

Notebook



NATWEST RUGBYFORCE 2020

REGISTER BY 15 MARCH 2020

REMINDER the deadline for this year's NatWest is 15th March. Many clubs across Eastern Counties have made the most of this opportunity and delivered some great projects, making a big difference to their clubs. This year's focus is on the club's social space. For more information on NWRF 2020 visit:

<https://www.englandrugby.com/participation/running-your-club/facilities/natwest-rugbyforce>

Register your club for NatWest RugbyForce by 15 March 2020 and you could be rewarded with:

- One of six £3,000 grants to support your NatWest RugbyForce social spaces proposal
- One of six £1,000 runner-up grants to support your NatWest RugbyForce social spaces proposal
- A grant of £500 to support your NatWest RugbyForce weekend activity
- NatWest RugbyForce t-shirts and promotional materials
- Online toolkits
- Exclusive marketing and communication advice
- Exclusive NatWest RugbyForce offers

[For the Terms & Conditions, please click here](#)

[To register, fill out this application form](#)

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RETREAT TO MOVE FORWARD

Eastern Counties are required each season to prepare a plan of action - which has gone under various pseudonyms in recent years - you may have heard talk of the LRP (local rugby plan) or the PFR (planning, funding and reporting framework) - but all boil down to the same thing: what are we trying to do? How are we going to do it? Who is responsible and how much will it cost? In recent years we have added another question ... how will we know if it has made a blind bit of difference?

In return for that plan, we receive funding support from the RFU, provided we deliver what we said and that it is based on our knowledge of the needs of clubs. So, when we visit clubs during the season, Eastern Counties Officers and volunteers will be chatting to players, supporters and club committee types to get a sense of how things are going and what might help. Last year we also sent out a questionnaire to clubs which many of you completed, and we then considered the responses before finalising the plan and asking the AGM to approve it.



This process starts with our Annual Retreat - when we spend a full day working through our ideas, our priorities and coming up with a plan. In the past we have stayed overnight with the retreat running from Friday lunchtime to Saturday lunchtime at a local hotel. This year, as an economy, we are spending all day on Sunday March 29 at the EC Offices in Stowmarket. The Management Committee, key EC volunteers, the Rugby Development Officers and others will gather together to draft a set of actions that we think will help the game move forward.

After the retreat we will be asking clubs, by way of a survey or similar to tell us what we think before again taking our proposed plan to the EC AGM at Shelford on May 30.

Perhaps you have some ideas of the sorts of things we should be doing? Or the sorts of things we are doing that we should stop doing? If so, we would like to hear from you ... so why not put your thoughts into an email and send it to me at chair@ecrugby.com - I can't promise we'll do what you suggest, but I can promise that we will take all ideas seriously.

Alasdair Bovaird
Chair, ECRU



HON. SECRETARIES SHOULD HAVE RECEIVED THE FOLLOWING LETTER: -

EASTERN COUNTIES RUGBY UNION LIMITED

Hon Secretary:
Robert Temple
8, Marlborough Road,
Southwold
IP18 6LR

T: 01502 723 051 (H)
M: 07917 025 463
E: secretary@ecrugby.com



PRESIDENT - John Winders

Hon. Treasurer:
Stephen Mackee
101 Gayton Road,
Kings Lynn,
PE30 4EW

E: treasurer@ecrugby.com

04 March 2020

EASTERN COUNTIES RUGBY UNION ANNUAL GENERAL MEETING 2020

FIRST CALLING NOTICE

Dear Club Hon. Secretary

First Calling Notice for the Annual General Meeting of Eastern Counties Rugby Football Union Ltd., to be held at Shelford RFC, The Davey Field, Cambridge Road, Gt Shelford CB22 6JU on Saturday 30 May 2020 at 7.00 pm

Outline Agenda

1. To consider and approve the Minutes of the 2019 Annual General Meeting.
2. To receive and approve a Report from the Committee on the affairs of the Constituent Body since the previous Annual General Meeting.
3. To receive a Financial Report.
4. To elect the Officers for the ensuing year
5. To elect Patrons
6. To elect Members of the Committee for the ensuing year, for which nominations to the Hon. Secretary are welcome (see below)
7. To consider as a special resolution any addition or alteration to the Rules duly proposed in accordance with Rule 7.2.5 (see below)
8. To consider any other motion or business duly proposed in accordance with Rule 7.2.5 (see below)
9. To consider any other business of which due notice has been given.
10. To hear any other relevant matter for the consideration of the Committee during the ensuing year, but on which no voting shall be allowed.

Any nomination for election to the committee, any alteration or addition to the Rules or any other motion must be proposed by one club and seconded by another and must reach the Hon Secretary by 30 April 2020.

Robert Temple, Honorary Secretary

Greene King IPA – Proud sponsors of ECRU

Registered address: ECRU Ltd., Howards, Toms Industrial Estate, Stowmarket IP14 5AY
Vat. Reg No.: 795174685, Company Reg No.: 29215R www.ecrugby.com info@ecrugby.com



THE TWICKENHAM EXPERIENCE



Each year the RFU offers a number of tickets allowing followers of our game in the Eastern Counties to gain access to a private bar at the Twickenham Stadium on an International Match day. This year Paul Williams, President of Holt nominated Adrian Springett, a good friend and supporter of his Club, to attend on the day of the Ireland match. From the photograph it is quite evident that Adrian and his associates were very pleased with what they regarded as a "generous" approach. James Phillips our CB Volunteer Coordinator is delighted that we have been able to add to the Twickenham experience for Adrian and a number of other volunteers from the Eastern Counties.

WALKING RUGBY LAUNCH

The Cambridge Club is re-launching their walking rugby project on Saturday 7th March before the home game against Moseley.



CAMBRIDGE SPORTS
DEVELOPMENT
FOUNDATION



WALKING RUGBY

SAME GAME, SLOWER PACE!!

Launch Event – Saturday 7th March at 1pm. Come down, get involved, bring the whole family and enjoy a day out at Cambridge Rugby!

Its FREE and open to all ages and abilities!

Socialise, have fun and make friends.
Try a new activity or get fitter with a friend.
Get back playing with an old team-mate.

This is also the same day as England v Wales in the 6 Nations so this should be a really good day at the club. This walking rugby event is open to all ages and abilities, boys and girls, men and women. The Club is urging Members to bring their sons daughters and grandparents!



CALLING CLUB GROUNDSMEN

PITCH MAINTENANCE EVENING



THURSTON RFC

Ixworth Rd, Thurston, Bury Saint Edmunds IP31 3QE

Thursday 26th March : 7.00pm-9.00pm

Free of Charge

Email groundsmenconnected@rfu.com to register

On the night, we will cover...

- RENOVATION DEMONSTRATION PROVIDED by the Pitch Contractor Partnerships
- RGC's rugby club maintenance equipment package and supplier partners
- Machinery demonstrations
- Pitch Maintenance planning – mowing, fertilising, top-dressing etc



PITCH REPAIR – HELP IS AVAILABLE

The 2019/20 season has been one of the wettest on record which has led to a lot of pitch damage which will need repairing.

To help you with this please see details below for the Pitch Contractor Partners in Eastern Counties.

If you would like a pitch inspection or more information, please contact myself or Pete Shaw at the RFU petershaw@rfu.com

Andy Spetch - Eastern Counties Funding and Facilities
07850369787 Spetch16@btinternet.com



RFU Pitch Contractor Partners

Norfolk & Suffolk

Cambridgeshire



Your local RFU Pitch Contractor Partnership can help your club to deliver Keith Kent's 12 month pitch maintenance plan by offering services including:

- **AERATION WITH VERTIDRAIN**
 - VERTI-QUAKE
 - FERTILISING
 - WEED SPRAYING
 - TOP DRESSING
 - OVER-SEEDING
- **FULL RENOVATION SERVICES INCLUDING DRAINAGE**
- **MONTHLY PAYMENT PLANS**

All at competitive prices verified by Rugby Groundsmen Connected.

To discuss your needs, contact your local Pitch Contractor Partnership

PARKERS PITCHES

Will Parker
07828265800
will@parkerspitches.co.uk



TEAMWORK RESPECT ENJOYMENT DISCIPLINE SPORTSMANSHIP



Your local RFU Pitch Contractor Partnership can help your club to deliver Keith Kent's 12 month pitch maintenance plan by offering services including:

- **AERATION WITH VERTIDRAIN**
- **DECOMPACTION WITH SHOCKWAVE**
 - SAND SPREADING
 - SOIL TOPDRESSING
 - OVER-SEEDING
 - FERTILISING

All at competitive prices verified by Rugby Groundsmen Connected.

To discuss your needs, contact your local Pitch Contractor Partnership.

CAMBRIDGESHIRE RFU

Mel Pooley
07770 411650
Melvinpooley20@gmail.com



Covering Cambridge, Hunts, Peterborough and West Norfolk



TEAMWORK RESPECT ENJOYMENT DISCIPLINE SPORTSMANSHIP



James Doherty – A HEADCASE encounter

My story is one of misplaced pride, stubbornness, fear and thankfully perspective.

Having played all my junior rugby at Fleetwood and later at Sedbergh School I enrolled at the University of Leeds and subsequently, Wharfedale RUFC, which was to be my home for the next few years. I was fortunate enough to represent Lancashire, and England Counties before moving into a professional environment initially with the Cornish Pirates and later with the then named Leeds Carnegie. After enjoying a childhood dream for a number of years a career change into education allowed my return to Wharfedale.

It was during this second stint at Wharfedale on the 30th April 2015, a day I unsurprisingly don't remember, that my experience, outlook and perspective of rugby changed. 15 minutes into the Yorkshire Cup Final I suffered a concussion as a result of foul play. As a 5'7 scrum half built like a Shetland mouse being picked up by a 6'6 second row, off the ball, and driven into the ground with only my 'Lego style' hair to break my fall was never going to end well. I was briefly unconscious, slurring words and very clearly and obviously concussed. The medical team of Wharfedale were outstanding. I was treated with professionalism and they prioritised my health over everything. An independent doctor assessed and sent me to A&E where I was later discharged for 'monitoring'.

What occurred over the next few days was challenging to say the least. I struggled intermittently with light, concentration, headaches, intermittent sleep and blurred vision.

As this was the last game of the season I had nothing to rush back for and externally everyone did their job but I didn't do mine.

I wasn't honest. I hid symptoms from everyone. I suffered in silence. Why? It's only a game? Well for some it may be, but for others, in the moment, it is all that mattered. Players often, especially during a game, don't make rational decisions; they act on emotion, competitiveness and pride.

I was Club Captain of Wharfedale, a long standing National League Club, I had over 100 appearances and there was nothing going to stop me playing in the new season. Pre Season started and I was told to take it easy, 'make sure you're ok' I couldn't have been supported any better. However, I hid all my symptoms from my teammates, coaches, medical team, work colleagues, family and friends.

It wasn't until mid November, 10 games into the season, when enough was enough. I was training on a cold Tuesday night after a tough game on the Saturday and I finally broke. 30 minutes into the session I was suffering an all too



familiar blistering headache, some blurred vision and over riding frustration. I walked off the field, straight into the Physio's room and cried.

My teammates, coaches and club management were supportive, as were my family and friends and a period of rest was agreed. However whilst I rested I was not in the firing line to do any more damage physically I endured two months of frustration through the fear of losing the game I love, a game I had grown up with and one that had given me everything.

However, a break was just what I needed, I did improve, the symptoms had lasted almost 8 months but I was starting to feel normal. I extended my break until after the New Year and eased my way back into light training. I followed all the correct procedure, advice and expertise I could find. I was delighted to be back playing; all was going well until an innocuous bang on the top of my head in a tackle caused my second concussion. With similar symptoms as before; I remained in the stand for the rest of the year.

The lessons I had learned from my first experience gave me some perspective. I started to talk more to family and friends, my teammates understood the situation and I received amazing support because I reached out. Two years followed and I remained involved in the game in a non-playing role.

Those two years allowed my body to recover but more importantly my mind to prioritise what is important. I have had scans and checks on my head and I am now back playing rugby and the journey has come full circle back to Fleetwood. I am enjoying being part of a great group of players and a club that is engrained in my family. However I will never make the same mistakes again and would encourage others to take warning from my story.

We are fortunate to play a wonderful game; it gives us so much socially, physically and mentally. But we must make changes. Drop the macho act, listen to others over your inner pride and take care of you, because no matter what anyone else does, **YOU** can be your own biggest obstacle.

Please see below link for further support on England Rugby's HEADCASE

<https://www.englandrugby.com/participation/playing/headcase>



NEW LEASE DEAL HELPS RUGBY CLUB MOVE FORWARD



Ipswich YM rugby club will be celebrating their centenary in five years' time with a lot of confidence – thanks to a new lease extension of their ground.

The grassroots club has a long and proud history and is currently providing rugby for senior, youth and junior teams. Chairman Harry Moore explained: “Ipswich YM is also very much a community hub used by charities and other groups for meetings and events in addition to the provision of rugby for all age groups.”

The 15-year lease extension at The Street, Rushmere Road, was agreed by the club and site owners Ipswich Borough Council and Mr Moore said: “We look forward to continuing our relationship with the Council and the extension of the lease will allow the club to continue to thrive well past our club centenary in 2025. We already have excellent facilities however we do have plans that will bring the whole of the club together with the erection of a lean-to over a new patio area. This work will commence in late June marking the annual NatWest-sponsored Rugby Force day.”

But, firstly, the club will be hosting ‘The KBB Centre Grass Roots Minis Festival’ on Sunday 8th March when more than 500 boys and girls aged six to 12 years will come from neighbouring clubs to take part in a series of games. “If it is anything like last year’s event the day will be a great success and the youngsters who take part will have a really enjoyable day.”

The Council’s Deputy Leader, Councillor Bryony Rudkin, said: “We enjoy a positive partnership with Ipswich YM, which is one of the most important and well-established sports clubs in Suffolk. We share their goal of encouraging more young people into sport and are pleased that extending this lease gives them the stability and confidence to move forward.”

Max Stocker
Press & Publications Officer
Ipswich Borough Council



SOUTHWOLD RUGBY CLUB U16'S WIN SUFFOLK PLATE COMPETITION



Southwold U16's have been competing in the Suffolk Plate Competition over the last few months and Sunday 26th January saw the final game in the competition against a combined Stowmarket and Hadleigh team. The boys played some wonderful rugby and worked hard for each other to win 40-7. As they had won all their previous games this meant they had won the overall Suffolk Plate Competition.

This is a huge achievement for this group who have struggled for numbers and grown from 4 players 5 years ago to a squad of 18 for the first time this season. This group have had to play up for the last 4 years and have only been able to play a few matches in their own age group over the last 2 years with the support of players from the age group below. It was an emotional day for the coaches who took these boys under their wing and a well deserved outcome for a talented group of players.

ACCREDITATION RECOGNITION FOR HOLT RFC

Martyn Jackson, the Holt Chairman and John Winders our President acknowledging the importance of Accreditation for the Club.



WALKING WITH THE WOUNDED - CUMBRIAN CHALLENGE

I'd just like to introduce myself quickly. I'm Alice, and I am part of the fundraising team at the military charity Walking With The Wounded. WWTW are a Norfolk-based charity that support veterans to re-integrate into society via our employment and mental health programmes. This year we are celebrating our 10th anniversary and would love your help in marking our anniversary by spreading the word about our cause.

I am getting in touch to make you aware of one of our annual events that may be of interest to the Rugby clubs across the Eastern Counties, The Cumbrian Challenge, a team-building hiking challenge through the Lake District.

The Cumbrian Challenge takes place in Grasmere on the 16th of May 2020 and is open to teams of 3-4 people. There are three routes catering for every ability from the 'Peak', to our traditional 'Tough' and 'Tougher' for the fitter, more confident teams keen on a big day in the beautiful fells.

You'll face an early start, enjoy a magical, if stretching, walk out onto the fells and be back in time for an evening of music and a slap-up feed with your team-mates and new friends, alongside our inspirational beneficiaries. Could you be our 1,000th team? Mark WWTW's 10th anniversary and show your support by bringing a team of 3 or 4 friends or colleagues to our flagship charity walk in the Lake District and take on one of three memorable routes alongside the brave men and women we support.

See a testimonial below –

"As adventure events go, WWTW has created an amazing formula, which is testing individually whilst simultaneously providing huge enjoyment. WWTW's collaboration across their community of staff, beneficiaries, and volunteers, supporters and donors is not only hugely effective but undertaken with a sense of fun. Thank you for another terrific event!"

For more information please visit www.cumbrianchallenge.org.uk or contact me and I would be happy to answer any questions you may have.

Alice Cluff - Events & Fundraising Executive



CUMBRIAN CHALLENGE 2020
16th May

Presented by
All Together CUMBRIA
D&S SYSTEMS
FDM

MEET, WALK AND BE INSPIRED BY OUR WOUNDED

3 Routes | Peak (15km), Tough (24km) or Tougher (29km)

#CumbrianChallenge

Emma Morrey, Yodel:
"One of the proudest moments of my life. I have never felt so rewarded by my team's efforts, and all those around me."

Sign up or find out more at www.cumbrianchallenge.org



COULD YOUR TEAM SHOW IT'S SUPPORT IN WWTW'S 10TH ANNIVERSARY YEAR?

7 years of team building | nearly 1,000 teams | £1m+ raised

The #CumbrianChallenge is Walking With The Wounded's flagship fundraising event for teams who want to show their support and experience a memorable weekend in the Lake District alongside our beneficiaries.

Walking With The Wounded supports those who served. We target veterans who have fallen the hardest, and we're struggling with mental health issues, employment, homelessness or caught in cycles of poverty. By seeking early intervention, progression and opening up access to therapy we are changing the lives of veterans and, crucially, their families.

They Say:
All Together Services: "The event was a great success. A huge amount of support was shown to the charity and the staff." (www.alltogether.org.uk)

My Menon:
1991 Airborne Group UK: "The event was a great success. A huge amount of support was shown to the charity and the staff." (www.my-menon.com)

Joe Lottus:
D&S Systems: "The event was a great success. A huge amount of support was shown to the charity and the staff." (www.ds-systems.co.uk)

Thanks to all our past teams including:



Sign up or find out more at www.cumbrianchallenge.org

Registered charity in England No. 1151248 | VAT No. 957027039




GREENE KING
IPA

**PROUD SPONSORS OF THE
ECRU & GRASSROOTS RUGBY**

RUGBY CLUB SETS 'GREAT EXAMPLE' BY REVIVING CANCELLED BUS ROUTE

A bus service which left rural residents feeling "isolated and lonely" after being stopped is set for a new lease of life - thanks to a rugby club.

The 108 bus service, which travelled from the James Paget University Hospital, in Gorleston, to Oulton and into Lowestoft town centre, was taken from the roads on October 31.

Now, following a successful trial run in December, Lowestoft and Yarmouth Rugby Club has launched a new service using the club's minibus.



The service is offered in an attempt to tackle instances of rural isolation within the villages north of Lowestoft, with residents saying they felt "isolated and lonely" within a month of route stopping.

In a joint statement, the rugby club and Waltons MOT and Service Centre - which is partnering the club - said they recognised the importance of their local communities and that people were in need of assistance, as well as praising the team of volunteers for giving up their time to operate the service.

The Rugby Community Bus service has been operating twice a week, on Tuesdays and Fridays, picking up in West Hopton, Lound and Blundeston to get to London Road North in Lowestoft at around 10.30am, before a return trip at 2pm.



The service is provided free of charge to passengers and is staffed with a driver and passenger assistance person, both of who are current rugby club members or volunteers supplied from staff at Waltons, who maintain the minibus as part of the sponsorship package with the club.

James Reeder, Suffolk County Councillor for Oulton, said: "It is very disappointing that we had to withdraw the funding for bus route 108. However, when the rationale was explained at the community meetings, residents could appreciate why this difficult decision was made.

"The Rugby Community Bus is a great example of the wider community finding a solution and I am extremely grateful to the members of the rugby club and Waltons MOT and Service Centre for offering their services.

"Not only are they providing the club's minibus and driver, but a person to help passengers get on and off the bus.

"This is a great example of the local community working the with local authority to find new solutions."

OPPORTUNITIES AT EASTERN COUNTIES

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 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 is 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 |

EASTERN COUNTIES GIRLS U15S & U18S MANAGERS OPPORTUNITIES 2020/21

As the Team manager you will be working with some of the best female youth players in the region next season. You can play your part in helping develop our young talented U15s and U18s girls whilst developing your own skills as a Team Manager in a professional, high performance, fun environment.

The most important qualification for this role is enthusiasm and commitment, you will need to be organised, have good communications skills & have good I.T. skills. We will also require a valid RFU DBS for all positions (this we can help you obtain if you don't already have one). The posts are open to men and women over the age of 18.

The benefits of volunteering.

- Developing your skills in rugby management.
- Support your personal development.
- Satisfaction from doing something to make a difference within your local rugby community, Physical and social benefits – a chance to get out, have fun and meet some new people, enjoying the traditional social life that rugby generates
- Supporting the development of our youth rugby players – putting something back into your local rugby community, personal satisfaction knowing you have helped others.
- A fantastic CV booster – working with the ECRU and RFU teams in Eastern Counties RU.

Some of your Key Responsibilities.

- Training evening responsibilities to include:
- Liaising with parents.
- Signing girls in ahead of the session.
- Managing the timings for the coaches.
- Looking after training kit.
- Matchday responsibilities to include:
- Looking after playing kit and setting up changing room ahead of the players arriving.
- Helping the coaches with player management throughout the match.
- Compiling a brief match report.
- Collecting playing kit after the match and taking to laundry.
- Overall responsibilities to include:
- Team Managers will liaise with the Eastern Counties Girls Manager (Darren Wright).
- Communicating to parents regarding the EC Programme etc.

Successful applicants will be able to work as a team, will have all training, matchday clothing supplied including travel expenses.

What to do now...

Send a covering letter along with your rugby CV to Darren Wright - darren.ecru@gmail.com

Good luck.

Darren Wright

Women and Girls Rugby - Eastern Counties Rugby Union

Mobile: 07970980440 e: darren.ecru@gmail.com



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.

TRAINING COURSE UPDATE

Please see below the current training course update. Please can I ask that you continue to promote these courses to your members, volunteers and workforce. Those that are highlighted in red do not yet meet the minimum course numbers. With your help I am confident they will run. If you can encourage people to book on sooner rather than later as they are removed approximately one week prior to the course commencing.

Just to remind you that in order to book a course everyone will need to have their GMS credentials. The first port of call for your club's members should be the Hon. Sec. or Data Officer who can help with this. If you still need any assistance, please contact a member of the local delivery team. All under 18s need to be booked on by a parent/guardian.

| Course Name | Start Date | Booked | Time | Spaces | Venue |
|---|------------|--------|-------|--------|---------------------------|
| Leicester Tigers CPD Physical Development | 09/03/2020 | 0 | 19:00 | 20 | Wyndham RFC |
| Rugby Ready North Walsham RFC | 10/03/2020 | 5 | 18:00 | 15 | North Walsham RFC |
| Emergency First Aid in Rugby Union Beccles RFC | 14/03/2020 | 0 | 09:00 | 12 | Beccles RFC |
| Play it Safe Felixstowe RFC | 15/03/2020 | 0 | 13:00 | 20 | Felixstowe RFC |
| Emergency First Aid in Rugby Union Harwich & Dovercourt RFC | 22/03/2020 | 0 | 09:00 | 12 | Harwich & Dovercourt RFC |
| Coaching Game Changers Bury St Edmunds RFC | 06/04/2020 | 9 | 19:30 | 11 | Bury St Edmunds RFC |
| Leicester Tigers CPD Training Designs Wyndham RFC | 06/04/2020 | 3 | 19:00 | 27 | Wyndham RFC |
| England Rugby Referee Award The Leys School, Cambridge | 10/05/2020 | 5 | 09:00 | 25 | The Leys School |
| Rugby Ready Bury St Edmunds RFC | 11/05/2020 | 9 | 19:30 | 11 | Bury St Edmunds RFC |
| Leicester Tigers CPD Feedback & Challenge Wyndham RFC | 11/05/2020 | 0 | 19:00 | 30 | Wyndham RFC |
| England Rugby Coaching Award University of East Anglia | 17/05/2020 | 4 | 09:00 | 26 | University of East Anglia |
| England Rugby Coaching Award The Leys School Cambridge | 14/06/2020 | 5 | 09:00 | 25 | The Leys School |



WE WANT YOU TO SHAPE OUR TRAINING CALENDAR NEXT SEASON - COACH, MATCH OFFICIAL AND PLAYER DEVELOPMENT

Following Club feedback, we've decided to tackle the planning and delivery of our course calendar for 2020/21 slightly differently, with you taking control!

By completing the three simple steps below, your club 'need' will ultimately determine what and when courses will be available next season:



1. Complete your GMS Training Report – ensuring all coaches allocated to teams are current (*)
2. Ensure you understand the current and future training needs for your club Coaches, Match Officials and Players. Utilise the attached England Rugby Course Brochure to gain understanding for Coaches and Match Officials. As for player development, you need to be aware of gaps in specialist areas. Similar to Prop Star, we will be looking to deliver specialised player development clinics through-out the season.
3. Book on to one of the three 'Planning Clinics' – maximum of two people per club, of which should be representative of the whole clubs' needs (likely to be Head Senior Coach/CCC/M&Y Chairman/Transition Manager/DoR).

() If you're unsure on how to complete your training report, please speak to your CRC or RDO who will be able to support you with the task. If not, we will be running a video on our Facebook Page: Eastern Counties Rugby Development Team @ECrugbydevelopment in the next couple of weeks!*

Planning Clinics are as follows:

South – Monday 20th April at Thurston RFC, 19.30 start.

West – Tuesday 21st April at Ely RFC, 19.30 start.

City (Norwich) & Coastal – Monday 4th May at Lakenham Hewett RFC, 19.30 start.

For your club to have an influence on what courses will be available locally to you, we encourage you to attend the most relevant clinic to your club. To book on, and find out, which clinic would be most relevant to you, please follow the link: <https://drive.google.com/file/d/1nO1bekc39ExmtVrDg-k2bSjah4PMnlxo/view?usp=sharing>

Any questions please get in contact with your Rugby Development Officer.

Chloe McMorran – RDO

WHEREABOUTS FEBRUARY 2020



Roger Pierson
RFU Council Member

- 4 EC Governance Group
- 6 GMS Steerco – TW
- 7 England v Wales
- 9 Suffolk RU Committee
- 10 EC Management Committee
- 11 Tri County Championship -
Cambs v Suffolk – Ely RFC
- 18 Cambridgeshire RU meeting
- 19 RFU Club Dev. Group
- 21 Thetford RFC
- 23 Norfolk RU Meeting
- 28 Beccles RFC
- 29 EC Retreat (Stowmarket)
- 30 EC Women’s Forum
- 31 EC Operations Group



John Winders
ECRU President

- 7 Mildenhall Red Lodge
- 9 Suffolk RU Committee
- 10 EC Management Committee
- 11 March - Wooden Spoon Event
supporting The Porch Project,
Hadleigh
- 11 Tri County Championship - Cambs v
Suffolk – Ely RFC
- 21 Thetford RFC
- 26 Groundsman's Evening - Thurston
- 28 March - Southwold
- 29 EC Retreat - Stowmarket



Robert Temple
ECRU Honorary
Secretary

- 4 Governance Committee
- 10 Management Committee
- 29 EC Retreat (Stowmarket)



Alasdair Bovaird
ECRU Chairman

- 4 Governance Committee
- 5 Liaison with Local Delivery Team
- 7 Saffron Walden v Holt RFC
- 8 EC Girls Matches at St Josephs,
Ipswich
- 9 Suffolk RFU Meeting
- 10 Management Committee
- 11 Tri County Championship - Cambs v
Suffolk – Ely RFC
- 15 Essex v Eastern Counties u20s at
Harlow RFC
- 18 Cambridgeshire RFU Meeting
- 21 Fakenham v Ipswich YM
- 21 Wendens Ambo RFC
25th Anniversary Ball
- 28 Beccles v Thurston
- 29 Eastern Counties Planning Retreat
- 30 EC Women’s Merit Table Review



Steve Mackee
ECRU Honorary
Treasurer

- 4 Governance Committee
- 9 Management Committee
- 10 Tri County Championship -
- 11 Cambs v Suffolk – Ely RFC
- 29 EC Retreat (Stowmarket)

ECRU ANNUAL AWARDS DINNER 2020
SATURDAY 30TH MAY 7.30PM



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
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A date for the diary!



**EASTERN COUNTIES RUGBY UNION
AWARDS DINNER
SATURDAY 30TH MAY 2020
7PM FOR 7.30PM**



GUEST SPEAKER - SHERIDAN EASTON

SENIOR LECTURER IN SPORT BUSINESS & MANAGEMENT
UNIVERSITY OF CHICHESTER
WASPS, ROCHFORD 100

EASTERN COUNTIES, ESSEX, ENGLAND STUDENTS, BRITISH COLLEGES

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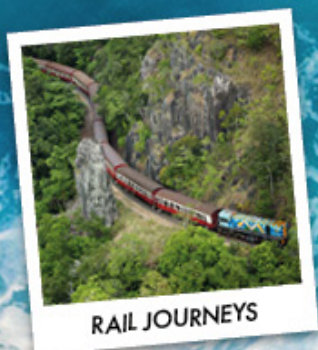
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