

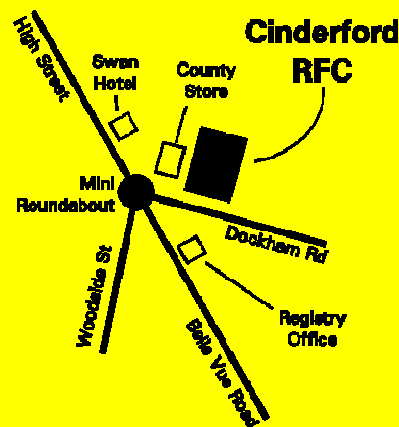
Date	Under 15'S	Under 16'S	Under 17'S
06-Sep-09	Training	Training	Training
13-Sep-09	Training	Training	Training
20-Sep-09	Training	Training	Training
27-Sep-09	Old Richians (H)	Old Richians (A)	Training
04-Oct-09	Keynsham (A)	Newent (A)	Glos Old Boys (H)
11-Oct-09	Dursley (H)	Chosen Hill (A)	Training
18-Oct-09	Ledbury (A)	Ledbury (A)	Evesham (A)
25-Oct-09	Cirencester (H)	Corsham (H)	Training
01-Nov-09	Monmouth (H)	Monmouth (H)	Training
08-Nov-09	Berryhill (A)	Berryhill (A)	Training
15-Nov-09	Training	Drybrook(H)	Lydney(H)
22-Nov-09	Old Richians (A)	Old Richians (H)	Training
29-Nov-09	Training	Evesham (H)	Training
06-Dec-09	Training	Chosen Hill (H)	Training
13-Dec-09	Training	Berryhill (H)	Training
20-Dec-09	Christmas	Christmas	Christmas
27-Dec-09	Christmas	Christmas	Christmas
03-Jan-10	Monmouth(A) County Cup	Monmouth (A)	Glos Old Boys (A)
10-Jan-10	Berryhill(H) CBSOR	County Cup	County Cup
17-Jan-10	Hucclecote (H)	Hucclecote (H)	Training
24-Jan-10	Painswick (A)	County Cup	Painswick(A) County Cup
31-Jan-10	Lydney(A)	Worcester(A) County Cup	County Cup
07-Feb-10	Bath (H)	Bath (A)	Training
14-Feb-10	Training	Keynsham(H) County Cup	County Cup
21-Feb-10	Evesham (H)	Lydney(H)	County Cup
28-Feb-10	Ledbury (H)	Dursley(A) County Cup	Training
07-Mar-10	Training	Training	Evesham(H) County Cup QF
14-Mar-10	Training	County Cup QF	Training
21-Mar-10	Corsham (A)	Ledbury (H)	Training
28-Mar-10	Training	Luctonians(A) County Cup SF	County Cup SF
04-Apr-10	Easter	Easter	Easter
11-Apr-10	Training	Cirencester(A) 12:30 Kick Off	Training
18-Apr-10	Training	County Cup Plate Final	County Cup Plate Final
25-Apr-10	Training	County Cup Final	County Cup Final

Date	Girls Under 15'S	Girls Under 18'S	Notes
06-Sep-09	Training	Training	
13-Sep-09	Training	Training	
20-Sep-09	Training	Training	
27-Sep-09	County Development Day	County Development Day	
04-Oct-09			
11-Oct-09			
18-Oct-09	County Training	County Training	
25-Oct-09			
01-Nov-09			
08-Nov-09	County Match	County Match	
15-Nov-09			
22-Nov-09	County Training	County Training	
29-Nov-09			
06-Dec-09	County Festival/ Tournament	County Festival/ Tournament	
13-Dec-09			
20-Dec-09	Christmas	Christmas	
27-Dec-09	Christmas	Christmas	
03-Jan-10			
10-Jan-10			
17-Jan-10	Regional Trials	Regional Trials	
24-Jan-10			
31-Jan-10	National Cup	National Cup	
07-Feb-10	Regional Training	Regional Training	
14-Feb-10	Regional Training	Regional Training	
21-Feb-10	Regional Match	Regional Match	
28-Feb-10			
07-Mar-10	Regional Training	Regional Training	
14-Mar-10	National Cup	National Cup	
21-Mar-10	Regional Match	Regional Match	
28-Mar-10	Regional Training	Regional Training	
04-Apr-10	Easter	Easter	
11-Apr-10	Regional Tournament	Regional Tournament	
18-Apr-10			
25-Apr-10	National Cup Final	National Cup Final	
40300	Club Date	Club Date	

Where are we?

Cinderford RFC,
Dockham Road,
Cinderford,
Glos.
GL14 2AQ

Tel: 01594 822673
Fax: 01594 822400



Points of Contact

- U17's Dave Bradley 01594 825401
(email: dave.j.bradley@bt.com)
- U16's Mike Ridler 01594 827981
- U15's Steve Davis 01594 541712
- U14's Pete Miles 01452 760181 (07775 706688)
(email: info@forgemotorsport.co.uk)
- U13's Neil Didcote
Mike Harris 07799 200549
- U12's Rich Davis 07986 515592
- U11's Andy Rosser 01594 845886
- U10's Steve Ranford 01594 826123
- U9's Neil Worgan 01594 825855
(email: neil.worgan@btinternet.com)
- U7/8's Steve Ranford 01594 826123
Liz Handley 07976 098061

Other Numbers:

- Club Chairman: Rob Worgan 01594 826129
- Child Welfare Officer: Dave Bradley 01594 825401
(email: dave.j.bradley@bt.com)

RUGBY FOR KIDS AT CINDERFORD



Prospectus for Mini and Junior Rugby Season 2009/2010



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Website: www.cinderfordrfc.co.uk

RUGBY FOR *KIDS* AT CINDERFORD



What's this all about?

The aim of this leaflet is to provide information and promote the Mini, Midi and Junior Sections of Cinderford RFC – that is rugby for children between the ages of seven and seventeen.

About Cinderford RFC

Cinderford RFC is a successful rugby football club, at First Team level, playing at national level 3. The Club runs four senior sides (the First XV, United XV, Stags XV and Bucks XV). Two Ladies sides have been playing for a number of years.

If you don't know, Cinderford is located in the Royal Forest of Dean, Gloucestershire and is proud of its links with the local community. Our web site: www.cinderfordrfc.co.uk, provides information on how to find us, along with a lot of other useful information.

The Club has a splendid ground at Dockham Road and is working towards a move to new premises and facilities at St Whites.

Sponsor

Our main Sponsor is K.W. Bell and Son Ltd.
Website: www.kwbell.co.uk

About the Mini and Junior Sections

Cinderford RFC run flourishing Mini and Junior set up providing rugby facilities for boys and girls between the ages of seven and seventeen.

Organisation wise, the Sections are sub-sections of the Clubs main General Committee, through which all activities and events are sanctioned.

The Club has links with local schools and colleges, and working towards the RFU 'Seal of Approval' certificate.

About the Rugby

At the under seven/eight level, 'tag' rugby is played. 'Tag' rugby is a non-contact form of the game designed to get children used to running and passing.

From under nines up, contact is introduced a bit at a time – but safety is paramount.

Coaching

Our CRB checked and qualified coaches supervise all rugby and training. The coaches are regularly assessed and advised by the RFU through the Gloucestershire Rugby Development Officer (RDO).

The coaches remain with their allocated side throughout the season and contact telephone numbers for each team are given overleaf.

The Club has also appointed a Child Welfare Officer, point of contact details are also overleaf.

First Aid

Mentioned above, safety is paramount and to this end each team has an associated 'First Aider' who has attended a first aid course.

Date	Under 7's	Under 8's	Under 9's	Under 10's
06-Sep-09	Training	Training	Training	Training
13-Sep-09	Training	Training	Training	Training
20-Sep-09	Training	Training	Training	Training
27-Sep-09	Under 7's FOS	Training	Training	Training
04-Oct-09	Training	Training	Training	Training
11-Oct-09	Chepstow (A)	Chepstow (A)	Training	Chepstow (A)
18-Oct-09	Training	Training	Training	Spartans (H)
25-Oct-09	Tewkesbury(A)	Tewkesbury(A)	Tewkesbury(A)	Tewkesbury(A)
01-Nov-09	Training	Training	Training	Training
08-Nov-09	Berryhill (H)	Berryhill (H)	Berryhill (H)	Berryhill (H)
15-Nov-09	Drybrook(H)	Drybrook(H)	Drybrook(H)	Drybrook(A)
22-Nov-09	Hucclecote (A)	Hucclecote (A)	Hucclecote (A)	Hucclecote (A)
29-Nov-09	Painswick (A)	Painswick (A)	Painswick (A)	Training
06-Dec-09	Chosen Hill(A)	Chosen Hill(A)	Chosen Hill(A)	Chosen Hill(A)
13-Dec-09	Training	Training	Training	Training
20-Dec-09	Christmas	Christmas	Christmas	Christmas
27-Dec-09	Christmas	Christmas	Christmas	Christmas
03-Jan-10	Lydney(A)	Lydney(A)	Lydney(A)	Lydney(A)
10-Jan-10	Tewkesbury(H)	Tewkesbury(H)	Tewkesbury(H)	Tewkesbury(H)
17-Jan-10	Berryhill (A)	Berryhill (A)	Berryhill (A)	Berryhill (A)
24-Jan-10	Training	Training	Training	Training
31-Jan-10	Training	Training	Training	Training
07-Feb-10	Old Richians(H)	Old Richians(H)	Old Richians(H)	Old Richians(H) Festival
14-Feb-10	Training	Training	Festival	Training
21-Feb-10	Monmouth (A)	Monmouth (A)	Monmouth (A)	Spartans (A)
28-Feb-10	Chosen Hill (A) Under 8 Festival	Chosen Hill (A) Under 8 Festival	Chosen Hill (H)	Chosen Hill (H)
07-Mar-10	Old Richians(A)	Old Richians(A)	Old Richians(A)	Old Richians(A)
14-Mar-10	Bath(H) RR D'brook Mothers Day	Bath(H) RR D'brook Mothers Day	Bath(H) RR D'brook Mothers Day	Bath(H) RR D'brook Mothers Day
21-Mar-10	Training	Training	Training	Training
28-Mar-10	Under 8 Finals	Under 8 Finals	Finals	Finals
04-Apr-10	Easter	Easter	Easter	Easter
11-Apr-10	Ledbury (A)	Ledbury (A)	Ledbury (H)	Ledbury (A)
18-Apr-10	Monmouth (H)	Monmouth (H)	Monmouth (H)	Monmouth (H)
25-Apr-10	Lydney(H)	Lydney(H)	Lydney(H)	Lydney(H)

Date	Under 11's	Under 12's	Under 13's	Under 14's
06-Sep-09	Training	Training	Training	Training
13-Sep-09	Training	Training	Training	Training
20-Sep-09	Training	Training	Old Cryptians(H)	Training
27-Sep-09	Training	Training	Old Richians (A)	Old Richians (H)
04-Oct-09	Painswick (A)	Painswick (A)	Painswick (A)	Glos Old Boys (A)
11-Oct-09	Training	Training	Longlevens(A)	Newent (H)
18-Oct-09	Spartans (H)	Training	Ledbury (H)	Bredon Buzzards(A)
25-Oct-09	Tewkesbury(H)	Tewkesbury(H)	Tewkesbury(A)	Training
01-Nov-09	Training	Training	Monmouth (A)	Monmouth (A)
08-Nov-09	Berryhill (H)	Berryhill (H)	Widdon OB (A)	Berryhill (A)
15-Nov-09	Drybrook(A)	Drybrook(A)	Drybrook(A)	Training
22-Nov-09	Hucclecote (A)	Newent (A)	Old Richians (H)	Old Richians (A)
29-Nov-09	Training	Training	Keynsham (H)	Keynsham (H)
06-Dec-09	Chosen Hill(H)	Chosen Hill(H)	Chosen Hill (A)	Corsham (A)
13-Dec-09	Training	Training	Training	Berryhill (H)
20-Dec-09	Christmas	Christmas	Christmas	Christmas
27-Dec-09	Christmas	Christmas	Christmas	Christmas
03-Jan-10	Lydney(A)	Lydney(A)	Monmouth(H) County Cup	Monmouth(H) County Cup
10-Jan-10	Tewkesbury(A)	Tewkesbury(A)	Tewkesbury(H) CBSOR	Glos Old Boys(H) CBSOR
17-Jan-10	Berryhill (A)	Berryhill (A)	Corsham(H) County Cup	Corsham(H) County Cup
24-Jan-10	Training	Training	Painswick(H) County Cup	Painswick(H) County Cup
31-Jan-10	Training	Training	Chosen Hill (H)	Longlevens(H)
07-Feb-10	Old Richians(H)	Festival	Bath (H) County Cup	Bath (A) County Cup
14-Feb-10	Festival	Training	Old Cryptians(A)	Lydney(H)
21-Feb-10	Spartans (A)	Monmouth (A)	Evesham(H) CBSOR	Ledbury(H) CBSOR
28-Feb-10	Chosen Hill (A)	Chosen Hill (A)	Hucclecote(A) County Cup	Hucclecote(A) County Cup
07-Mar-10	Old Richians(A)	Training	Training	Cheltenham A (H)
14-Mar-10	Bath(H) RR D'brook Mothers Day	Bath(H) RR D'brook Mothers Day	County Cup QF	County Cup QF
21-Mar-10	Training	Training	Ledbury (A)	Training
28-Mar-10	Finals	Finals	Luctonians(H) County Cup SF	Luctonians(A) County Cup SF
04-Apr-10	Easter	Easter	Easter	Easter
11-Apr-10	Ledbury (H)	Ledbury (H)	Keynsham(A) CBSOR	Keynsham(A) CBSOR
18-Apr-10	Monmouth (H)	Monmouth (H)	County Cup Plate Final	County Cup Plate Final
25-Apr-10	Lydney(H)	Lydney(H)	County Cup Final	County Cup Final