

Welcome to the 4<sup>th</sup> edition of the SW CCC Newsletter. A new season is upon us and the first junior sessions started last weekend. All over the South West, coaches will be introducing thousands of children to rugby with the aim of igniting that passion that has kept us involved with the game for so long. With the World Cup the numbers could be increased

This month's newsletter is all about making those experiences the highest quality possible, and helping to signpost your coaches to appropriate courses in your area.

**Quote of the week**

*"There's only one corner of the universe you can be certain of improving, and that's your own self." Aldous Huxley*

**Coaching Roles**

**DEVON RFU COACHING COMMITTEE**

Invite you to apply for the positions set out below:

**Mens 17/18s Backs Coach**

Commitment

18s

Training each Sunday probably right through to November 6<sup>th</sup> when we play our last match. So training 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, Match on 25<sup>th</sup> in Bridport, 2<sup>nd</sup> Oct 9<sup>th</sup>, 16<sup>th</sup> Divisional matches 23<sup>rd</sup>, 29<sup>th</sup> Oct in Bristol and final match v Cornwall probably somewhere like Okehampton on the 6<sup>th</sup> November. There would be a commitment for most Sundays between 1pm and 3pm from the 4<sup>th</sup> Sept and the end of October

17s

Our Under 17 commitment starts in early February, Match at the end of February against Cornwall and two in early April against Somerset and a return against Cornwall. This will probably mean 3/4 training sessions.

**Application forms can be found on  
Devon RFU Website. Coaching tab  
Entries close 2300 hrs on September 5th 2011.**

**Completed applications by email please to  
Rob Masters  
robmasters@rfu.com**

**Funding  
Opportunities**

**Telegraph £1000 Amateur  
Sports Club Grant could be  
yours!**

It is a really simple application form to fill in and 5 x £1000 are awarded each month for the next year You can apply for money to pay for courses, tournaments and facilities

<http://www.telegraph.co.uk/sport/othersports/amateur/8281316/A-1000-amateur-sports-club-grant-could-be-yours.html>

**Sports Coach UK Employment Status for Coaches**

Sports Coach UK has produced a quick guide to help business, clubs and coaches in Sport decide on the correct employment status. It can be found by clicking on this link and downloading the file on the right hand side of the page.

<http://www.sportscoachuk.org/resource/employment-status-coaches-guide-employersdeployers-and-coaches>

For further guidance and the most up-to-date information, please visit the HMRC website: [www.hmrc.gov.uk](http://www.hmrc.gov.uk)

## Bristol Rugby Coaching Sessions

Monday 12<sup>th</sup> September 19:00

Bristol Rugby are set to launch the 2011/12 Coach Education Programme in September, giving coaches from across the region a unique opportunity to develop a greater understanding of the game.

In conjunction with the RFU, the club's coaching staff will run quarterly coaching development sessions throughout the year at the Clifton RFC training base. The programme is completely free and open to coaches of all levels and ages.

Using a combination of theory, practical-based activities and question & answer sessions, the personal development courses are aimed at improving the depth of coaching skills across a range of areas.

Head Coach Liam Middleton, Academy Coach Matthew Sherratt, Academy Manager Mike Hall and Head of Strength of Conditioning Lee Douglas will each host a session centred upon a different element of the game. Two will take place before Christmas 2011, with two more in 2012.

The first of the four 90-minute sessions will take place on Monday 12 September, starting at 7pm. Matthew Sherratt will be discussing attacking philosophy, with a particular focus on coaching line-breaks.

"We're looking to develop a coaching centre of excellence," said the new Academy Coach and backs specialist. "The Coach Education Programme will directly benefit coaches at local schools and combination clubs. Bristol Rugby is committed to helping to nurture the next generation of players and high-quality coaching is central to this process."

"Individual development is of paramount importance if clubs and schools in the region are to continue delivering coaching that is safe, effective and of a high quality."

At the end of the programme, all attendants will receive a coaching information pack including a DVD compiled throughout the four sessions.

To confirm your attendance, please email your name, plus club/school to [press1@bristolrugby.co.uk](mailto:press1@bristolrugby.co.uk).

### Useful Contacts for the South West

- Alan Huddleday -Coach and Player Development Officer(CPDO) [Alanhuddleday@rfu.com](mailto:Alanhuddleday@rfu.com) 07764960374
- Catherine Spencer – Women’s Rugby Development Officer (WRDM) [Catherinespencer@rfu.com](mailto:Catherinespencer@rfu.com)
- Steve Harland – Referee Manager [Steveharland@rfu.com](mailto:Steveharland@rfu.com) 07738 029107
- Rachel Brown – Volunteer Executive [Rachelbrown@rfu.com](mailto:Rachelbrown@rfu.com)

### Rugby Development Officer (RDO)

- Mike Bratt (Cornwall) [Mikebratt@rfu.com](mailto:Mikebratt@rfu.com)
- Rob Masters (Devon) [Robmasters@rfu.com](mailto:Robmasters@rfu.com)
- Jon Bendle (North Devon and Somerset) [Jonbendle@rfu.com](mailto:Jonbendle@rfu.com)
- Julie Price (Somerset) [JuliePrice@rfu.com](mailto:JuliePrice@rfu.com)
- Neil loader (Bristol) [Neilloader@rfu.com](mailto:Neilloader@rfu.com)
- Don Parsons (Gloucestershire) [Donparsons@rfu.com](mailto:Donparsons@rfu.com)
- Greg Bayliss (Gloucestershire) [GreggBayliss@RFU.com](mailto:GreggBayliss@RFU.com)

### Administration

- Level 1 and Level 2 Bev Rawlins [Beverley.Rawlins@hartpury.ac.uk](mailto:Beverley.Rawlins@hartpury.ac.uk) or [RFUadmin@hartpury.ac.uk](mailto:RFUadmin@hartpury.ac.uk) 01452 702119
- TAG/Rugby Ready/CPD Vicky Buck (South West Coaching Coordinator) [Vlb1978@yahoo.co.uk](mailto:Vlb1978@yahoo.co.uk) 07976895343

## Q. How do clubs recruit and retain players?

A: Recruit and improve the quality of those club members who have most contact time with them, i.e.....

### THE COACH

#### Key Questions

- ✓ Do you know who is coaching in your club this season and what qualifications they have?
- ✓ Does your club have a coach development plan?

If you have answered no to either of the above questions then the following guidance is here to help.

Developing coaches is an essential way of retaining good quality coaches in your club, which has a direct impact on the development and enjoyment of your players and teams.

So how do you start?

- 1, List of all your coaches, their qualifications and the CPD they have attended
- 2, Decide as a club what qualifications you want your coaches to have at each age group, and/or what CPD they should attend

An example is provided below

- 3, Look at the gaps between where your coaches are now and where you would like them to be

This will highlight the course(s) that the coaches should attend

- 4, Contact Vicky Buck [vlb1978@yahoo.co.uk](mailto:vlb1978@yahoo.co.uk) for non award and Bev Rawlins [Beverley.Rawlins@hartpury.ac.uk](mailto:Beverley.Rawlins@hartpury.ac.uk) for award courses(Level 1 & Level 2)

#### This is a sample Club Coach Development Plan

Age Group	Suggested Courses
U6/U7/U8	Coaches to have completed "Working With Children", "Start Coaching Tag Rugby" and have a CRB by the end of the U7 season.
U9/U10	Rugby Ready, Level 1 and one CPD "Mini Continuity" course by the end of the U10 year.
U11/U12	Each coach to be observed 2/3 times per year and signposted to CPD appropriate to their development.
End of U12 year	Produce a simple action plan for each coach signposting their CPD with a target of achieving Level 2 by the end of the U14 year.
U13/U14	Link in to Cluster/County run CPD programmes as per development plan to prepare for Level 2.
U15 onwards	All coaches working regularly to have a Level 2. Talent ID of potential Level 3 at U15 onwards directed towards RFU Regional Advanced Coaches Programme.
Generic	Parent Helpers at all age groups to have Rugby Ready and CRB.

### Coaching Courses

Please see the list of courses that are running within the next few months. If you or any of your coaches would like to book a place, please ask them to fill in the attached Non Award Application form and email or send it to Bev Rawlins along with payment [Beverley.Rawlins@hartpury.ac.uk](mailto:Beverley.Rawlins@hartpury.ac.uk)

<b>Rugby Ready Dates &amp; Times</b>	<b>CB</b>	<b>Venue</b>	<b>Cost: £18.50</b>
9 <sup>th</sup> September 2011 18:00	Gloucester	Marling School	£18:50
11 <sup>th</sup> September 2011 14:00	Cornwall	Helston RFC	£18.50
16 <sup>th</sup> September 2011 18:30	Devon	Exmouth RFC	£18.50
24 <sup>th</sup> September 2011 9:30	Cornwall	Newquay Hornets	£18.50
19 <sup>th</sup> October 2011 18:30	Gloucestershire	Dursley RFC	£18.50
5 <sup>th</sup> November 2011 9:30	Somerset	Gordano RFC	£18.50
13 <sup>th</sup> November 2011 14:00 – 17:30	Gloucestershire	Oxtalls Campus	£18:50

<b>CPD Course and Dates</b>	<b>CB</b>	<b>Venue &amp; Time</b>	<b>Cost</b>
Scrum Factory 21 <sup>st</sup> September 2011 19:00	Dev	Brixham RFC	£15.50
Continuity in Attack (youth) 7 <sup>th</sup> October 2011 19:00	Cornwall	Helston RFC	£15.50
Scrum Factory 19 <sup>th</sup> October 2011 19:00	Dev	Kingsbridge	£15.50
Scrum Factory 9 <sup>th</sup> November 19:00	Dev	Plymouth Albion	£15.50

<b>Course Dates TAG Rugby</b>	<b>CB</b>	<b>Venue</b>	<b>Cost</b>
19 <sup>th</sup> September 2011	Devon	Okehampton RFC	£21
October Date TBC	Devon	Exmouth RFC	£21

## “Coaching Children Rugby Union” (Level 1)

**£105 (incl. VAT)**

Course Dates	Venue	Deadline
2011	2011	2011
Induction Eve 26th October Practical Days 30 <sup>th</sup> October & 6 <sup>th</sup> November	Hartpury College Gloucester	12 October 2011
Induction Eve 26th October Practical Days 30 <sup>th</sup> October & 6 <sup>th</sup> November	Queens College Taunton	12 October 2011
Induction Eve 23 <sup>rd</sup> November Practical Days 27 <sup>th</sup> November & 4 December	Plymouth Albion	9 November 2011
Induction Eve 23 <sup>rd</sup> November Practical Days 27 <sup>th</sup> November & 4 December	Portway Development Centre Bristol	9 November 2011
Induction Eve 25th November Practical Days 27 <sup>th</sup> November & 4 December	Oxtalls College Gloucester	11 November 2011
2012	2012	2012
Induction Eve 13 <sup>th</sup> February Practical Days 19 <sup>th</sup> & 26 <sup>th</sup> February	Penryn College Cornwall	30 January 2012
Induction Eve 22 <sup>nd</sup> February Practical Days 26 <sup>th</sup> February & 4 <sup>th</sup> March	Queens College Taunton	8 February 2012
Induction Eve 29 <sup>th</sup> February Practical Days 4 <sup>th</sup> & 11 <sup>th</sup> March	Hartpury College Gloucester	15 February 2012
Induction Eve 29 <sup>th</sup> February Practical Days 4 <sup>th</sup> & 11 <sup>th</sup> March	Plymouth Albion	15 February 2012
Induction Eve 9 <sup>th</sup> May Practical Days 13 <sup>th</sup> & 20 <sup>th</sup> May	Portway Development Centre Bristol	25 April 2012
Induction Eve 9 <sup>th</sup> May Practical Days 13 <sup>th</sup> & 20 <sup>th</sup> May	St Lukes School Exeter	25 April 2012
Induction Eve 21st May Practical Days 26 <sup>th</sup> & 27 <sup>th</sup> May	Newquay Tretherras School Cornwall	7 <sup>th</sup> May 2012
Induction Eve 13 <sup>th</sup> June Practical Days 16 <sup>th</sup> & 17 <sup>th</sup> June	Queens College Taunton	30 <sup>th</sup> May 2012
Induction Eve 13 <sup>th</sup> June Practical Days 16 <sup>th</sup> & 17 <sup>th</sup> June	Hartpury College Gloucester	30 <sup>th</sup> May 2012
Induction Eve 4 <sup>th</sup> July Practical Days 7 <sup>th</sup> & 8 <sup>th</sup> July	Plymouth Albion	20 <sup>th</sup> June 2012
Induction Eve 4 <sup>th</sup> July Practical Days 7 <sup>th</sup> & 8 <sup>th</sup> July	Portway Development Centre Bristol	20 <sup>th</sup> June 2012

## Level 2 Certificate in Coaching Rugby Union £180 (incl. VAT)

Course Dates	Venue	Deadline
2011	2011	2011
July 3rd & 24th September 25th & October 2nd	Plymouth Albion	17th June 2011
2012	2012	2012
May 26th & 27th June 23rd & 24th	Queens College Taunton	11 May 2012
May 26th & 27th June 23rd & 24th	Hartpury College Gloucester	11 May 2012
June 9th 10th June 30th July 1st	Plymouth Albion	25 May 2012
June 9th 10th July 14th 15th	Portway Development Centre Bristol	25 May 2012
June 16th & 17th July 14th & 15th	Newquay Tretherras School Cornwall	1 June 2012

## **RFU Leadership Academy Devon & Cornwall 2011 -12**

### ***DO YOU WANT TO IMPROVE THE SKILLS AND CAPABILITY OF FUTURE LEADERS OF YOUR CLUB?***

Rugby clubs thrive thanks to outstanding leadership by hard working volunteers like you.

Is there a volunteer at your club who is progressing towards a more senior leadership role in the near future? Have you have identified your successor or deputy/assistant who is standing for election next season? Are you a recently appointed Club Leader looking to hone your Leadership skills? If so, this programme could help. The RFU is supporting future club leaders who have commitment and leadership potential by inviting them to be part of the 'Leadership Academy'.

Here's what rugby volunteers have said about the RFU Leadership Academy programme:

"The Academy gave me an insight into how other clubs are managed and this made me realise that our club was not the only one with problems. Going forward I hope to maintain the contacts that I have made and use the valuable information that I have learned to benefit my club. I am glad that I took part and would like to thank everyone involved for their support." Jo Farrington, Brockworth RFC

"I wholeheartedly endorse this excellent initiative to provide high level training for our leaders of the future. If you have a candidate of the right calibre who would like to take up this opportunity, please encourage him or her to apply. The benefit to your Club and the wider rugby community could be substantial." Geoff Simpson, RFU Council Member, Devon RFU.

The programme is spread from October 2011 to March 2012 and includes, in a rugby context:

- Leadership: creating an inspiring vision; setting goals and defining roles.
- Communication: working with the media; running effective meetings; presentations & speeches; influencing, negotiation & active listening.
- Working with others: empowerment & delegation; motivating; giving feedback; resolving conflict; team building.
- Decision making: risk analysis; managing change; problem solving
- Planning: project plans; strategic plans; prioritization techniques.
- Organising: time management; finding funding; budgeting and resource allocation.
- Monitoring and evaluating: success criteria; measurement techniques.
- Personal Values: Understanding and development of personal attributes

Due to the significant investment in the individuals taking part, places are limited, so act now, contact Rachel Brown Leadership Academy Manager on 07590 890872, [rachelbrown@rfu.com](mailto:rachelbrown@rfu.com) or visit [www.rfu.com/clubs/leaders](http://www.rfu.com/clubs/leaders) for more information.

**RFU Leadership Academy – Nomination Form**

Thank you for your interest in the RFU Leadership Academy. To sign up for this year's Leadership Academy please send the following details to [rachelbrown@rfu.com](mailto:rachelbrown@rfu.com) by Friday 7<sup>th</sup> October.

Name:	
Address:	
Email:	
Home Telephone:	
Mobile:	
Club:	
Current Roles (Club, Divisional or CB):	

Due to the significant investment in the programme it is asked that each candidate pays a £100 nominal fee, this is largely subsidised from the actual cost per person.

# RFU pilots new online Coaching Academy

Tuesday August 9, 2011  
Issued by Simon Mills

An innovative partnership between RFU and Global Sports Coaching and its website [www.rugbycoachingdrills.com](http://www.rugbycoachingdrills.com)

THE Rugby Football Union (RFU) today announced the start of trials of a new internet based coaching academy which aims to deliver the best of rugby coaching information to coaches at all levels of the game throughout England as a complementary and integral part of the RFU's coach development programmes.

The academy has been established in partnership with Global Sports Coaching (GSC) and its [www.rugbycoachingdrills.com](http://www.rugbycoachingdrills.com) website. Established in 2010, GSC has accessed the talents and experience of leading coaches in this country and abroad, including Sir Ian McGeechan and Dick Best, to create an online coaching and club management resource that features a range of coaching exercises including interactive drills in 3D, a coaching toolkit and personal development programmes for players of all ages.

As the National Governing Body for rugby in England, the RFU aims to be regarded as a role model for coach development and coaching excellence and has responsibility for ensuring the quantity and quality of coaches, from grassroots to representative level, is constantly growing and improving. It has a series of well-developed coaching development programmes and support services that ensures rugby happens around the country in a safe and fun environment.

"This is the first time the RFU has entered into a partnership with an external provider for the delivery of essential coaching services," said Gary Henderson, Head of Player and Coach Development at the RFU. "Our objective is to improve the expertise of our coaches at all levels nationally by complementing our face to face programmes with value added content and advice via the internet.

"All our research has shown that coaches play a significant role in providing the quality of experience we want to give our players so working in partnership with GSC and its [www.rugbycoachingdrills.com](http://www.rugbycoachingdrills.com) website, we believe we can provide our coaches with access to resources that will greatly improve their performance.

"We're starting with a pilot scheme before moving onto regional trials in September. Depending on the outcome of the trials, we plan to launch the academy nationally next January."

Sir Ian McGeechan, Director of GSC, said: "We're pleased to be working in partnership with the RFU on the delivery of this crucial aspect of the Union's services.

"It is apparent that the rapid development of the interactive web technology and related communications infrastructures provide an appropriate resource with which to manage and develop coaching expertise in this country. We've invested heavily in the development of our website and are very excited about the potential of the RFU's coaching academy."

For further information please contact: Simon Mills at the RFU on 07702 661214 [simonmills@rfu.com](mailto:simonmills@rfu.com) or Paddy Lennon at GSC on 07711 609820 [mail@patricklennon.com](mailto:mail@patricklennon.com)