



the RUGBY MATTERS @ Northwich RUFC

Welcome to the Rugby Matters @NRUFC. Issue 4. Season 2018-19.

Are you keeping up to date with all things Black & Gold? Our club newsletter's aim is to enhance communication in all matters club related, particularly: To inform members of the aims of the club, inform of current News and Events, membership benefits particularly those offered by our sponsors & to grow our membership & volunteers and create greater awareness in the community of the clubs contribution.

At last the foreplay is done with and we can get to grips with the real action. Let's hope that we don't suffer from premature acclamation as we get down to the nitty gritty of the season proper. Yes the new, eagerly awaited, season is finally upon us. The summer has flown by and we are now back where we belong, mixing it again with many of our long time adversaries, plus a few new ones.

What a summer it's been, the grass pitches just a few weeks ago looking like deserts, now beautifully green. The Northwich Sports Bar has once again had a facelift & makeover inside & out.

New players have joined our illustrious club and the M&Js have re-launched (although we all realise the re-building will take time).

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& much more

We invite all Ladies, Girlfriends, Mums, Partners and friends along 1.30pm Saturday 29th September to enjoy the hospitality provided by our club.

LADIES DAY including Prosecco and Afternoon Tea at Northwich Sports Bar, Moss Farm.

For £15 attendees will get half a bottle of Prosecco, afternoon tea and match admission to the 1st XV fixture against Blackburn RUFC.

All members are encouraged to invite (& pay for) wives, girlfriends, sisters, mothers and their friends. Tickets can be ordered individually or in groups where we can configure tables to accommodate any arrangement. Contact Mathew Poste or msg our events on facebook or website

Many Ladies freely give either their own time to volunteer helping the club and teams, or just giving up time with their the sons or partners to come along to the club so many times in the week. There are many who have also helped out significantly in the past.

All this contributes to our success, and on behalf of all at Northwich- we would like to say THANK YOU! And invite you all to join for Ladies day!



LADIES' DAY & PROSECCO AFTERNOON TEA



**Saturday 29th September
2018**

1:30pm Arrival
Pre-Match Afternoon Tea
£15 per person.



Contact: Eddy Taylor, James Underhill or
Mathew Poste for more information.

SPOTLIGHT on our SPONSORS

Arnold Clark renew their commitment for another season.

Northwich RUFC are delighted to announce that Arnold Clark are once again providing valued support and will be continuing sponsoring us for the coming season. Underpinning the amazing work being undertaken by our youth development program. This invaluable support ensures we can continue to thrive and drive the development of the fastest growing area within our club.



“Arnold Clark having sponsored the Club previously is delighted to support and be involved now with the exciting rise of the youth game at Northwich Rugby Club and the progression of colts to senior players. Its gained remarkable traction since it was launched and it’s great that Arnold Clark are involved.”



Both Northwich Sports Bar & Catering van recently gained a 5 star food hygiene rating our facilities are suitable for a wide range of activities From Quiz Nights, Parties etc to Company / Club Meetings. For CLUB MEMBERS the Hire of the Club Room is FREE SO WHY NOT CONSIDER USING THE CLUB FIRST.

To find out more please make contact:- **Nicky Naylor 07770 452708** or email info@thesportsbarnorthwichruffc.co.uk



Our well-equipped and spotless catering van carries the highest possible rating from the food standards agency. Giving the assurance that you are getting the highest standards in hygiene from reliable, all weather caterers is vital. We support both professionals and volunteers who are organising outside or indoor catering events to provide fast, delicious quality food.

The Catering standards are high, but our costs are reasonable

Whatever happened to: Half-time orange slices?

Back in the good old days, come half-time it just didn't matter how hot it was, how hard you'd worked, how thirsty you were - no, the best you could hope for was a fairly unappetising slice of orange.

Forget isotonic sports drinks, forget even the restorative effects of a sip of H₂O - you were expected to revive flagging limbs and sagging spirits simply by sucking on a withered piece of citrus fruit for about 5 seconds. Furthermore, more often than not some bright spark had miscalculated and had divided the said fruit into 14 pieces, meaning that someone had to miss out. Believe me, as unappetising as it sounds, being the one player not to get to suck on a piece of orange was desperately demoralising.

HUNDREDS flocked to Moss Farm over the bank holiday weekend for this year's Northwich Festival.

Despite the rain bucketing down on Sunday, the much-anticipated scooter procession battled the elements and headed to the Sports Bar for coffee and cake

Guests danced the night away to six-piece female group Harley n Dutch, before the festival concluded with a car boot sale, pie eating competition, classic car show, fairground and band extravaganza



"On Monday it was great to see so many people turning out to support their town and the Northwich Festival. For those not aware the Northwich Festival, formerly known as the 'Festival of Sport' is celebrating it's 34th year. It was brilliant to see familiar and new faces coming to have a look what is happening down at Moss Farm.



"Visitors noted that the festival was noticeably smaller than before, however it was uplifting and encouraging to hear ideas and suggestions about what the community would like to see in 2019 so watch this space."

Thank you to all visitors & sponsors who supported the Northwich Festival this year, see you all in 2019



Pembo's run for the RFU Injured Players Foundation

As an avid rugby player, I have been very lucky in terms of injury having played over 1,000 games. More recently, when I finished playing, to maintain my involvement, I took up refereeing. I am a member of the Manchester society and I referee at level 6, with most of my games in North West 1. In the last few years, I have become aware of a couple of cases where players have received significant life changing injuries. I have also seen the great work that the foundation does, stepping in, at a moment's notice to provide the support, both financial and emotional that these players need on the long road ahead.

I have decided that during the 2018-19 season, I will do what I can to raise funds for the foundation so they can continue their good work into the future. With this in mind, as I travel round the clubs in the North West, I will be raising awareness of the foundation and promoting my run at the London Marathon in April 2019.

Each Saturday, for training, I will run 10k in the morning (or referee a school match), referee a match in the afternoon, then run a further 5k round the pitch.

Please use the link to donate:

<https://www.justgiving.com/fundraising/pemboipf>

The poster is for a fundraising campaign. At the top, it says 'www.justgiving.com/fundraising/pemboipf'. Below this, there are two logos: 'LONDON MARATHON APRIL 2019' and 'RFU INJURED PLAYERS FOUNDATION'. The main text reads: 'After 15 years of voluntary work as club treasurer, I have switched my attention to raising money, by running the 2019 London Marathon, for my chosen charity the RFU Injured Players Foundation. Each week during the season, whilst on referee duty, I will be looking to raise awareness of the great work that the IPF do, secure donations, and complete my training plan for the April 2019 race.' There are three images: a man in a blue shirt, a group of people running, and a group of people playing rugby. Below the images, it says: 'SATURDAY MORNING Run 10k or referee a school match', 'SATURDAY AFTERNOON Referee a game', and 'SATURDAY FULL TIME Additional 5k run on the pitch'. At the bottom, it says: 'Please can you visit my fundraising page and any donation that you can make to the Foundation, however small, will be really appreciated. Thanks ever so much, Pembo.' and 'www.justgiving.com/fundraising/pemboipf'.

Senior Rugby & Colts

Northwich have recruited well during summer and continue to integrate its youth into senior rugby. Although training is going well, it will take time for the newer members of the squad to get used to the Northwich environment on the pitch

There is a healthy competition for all positions in all teams, which is a very nice problem to have when it comes to selection as no places are guaranteed. Selection will be based upon ability, commitment and performance. That's not to say a bad showing will result in de-selection, but having the benefit of a large squad will certainly make everyone aware that personal performance is a key factor.

The season started in August with a Cheshire Vase victory for the 1st XV, followed by three outstanding wins for all senior teams in their opening league fixtures beginning in September.

Northwich colts, in their first fixture away at Clitheroe, playing the final 15 minutes with only 11 players, produced an opening day victory. The Academy is certainly a group of fit, committed lads that are the envy of clubs much bigger than Northwich. Combining them over the season into our new Senior Squads should produce some very competitive teams

It has been extremely satisfying to see the old and the new players integrating both on and off the training field. For both the 2nd and 3rd XV's, the first hurdle has to be fielding competitive sides all season. If we can do that, then a top-half finish must be the aim. If both teams can get off to reasonable starts. Expect us to be upping our performance by Christmas as the new squad system starts to find its rhythm. Encouragingly both 2s & 3s recording Derby day wins over our neighbours within the season's first two weeks.

Finally, individual development is a key aim, too. If we can end the season with every member of the squad a better player than when we started, then that will be our definition of a good season. The results of the teams will only improve if we achieve this.



**YOUR CLUB NEEDS YOU...
...TO PAY YOUR MEMBERSHIP FEES!**



ALL ANNUAL MEMBERSHIP OPTIONS

Payment for all annual subscriptions can be made directly over the clubhouse bar quoting your name and option as reference.

£96 Senior Player
£84 Family (all family members)
£48 Junior Player (single)
£48 Non-Player

All new & lapsed members are reminded this seasons fees are due NOW!

You can subscribe and spread the cost using one of the monthly options available on our website alternatively Standing Order mandate is available see Ken Jones, your team captain or coach for more details.

Youth Development

Fans of every club love to see a youngster with promise step up to the first team, and Martin Poste has made no secret of his admiration for the teenagers coming through the club youth academy.

His selections during the opening month, has seen subsequent cameos as substitutes in the Cheshire Vase & debut's in league fixtures.

There has been time on the field for returning Michael Gough, who played his junior rugby at Northwich Josh Wilkinson and Tom Clark, while Tom Husband impressed in a pre-season friendly, last season saw James Gorman & Ross McGory joining Oli Sorenson, Billy Cole & Matt Watson in the senior teams.

They will get more chances, and that's important – talented colts and juniors need to feel they will be called upon if they have the ability.

M&Js, NOW RECRUITING!

YOUR CLUB need's new committed coach's, dedicated assistants, team administrators and helpers

As the club continues to grow we are looking for new coaches for all age groups from U8s to junior colts to sustain the future of our club. All volunteers will be offered assistance in achieving coaching qualification, DBS checks etc.

The CLUB have committed to relaunching and growing the M&Js, at present we only have U12, U15 & Senior Colts squads, although we have registered players in all age groups and there are various initiatives for player recruitment. But it's irrelevant if we do not have the commitment from parents, guardians or senior players to coach and undertake training sessions.

If you would like a chat to find out more or interested persons please contact Simon at
rugby@northwichruffc.co.uk

Mini & Junior Section

When the rugby season ends on the 1st May, the Northwich U12s don't simply stop until the following season commences in September. In June over 30 players, friends and families of the squad ventured to their annual camping trip to North Wales, centred on the beautiful Llyn Peninsula.

Various activities were carried out such as marshmallow cooking on an open camp fire, the odd game involving bat & ball, rugby rounders (parents v kids) but the highlight being an afternoon of surfing. Venturing out to the notorious Hell's Mouth, parents and children had an excellent afternoon of a surfing lesson.



Long lasting memories were had by all summed up the fantastic friendships that have been made and cemented over recent seasons. It goes to show being a member of Northwich RUFC is a lot more than just playing rugby.

Do you wish your child to learn the rugby tradition of camaraderie with teammates and opposition. All Mini & Junior teams at Northwich continue to welcome new players to their squads from U6 - U18 if your child is interested contact your age group coach via our website or for more information email rugby@northwichruffc.co.uk

It is not all about the rugby at NRUFC your child will also have a lesson in life values.



If the weather is poor and the ground unfit for rugby we can always reside inside for a team bonding Pool competition.



With your assistance they can all be winners



Northwich RUFC
Team of the Town

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