



Fairford RFC Newsletter

July 2020



Just to keep you all updated we are all working hard to get organised and prepare the club for when we can begin training and hopefully playing rugby again. Things may be a little different to begin with but we are confident we will be able to safely see some of you again very soon. So keep your eyes peeled for various updates through GMS and social media. The RFU and GRFU are giving us lots of information on how we can go about this safely. We had a very succesful club AGM via Zoom and below are all your new committee for the forthcoming 2020/2021 season. If you would like to get involved in anyway at the club please get in touch rugby@fairfordrfc.co.uk



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Meet the Committee for the 2020/2021 season and welcome to Katharine Buchanan, Andy Stopka and Dave Jackson its great to have you all on board



Honorary Secretary and Discipline Secretary- Steve Darley I have been involved in the club since the early days. Looking forward to a quiet year as Disciplinary Secretary and a busy year co-managing the 2nd XV in the Wadworth District Leagues alongside Andy Stopka.



Chairman – Beamer Joined the club in 2001 and was Captain of the side that won the club's first league championship in 2005/6.

Retired from playing in 2007, 2008, 2009....and still retiring at the end of each season.

Became Chairman in 2015 and started coaching the U5s in 2018 and moving to the U7 for the 2020/21 season



Youth Chairman – Dave Jackson I have been at Fairford for the past 6 years, having coached most age groups I am now the U13/14 coach and although they are a small group I am so proud of how they have developed over the past few years. We love the club not only for the great rugby ethos it has but the people we have come to call friends.

I have been lucky enough to get a few run outs for the Fairford seconds which is a great leveller especially when I do all the things I coach the kids not to do. I have now put myself forward to stand as Youth Chairman and hope to help the amazing committee and volunteers further develop our amazing club. As a family we took part in the FRFC challenge.



President – Scott Cohoon I started as a junior coach in 2005. I then became the Junior Chairman in 2007 we managed to increase the numbers from about 50 ish to just over 100 in that time then started my very long task of obtaining Leafield road pitches in around 2008. When Ben my son joined the seniors in 2016/17 I took a back seat from the juniors and became more involved with the club development. My wife Ali and I also took part in the intra club challenge and thoroughly enjoyed it.



Treasurer – Helen Ross I've been involved with the club since 1998, helping with the youth at the start and recently looking after the banking. I've always enjoyed being part of the club and helping where I can.



Adult Fixtures and Referee Co ordinator – Chris Jackson I have been involved with the club since its inception in 1994. During that time I have been club secretary, referee and now fixtures secretary. I love this club and it's spirit which has shown more than ever by the recent Strava Challenges!



Data, Safeguarding and Rugby Safe Officer – Lindsey Thurlow everything admin for Fairford RFC. I have been involved with the club for the last 4 years helping with various admin jobs. Callum my son also plays for FRFC and Peter my husband is a VP. As a family we also competed in the FRFC challenge and thoroughly enjoyed it.



International Tickets – Andy Stopka as a former Fairford RFC player its lovely to be back involved with the club and have the opportunity to put something back into the game and club that I adore. Let's hope that we all get chance to watch local and international matches again soon.



Coaching co Ordinator – Kenny Robins I joined the club as a player in 2012 and started coaching a year later. As coach coordinator my role is to organise the coaches so that we are up to date with all our RFU courses and we all sing of the same hymn sheet when it comes to coaching. The aim is for the pathway to exist so children can enjoy their junior rugby at FRFC and transition to the seniors eventually when they are ready.



Safeguarding Officer and Volunteer Co Ordinator – Katharine Buchanan. As a “newbie” to both Fairford and the Rugby club, our Son who plays in the under 7’s, joined the club for the 19/20 season and I soon signed up to be a volunteer! Being pitch side most weeks as both a Mum and member of the club, it puts me in a great position to help when needed. I have now also stepped up to help the club with Safeguarding as this is something I do for my day job. Arthur and I also took part in the FRFC challenge and thoroughly enjoyed it



Kit – Debbie Rees-Jones Any club kit you need Deb is your contact dbracewell72@googlemail.com. There is a kit store at the Leaffield pitches open Sunday mornings during training so you can try before you buy.



Facilities Manager – George Ellis Is the founder of Fairford RFC in 1994 and general good egg he can often be found manning the buttie van or setting up for mini and junior rugby from 7.30am on a Sunday morning as well as keeping all the pitches in good order for FRFC and organising all the food for various events.

FRFC intra club challenge just got bigger!

So after last months Fairford RFC fitness challenge this month we had an even bigger challenge! There were 4 teams: the Green Army, Black Bears, Pink Panthers and Golden Eagles this consisted of 132 people on bike and foot, the mission was who could travel the furthest in 4 weeks

We have had an amazing 4 weeks, hoping to inspire one another, raise awareness in looking after our own and other people's mental health and wellbeing, whilst travelling as far as we could.

This challenge has only been possible because of all those involved, all of who are from our little community. And although this post is about the results of the challenge, it is also the start of something bigger of which we will need the communities support with - more to follow in the next week.

Results and awards -

BB individual awards -

Cyclist of the month- the Blizzard boys.

Walker of the month - Hannah Jelley

Players Player - Colin Bullock

GE individual awards -

Cyclist of the month - Tracey Fairbanks

Walker of the month - Sarah Rees

Players Player - Gillian Stopka

PP individual awards-

Cyclist of the month - Poppy Nicholls and Wendy Nicholls

Walker of the month - Nadine Brown

Players Player - George Ellis

GA individual awards-

Cyclist of the month - Lucie Spurway

Walker of the month - Rory Hay

Players Player - Steve Keating

Team results

4th Place - Black Bears with 11456.85km

3rd Place - Golden Eagles with 12288.51km

2nd Place - Pink Panthers with 20011.91km

1st Place - Green Army with 20125km 🏆🏆🏆

A club total of 63,315.90km travelled in 4 weeks - AMAZING.



Huge thanks go to Danny Briggs for arranging these amazing challenges for Fairford RFC here are a few images from the last couple of months check out the club website www.fairford.rfc.co.uk and the new You Tube channel for some videos from the events and also for the next challenge in August please get in touch for further information rugby@fairfordrfc.co.uk



FRFC Team Black - as close as I'll get to 80 mins of rugby...







FRFC 2020/2021 membership prices now all available to sign up online www.fairfordrfc.co.uk

Seniors £100 including match fees

Student u18 £70 including match fees

Social membership £10

Ladies £50 plus £20 match fees

Juniors £60 first child £30 sibling and a free water bottle if you sign up in first 3 weeks

Offer across the minis and juniors if you recommend a friend who signs up to frfc you and the friend get a £10 gift voucher for the cabin min spend £20



FairFest Beer and Music Festival



Supporting the youth community of Fairford

We're sad that FairFest 2020 has been cancelled, but we're now busy planning for FairFest 2021...

20th - 22nd August 2021

Walnut Tree Field, Fairford, Gloucestershire GL7 4JN

Fairford Vixens

On Monday 22nd June the Fairford Vixen's enjoyed a fitness session with Vicky Fleetwood, England and Saracens Women's team flanker. We approached Vicky via Instagram and found her to be very supportive of our new team and happy to help us to train during Lockdown. We discussed with her about what we would like to gain from the session and decided to focus on upper body strength and core exercises. The session was 45 minutes long and held via a Zoom video call, allowing everyone to join in from their living room, bedroom or garden!

The session started off with some chatting with Vicky and some fun warm up activities which definitely got us warm! The main body of the session was split into 4 different sections focusing mainly on arms and upper body, there was a lot of core work! Each section had 3 exercises in them which were exercises that we had never done before but all relating to upper body and moving forward with fitness for rugby. The workouts were hard and you could instantly feel the muscle groups that Vicky had been asking us to focus on. During each workout Vicky was encouraging and supporting us to work harder and push through the barriers.



All the girls who participated really enjoyed it and worked hard, which can be seen in the red faces in the picture below! It was an excellent session and one we are looking forward to booking again in the near future.

The Vixens are always open to new players of any age from 17+ and no experience is required. We are a fun and friendly development side and we would love to get some new ladies on board for the coming season. Please get in touch with us via email ladies@fairfordrfc.co.uk. We train at Coln House School Pitches on a Wednesday evening 7-9pm and hope to be back to normal service soon.

Fairford RFC 2nd Team

After years of growth and success in recent years, and with more players training and hungry to play on a Saturday the 2nd XV are expanding their horizons and entering league rugby. Old timers Andy Stopka and Steve Darley have agreed to co-manage the 2nd XV with no change to the excellent Seniors coaching set up.

45 Teams have entered into the GRFU Wadworth District Leagues and Fairford RFC 2nd XV have been placed into Gloucester & District League 2. Alongside old foes Tetbury and Cainscross 1st XV's; 2nd XV's from Cheltenham Civil Service, Gloucester Old Boys, Minchinhampton and Smiths; and 3rd XV's from Chosen Hill, Drybrook and Matson.

As we are unsure as to when rugby will be able to start this season the league will be adopting the RFU return to competitive rugby guidance and will be using the same model for fixtures as for the RFU Leagues. The hope is for a full season, home and away. A possible 18 league fixtures , plus Cup competitions!

The whole point of this is to get as many Seniors playing rugby on a Saturday as possible. To grow the club, and to give all players a platform to play; and to let those that want to, to show that they deserve a place in the 1st XV.

To that end the league regulations are as flexible as they can be to ensure that as many games are played as possible.

Players do not need to be registered, but should be bona fide members of the club.

If the 1st XV does not play, where possible those players should not be used to strengthen the 2nd XV.

Matches can start with a minimum of TEN men per side. Every effort should be made to play the match. If a team has less than 15 players, every effort must be made to even up the numbers before the match starts (which may include loaning players to the opposition).

Maximum of 1 player difference between teams at the start of play.

Insufficient front row - matches may begin or continue with uncontested scrums.

Up to 7 replacements. Rolling substitutions shall be used with a maximum of 8 player interchanges.

We hope this is supported by the whole of FRFC, and look forward to seeing the Green and Black putting two teams out every weekend. What we need is players old and new to commit to playing for and in front of the Green Army regularly and for you all to do your best to introduce new players to our incredible club! If you are interested please get in touch rugby@fairfordrfc.co.uk

Green Army!

A and S

The Boot Exchange



Parents and Carers have requested that we run a 'boot exchange' and we are very happy to oblige. Young feet grow very quickly and new boots are expensive. If you have any unwanted studded boots that you are happy to exchange or pass on, please bring them (MUST BE CLEAN) to the cabin on a Sunday where they will be labelled by size and put into a box until a new owner comes along

We are hoping that everyone will participate and are expecting a mass exchange at the start of the new season!

Responsible dog ownership

We wanted to say thank you to all dog owners who have been doing a fantastic job of clearing up any mess after their dogs please continue to do so otherwise dogs will be banned from Fairford RFC

Privacy and Data Protection Statement

This statement discloses the privacy policy for Fairford RFC and is based on the England RFU policy. Fairford RFC is committed to protecting your privacy and ensuring a secure experience.

Collection of Personal Information

Fairford RFC offers certain functions and services which, if you choose to use them, will require information from you in order to work, such as your name, email, address and mobile telephone number.

Use of Personal Information

All personal data is stored on the RFU secure database 'Game Management System' (GMS). Your data is protected by England RFU privacy policy which can be found at <http://www.englandrugby.com/governance/legal-and-admin/data-protection/> We use personal information for five primary purposes:

- ☐ To perform the services, you have requested (such as administering your membership)
- ☐ To communicate membership information with you efficiently and effectively, such as match fixtures, training sessions.
- ☐ To help us create and deliver services most relevant to you
- ☐ To alert you to new activities and other info, unless you have indicated otherwise
- ☐ To alert you of wider England RFU initiatives, services and activities.
- ☐ We are aware that some people will not want their information used other than for the purposes for which it was supplied;

Processing Your Data

Data is held and processed by the RFU in accordance with the Data Protection Act 1998. The RFU may also need to transfer your personal information to its agents or sub-contractors who will process it on the RFU's behalf.

Providing you with information

By submitting your personal data to Fairford RFC the RFU may use your personal information to supply you with information about the RFU and/or its related organisations, and new (unless you have indicated otherwise) services offered to the game, as well as their respective activities and ranges of goods, services and opportunities (and otherwise where you have given your consent). The RFU may also use your personal information for general statistical purposes.

Consent

By submitting your personal information to us, you signify your consent to our using the information provided in the manner described above. If we amend our privacy policy, any changes will be published on this web site. If at any time you wish to update the information which we hold about you, or if you wish to stop receiving information from the Fairford RFC or the RFU, please [contact us](#).

Recruitment we are looking for a Health and safety Officer

Purpose

To make sure your club is a safe place for all members and visitors.

Key aspects of the role

Implement Health & Safety policy

Prepare and annually review the club's Health & Safety policy. Ensuring the policy is enacted.

Lead on Health & Safety

Provide guidance for club events, identify Health & Safety training needs and ensure they are met. Manage contacts with external agencies where required.

Carryout Risk Assessments and put solutions in place

Ensure risk assessments are carried out and reasonable solutions put in place to ensure the safety of members and visitors. Utilise the RFU Online Risk Assessment Tool to help assess the risks within your premises -

<http://englandrugbyinsurance.co.uk/risk-assessment-tool>

Is this role for you?

If you are well informed on health and safety issues, able to assess where hazards may occur and take appropriate action to prevent or mitigate them, this could be the role for you. If you feel you could help please get in touch rugby@fairfordrhc.co.uk



Charity Pin Badge

If anyone would like to support Britains ambulance service for just £5 you can buy a pin badge to fund raise for The Ambulance Staff charity and also UNISONs There for you www.lassupport.uk

Our Facebook Page

Don't forget to keep to speed with the what the club is doing by following our Facebook pages:

<https://www.facebook.com/fairfordrfc/>

<https://www.facebook.com/frfcjuniors/>

<https://www.facebook.com/FairfordLRFC/>

(Note - we do also use email to update in-between newsletters for non- Facebook users)

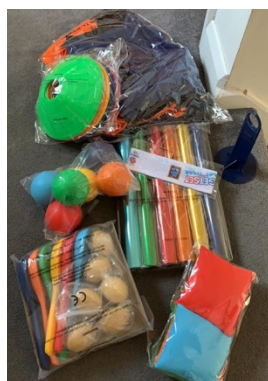
FRFC club sliders



We have the opportunity to buy club branded sliders they are available in club colours including the vixens and will be approx. £16-£18per pair if you are interested please drop a message to rugby@fairfordrfc.co.uk they are ideal for getting to and from training



Thank you



Thank you to Lucy Poyntz for the generous donation of items to the juniors I am sure everyone will have great fun with it all

Your Feedback

If you are receiving this newsletter but no longer wish to please email Lindsey at rugby@fairfordrfc.co.uk If you have feedback on the Newsletter or content that you would like to added to the next edition (August 2020) please contact Lindsey at rugby@fairfordrfc.co.uk items need to be submitted by 14th July 2020

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