

Chatswood Junior Rugby Club



Introduction to Minis (Under 5s to Under 9s)

3rd Edition – Season 2020

Introduction to Minis Rugby (U5-U9s)



Welcome to the Chatswood Junior Rugby Club (CJRC)

The purpose of this introduction is to outline some of the features of CJRC and to assist families (especially those new to the club) with information for the season ahead. We hope that outlining a few of the more important factors will help you enjoy your involvement with CJRC Minis.

About the Chatswood Junior Rugby Union Club

Chatswood Junior Rugby Club (CJRC) was born in 1948 from the senior Chatswood Rugby Club, itself established in 1912. The club's mission is to provide all children with the opportunity to learn and play the game of Rugby in an environment that is friendly, safe, fun and fair; and to provide players' families with the opportunity to be involved in a progressive club through the game of Rugby.

CJRC is part of the Gordon Village of Rugby Clubs on the North Shore of Sydney, Australia. Other clubs in the area include Lindfield, Lane Cove, Roseville, Wahroonga, Hornsby, Killara-West Pymble and St Ives.

The Club is based at Beauchamp Oval, Nicholson Street, Chatswood where we have access to a full playing field, a clubhouse and canteen.

Modified versions of rugby have been created in Australia for safety and to enhance enjoyment and player development. Through non-contact forms of the game, children as young as five can greatly enjoy rugby at Chatswood. The game formats available at Chatswood are:

- "Minis" age groups –
 - U5 (<5 yrs): skills, games and fun
 - U6 & U7 (5-6 yrs): 7-a-side tag
 - U8 (7 yrs): 7-a-side tackle
 - U9 (8 yrs): 10-a-side tackle
- "Juniors" age groups
 - U10, U11, U12 (9-11 yrs): 12-a-side tackle, reduce field
 - U13+ (12+yrs): 15-a-side tackle, full field junior rugby

Key Dates for your diary (2020 dates; subject to change)

- 14 & 23 Feb - Try Rugby days, Club weigh in for Size for Age plus more
- 3 & 4 March - pre-season training @ Beauchamp
- 11 & 18 March - Gear Hand out @ Beauchamp
- 13 or Late March - Season launch & Welcome to CJRC - TBC
- 15, 22 Junior trials - TBC
- GJRU Rep trial dates – 15, 22, 28 Mar (Juniors only)
- 25 March Coach the Coaches session 1 - TBC

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- 29 March SJRU Round 1 - age Grading (Juniors only)
- 4 April Minis Gordon JRC Gala day Rounds 1 & 2 (hosted by Lindfield) TBC
- 4 April Festival of Rugby @ Chatswood Oval with GJRU
- 5 April SJRU Round 2 - age grading (Juniors only)
- Jun-Jul (tbc) Parents Gala evening

Club, Age Group and Team Management

Executive committee members in 2020

- | | |
|---------------------------------------|---------------------------------------|
| • President: Jason Gay | president@chatswoodjuniorrugby.com.au |
| • Secretary: Nick White | secretary@chatswoodjuniorrugby.com.au |
| • Vice Pres Minis (u5-u9): Al Walker | vpminis@chatswoodjuniorrugby.com.au |
| • Vice Pres Jnrs (u10+): Lyndon Burke | vpjuniors@chatswoodjuniorrugby.com.au |
| Registrar: Cameron McNeil | registrar@chatswoodjuniorrugby.com.au |
| • Treasurer: Adam Lines | treasurer@chatswoodjuniorrugby.com.au |

Full contact details of the Exec and Extended Committee are published on our website.

<http://www.chatswoodjuniorrugby.com.au/our-club/2020-committee-and-office-holders/>

Age Group Coordinators (AGCs)

An **age group coordinator (AGC)** is appointed by the Club for the overall coordination of the age group including liaising with the Club Administrator, centralising communications and allocating rosters for home games.

Each team has a Coach, Assistant Coach/es and a Team Manager. For any queries contact your Team Manager in the first instance. Team Managers' will escalate to the relevant AGCs and Vice President if necessary.

All the current contact information for the current season (once finalised) can be found here: <http://www.chatswoodjuniorrugby.com.au/teams/team-and-age-group-contacts/>

Player Registration

Full instructions on how to register can be found on our website.

<http://www.chatswoodjuniorrugby.com.au/>

Gear

Every new player receives a backpack with their initials, training t-shirt, shorts, socks, water bottle, cap and club stickers with their registration fee. Returning players will receive training t-shirt and cap and can purchase other items if necessary.

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These will be available at the gear distribution in March. Boots and mouth guards (mandatory) and headgear (optional) are to be supplied by each family.

Extra kit can be purchased online through our club shop on Team App (see later).

Training U6's – U9's (U5's only play Saturdays from Term 2)

Pre-season training begins Wednesday 4 March 2020 at our home ground, Beauchamp Park. It's strongly encouraged that players attend to meet their Coaches and fellow players. The focus is on fun, footy and fitness.

Wednesday evenings throughout the season is training day for Minis at the following times:

- Under 6 & Under 7: 4-5pm
- Under 8 & Under 9: 5-6pm

Note: There is no training for under 5's, only Saturday games and fun

Juniors (U10+) train either Wednesdays after 6pm or Tuesdays dependent on players schedules.

The canteen & BBQ operates on training nights for a post-run around feed for your hungry players.

Games

Traditionally, the first round of games is the Gordon Gala day hosted by Lindfield Junior Rugby Club. Each team normally plays two games at the Gala Day.

Up to 14 rounds are then played either at our home ground, Beauchamp Oval (starting Term 2) or away at the other club's grounds. Games for Minis are played on Saturday mornings between 8am and 11.30am.

There are usually no games during school holidays or on public holiday weekends such as the June long weekend. The season then ends around the end of August. Draws for the season will be made available on our club Team App.

On our home games, each team will be allocated game days when they are responsible for the set-up, timing, packing away and general ground management. More information will be provided to AGC's, Team Managers and Coaches.

For the Mighty Under 5's, registered U4 and U5 players and parents are welcomed to start with Terry Preston and team from Little Legends on Saturdays at 9.30pm starting in Term 2. The sessions run for 1 hour and involves games, skills and FUN! There will be 12 sessions through the season. All dates TBC.

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Team Selection Policy

Our philosophy at Chatswood is that we aim to keep everyone happy. However, as you will appreciate, there are many factors to consider in determining which team your child plays for. The creation of teams in the Minis does not involve any assessment of ability i.e. there is no grading of teams or players.

Our process for creation of teams is:

1. Allocation of players to teams is the responsibility of the Age Group Coordinator and Vice President of Minis, with input from the Coaches and any player requests. When a team progresses from one age group to the next, existing players in a team have priority to remain together;
2. Each team should, where possible, have a balanced representation of players from more than two schools. The club has found that this greatly enhances the friendship and social aspects of the club. We do not aim to create teams based on schools alone;
3. Each new player joining will, where possible, have a friend (someone he or she already knows) in the team. Experience has shown, however, that even without a friend, children assimilate and make new friends very quickly, especially with the help of team coaches and managers; and
4. Requests by individual players at the time of registration to be selected for a particular team will be granted where possible.

Club and Team Involvement

We encourage every parent to become as involved in the club as they can. CJRC is an active club with numerous events throughout the season in addition to training and weekly fixtures. For the club to operate smoothly, parental involvement at these events and on training/match days is essential. Without the valuable support of volunteer parents CJRC simply would not exist.

We encourage every parent to assist where possible, no matter how minor the task. Many years of experience suggests that the more parents that volunteer their time and help out, the more social and vibrant a community atmosphere we have.

Families may be rostered for help duties on a rotational basis by the team manager or age group coordinator and time slots are balanced with game times so everyone can see their child play. Roster duties are mandatory, not elective.

An **age group coordinator (AGC)** is appointed by the Club for the overall coordination of the age group including liaising with the Club Administrator, centralising communications and allocating rosters for home games.

Team managers are also needed. The manager will also support the coaches and normally liaise with the age group manager and parents with regards to players rotating between teams, game changes and help rosters.

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Other areas where you may be able to help are:

- Assisting coaches/managers team with training, first aid, refreshments and substitution at games;
- Helping with special events such as the club's parents Gala night;
- Organising your replacement if you are unable to fulfil a duty allocated to you;
- The Age Group Coordinator and Team Managers will organise volunteers to perform the duties at the start of the season and/or as required during the course of the season.

Coach and Referee Development

All our coaches must be trained in Rugby Australia's "Smart Rugby" to support player safety and "Coaching Kids Rugby" covering player management to U12 level. Many coaches also complete RA's Foundation/Level 1 and Level 2 courses (the highest level possible is Level 3). CJRC supports and pays for these qualifications.

The club also provides its own coach development and training program targeted at the needs of each age group. We want all participants to enjoy their rugby as much as possible.

Beyond the above, we would ask that any parent with rugby experience to help contribute to training and games through the season, working with the appointed Coach. This need only be a small commitment over the season – and volunteering to help our kids is what our Club is all about. Please liaise with the AGC, team manager & coaches if you believe you can help out.

Similarly, the club is keen to develop and support referees. Parents and children over the age of 13 who are interested in becoming referees should contact our Referees Coordinator, referees@chatswoodjuniorrugby.com.au about attending an external course run by NSW Rugby or check out the on-line courses found here - <https://myaccount.rugby.com.au/> - to get qualified.

Referees are an essential part of good rugby. No Ref, No Game!

Working with Children Check

The Working With Children Check (WWCC) is mandatory requirement for anyone who works or volunteers in child-related work in NSW. Our Club enforces this requirement for every Coach, Manager and Committee member. WWCC are valid for 5 years and are free if you're a volunteer. Simply register on-line and follow the steps at:

<https://www.kidsguardian.nsw.gov.au/child-safe-organisations/working-with-children-check>

Once received please advise the club Secretary via email secretary@chatswoodjuniorrugby.com.au of your WWCC number and expiry date. The club has a legislated duty to record this information.

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Good Spectator Behaviour

Junior rugby can be very exciting, not just for the players, but for the spectators as well. Parents are reminded however that the game is played by the children primarily for their own enjoyment and that, regardless of the level of excitement or emotion generated during a game, they are expected to adhere to the behavioural guidelines as set out by CJRC, NSW Rugby Union and Rugby Australia.

Behavioural guidelines are published on our web site www.chatwoodjuniorrugby.com.au. Breaches of these guidelines are taken extremely seriously and may be reported by team coaches and managers to the club management or district organisers for disciplinary action. In certain circumstance this could involve suspension or expulsion from the club. Parents should also remember that their behaviour is also a reflection of our Club.

Some of the more important game day tips include:

- only ever shout encouragement;
- stand behind the ropes & back from the touchline (unless carrying out a team support role);
- never criticise the Referee; and
- comments/observations should only be brought to the attention of the relevant coach/manager/ground marshal offline at an appropriate time (i.e. out of range of players and other parents/spectators).

Parent Social Events

As a community club we encourage parents to enjoy their membership. Some of our social events for parents are:

- Season Launch and Welcome to CJRC (March)
- Team and age group dinners
- Mother's Day Bubbles (May)
- CJRC Gala night (June-July) a must-do event on the Chatswood social calendar. Frock up and get along to a fabulous night out!

Communications

We encourage you to make use of our website, Facebook ([@chatwoodjuniorrugbyclub](https://www.facebook.com/chatwoodjuniorrugbyclub) - Like us!) and Instagram ([@chatwoodjuniorrugby](https://www.instagram.com/chatwoodjuniorrugby) - Follow us!) as contact points for information about the Club and its goings on.

In addition, you will receive important specific communication via emails or our mobile Team App throughout the season from the Club, Minis Vice President, AGCs and Team Managers (including the game draw, ability to RSVP and any updates for Key Events throughout the year). Visit <https://cjrc.teamapp.com/> on your smart device to download the app and login.

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Frequently Asked Questions

On our website you will also find a comprehensive set of [FAQ's – Frequently Asked Questions](#). We hope you will find the answer to your queries but if not, please feel free to contact any one on the Committee or your AGC.

A final word

We as a club need to remember that we are a family club, drawn from across the North Shore from many schools, cultures and communities.

Much of our philosophy, in aiming to be ***The Best Family Club on the North Shore***, can be summarised in the sign below that you'll spot at home games.



See you on the field!

Your Committee

Chatswood Junior Rugby Club

The Best Family Club on the North Shore