE 0800 0294 597

or visit your local branch.



Cambridge • Bishop's Stortford • Bury St Edmunds • Cambourne • Dereham • Ely • Halstead • Haverhill
Huntingdon • Newmarket • Norwich • Royston • Saffron Walden • St Ives • St Neots • Swaffham • Wymondham

*Minimum booking values apply.

Premier travel

YOUR LOCAL, INDEPENDENT TRAVEL AGENT,
OFFERING THE WIDEST CHOICE ON THE HIGH STREET

PROUD TO SUPPORT ECRU RUGBY

- ~ fantastic rates
- ~ 0% commission
- ~ major currencies in stock
- ~ excellent buy back rates
- ~ no minimum spend
- ~ phone and collect

TRAVEL MONEY

YOUR LOCAL BUREAU DE CHANGE

SUPPORTER EXCLUSIVE:

All ECRU supporters receive
preferential rates on travel money.
Take this flyer to your local
Premier Travel branch to redeem.



100% protected

ABTA
Travel with confidence
ABTA No.P6800

FREEPHONE 0800 0294 597

or visit your local branch.



Cambridge • Bishop's Stortford • Bury St Edmunds • Cambourne • Dereham • Ely • Halstead • Haverhill
Huntingdon • Newmarket • Norwich • Royston • Saffron Walden • St Ives • St Neots • Swaffham • Wymondham