

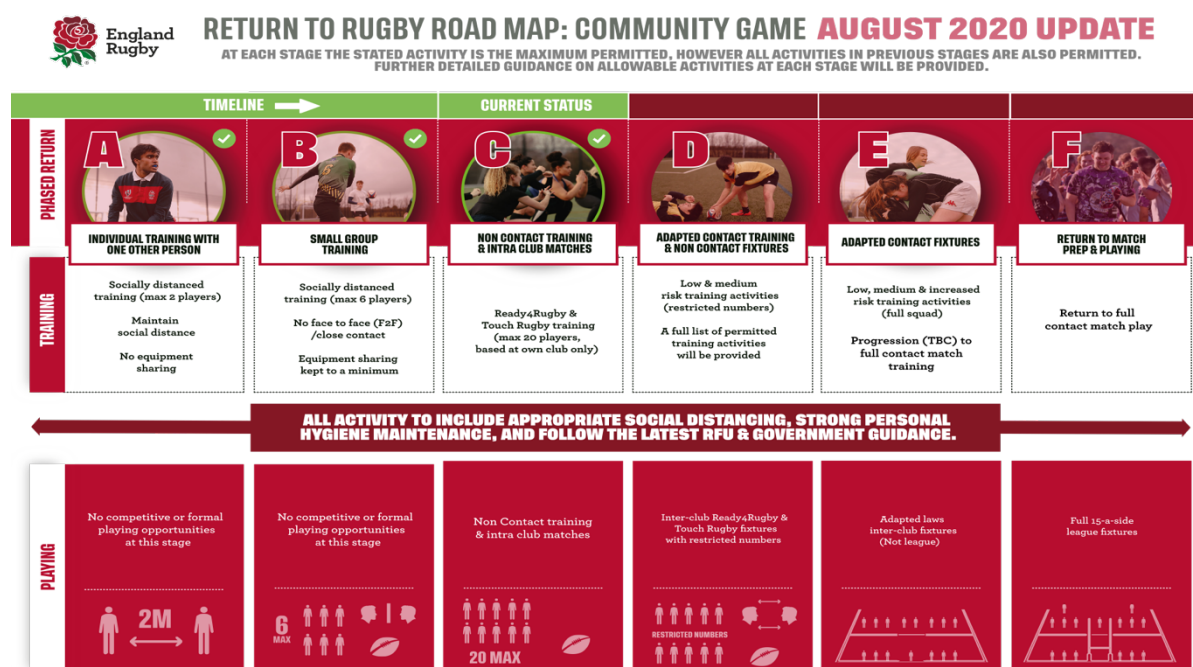


Fairford RFC Newsletter

August 2020



This is the latest Newsletter from Fairford RFC we have lots of exciting news to share with you so please take a read. We have now moved to phase C on the return to rugby road map so keep you eyes peeled for what is now available for your age group.



England
Rugby



GLOUCESTERSHIRE
RUGBY
FOOTBALL
UNION

TEAMWORK

RESPECT

ENJOYMENT

DISCIPLINE

SPORTSMANSHIP

It was so lovely to see so many happy faces from the juniors when they received their End of Season medals and certificates full awards will be announced shortly from the 2019 2020 season



Fairford RFC Challenge



https://www.justgiving.com/crowdfunding/fairfordrugbyclub-memorial-fundraising?utm_id=126



During lockdown Danny Briggs our Senior head coach set up some amazing intraclub challenges this was to promote good mental health and help keep us all fit and well. These challenges ran for 2 consecutive months and I am sure you have all been reading about them. Danny



then came up with the idea of our final challenge being a weekend of fundraising for local causes. This took shape quickly and it was decided 3 teams would compete against each other to try and see who could cover the most miles on foot and or on a bike over the weekend



21st to 23rd August 2020 and win the Richard Hadgkiss Memorial trophy, whilst raising funds to pay for a memorial bench for ex player and friend Richard Hadgkiss. During these difficult times it is even more apparent that people are struggling with their own Mental Health and that the



charities assisting those needing help need our support more than ever before. We will split any money raised on top of the cost of a memorial bench between two charities; the Swindon Branch of MIND and Shine Bright Support within Fairford. MIND support people struggling with MH battles and fundraising is crucial to continue this support. Shine Bright Support are a Fairford based charity who help with the Mental Health support of those families suffering from Cancer. Again fundraising is key to allow them to offer the amazing support that they provide whilst spreading awareness of the charity. Over the challenge weekend individuals have pushed themselves further than ever before within the local community. There have been so many personal records along the way one that has to have a mention the extraordinary efforts of Rob Brown running 100miles in the 24 hours!!! Your support has been greatly appreciated There is still time to donate using the justgiving link

https://www.justgiving.com/crowdfunding/fairfordrugbyclub-memorial-fundraising?utm_id=126



Results and awards –



This challenge the black bears were the base camp support staff organised by Nadine Brown. Huge thanks also go to George Ellis and his team of helpers from the Outside Inn company who as well as keeping everyone fed and watered also took part in the challenge



There were various challenges set through the weekend the results for these are as follows

Press up Mens 1st George Ellis
2nd Rosco/Dylan Briggs
3rd Rob Brown

Burpees Mens 1st Callum Thurlow
2nd Colin Spour

Press Up ladies. 1st Debbie Rees-Jones
2nd Lindsey Thurlow
3rd Sabrina Crocker

Burpees Ladies 1st Charlotte Hobbs
2nd Jim Thurlow
3rd Sabrina Crocker

All gaining valuable points for their respective teams



BONUS POINTS

FRIDAY – Team Colours

Take a selfie completing an activity in your team colours to win 5 bonus points*

SATURDAY – Playing with the Enemy

Photos of the opposition 'out and about' gain you 5 bonus points* today

SUNDAY – Dress Pink for Hadgie

Complete an activity dressed in pink or fancy dress for today's 5 bonus points*



Also, will run Friday and Saturday – receive 5 extra bonus points for taking a pub selfie between the hour of 5 and 6pm

(*one photo per day per participant to count)



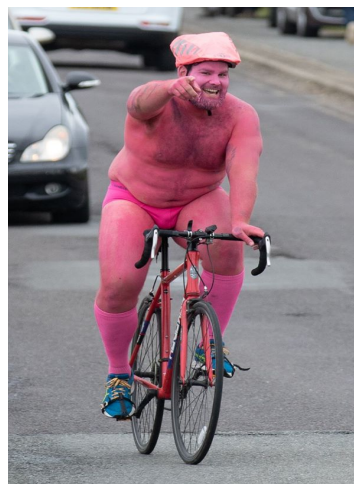
The Golden Eagles were captained once again by Keelan Little their man of the weekend was given to

Sam Bird



The Pink Panthers were also captained by their previous challenge captain Wendy Button and their man of the weekend was given to

Luke Sawyer





The Green army were captained by the young Dylan Briggs and their man of the weekend went to

Peter Thurlow



Netti Hadgkiss from Inspirations hair Salon in Fairford also raffled a GHD hairdryer and raised an amazing £640 towards our fund raising total so thank you to everyone who bought a ticket the raffle was drawn at the end of the challenge and the lucky winner was

Linda Nicholls-Weaven

Team results

3rd Place - Pink Panthers total KM 1726 2890 points

2nd Place - Golden Eagles total KM 1736 3531 points

1st Place - Green Army total KM 2313 4003 points

A club total of 5766km travelled in 24 hours - AMAZING.

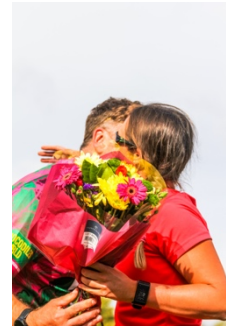


Total raised so far £4112

Huge thanks go to Danny Briggs another amazing challenge that has also enabled us to raise a huge amount of money funding a memorial bench for Richard Hadgkiss and also donating money to local charities Shine bright support and Mind. Here are a few pictures from the weekend courtesy of Kay Kipling

www.kaythompson.zenfolio.com





Mini/Junior sessions will be starting back from Sunday 6th September 10.30 – 12 at Leafield Pitches please complete the attached membership form and return via email if possible. There is no fee at present until we are at phase D of the return to rugby road map any questions please just ask rugby@fairfordrfc.co.uk

Joining Fairford RFC for a training session

Please make sure your coach knows you are attending

As per the current NHS and government advice, you should keep your child at home if they develop coronavirus symptoms for a period of seven days. Symptoms include a high temperature or a new, continuous cough. Where symptoms continue after seven days, or begin to worsen, you should call 111. If someone in your child's household has symptoms, your child must self-isolate for 14 days from the day the other person's symptoms started. This is because it can take 14 days for symptoms to appear. More information regarding symptoms and actions can be found on the NHS website (<https://www.nhs.uk/conditions/coronavirus-covid-19/>).

We aim to ensure that the risks of Covid-19 to all children parents and volunteers is reduced to an acceptable level.

We plan to conduct all our activities safely and in accordance with legislative standards and in consideration of government and RFU guidance.

All children parents and volunteers must follow the government's guidance for social distancing at all times 1m plus

Parents must stay whilst the children attend their fitness session

There will be a QR code to scan on your way into the pitches for the Track and Trace we have in place

There will be hand sanitiser available and all kit will be disinfected but please feel free to bring your own hand sanitiser.

All children must bring their own water bottle

There will be NO toilet facilities available at the Leaffield pitches

Please talk to your children at home to explain about the importance of washing their hands regularly and coughing or sneezing into their elbow and keeping a safe distance

Each coach will have their own first aid kit available with full PPE kit should it be needed in an emergency for small incidents we will recommend that the parent assists their child.

FRFC Kit

All prices are staying at the same price and the cabin is fully stocked. Please see below for the price list. We are also part of the opro mouthguard partnership where members can receive 20% off each mouthguard ordered online with free delivery see details below any questions please email Debbie dbracewell72@googlemail.com

JUNIORS 2020/2021

Items available from the hut (card payment preferred)

Playing Shirt	£30 (sizes XSJ-XLJ) £36 (sizes S,M,L)
Poly Twill Shorts	£13
Socks	£8 (sizes 9-12, 12-3, 3-6) £10 (size 6+)
Champion Hoodie	£28
Champion Training Top	£31
SnapBack Cap	£8.50
OddBalls Bobble hat	£12 (adult sizes also available for £15)
Beanie Hat	£8.50 (green & white stripe)
Gym Sack	£7
Boot Bag	£13
Adult FRFC ties	£10

Available to order online www.ragingbullsportswear.com/fairford-rfc-juniors

Green T Shirt	£10
Black Polo Shirt	£11
Black Skinny Pants	£25
¼ Zip Midlayer	£28
Soft Shell Training Top	£35
Kit Bag	£40

Rugby Accessories

Grip Mitts - Mini, Small Boys, Large boys - £8
Small, Medium, Large - £9



- The Optimum Tribal Stik Mitts are lightweight, fingerless gloves with silicon print palm
- The mitts feature Velcro fastening on the wrist for comfort and a printed tribal logo on the top

Optimum Junior Velocity Full Finger Glove (range of colours available)
Mini, Small Boys, Large boys - £13
Small, Medium, Large - £13.50



These gloves also have thermal qualities with the inside being fleece lined, so even when it gets cold and blustery, your hands will feel warm and secure, ready for what your team mates literally throw at you. Material : Polyester 80%, Spandex 20%

SENIORS 2020/2021

Items available from the hut (card payment preferred)

Quilted Jacket *sale* £37 (reduced from £50)

Soft Shell Jacket *sale* £25 (reduced from £35)

OddBalls Bobble hat £15

Adult FRFC ties £10

Available to order online www.ragingbullsportswear.com/fairford-rfc-seniors

Green T Shirt £13

Black Polo Shirt £25

Champion Hoodie £35

Champion Training Top £38

Green Vest £13

Microfibre shorts £15

Black Skinny pants £32

Black Microfibre pants £32

¼ Zip Midlayer £37

Soft Shell Training Top £43

Padded jacket £43

Padded soft shell jacket £47

Bodywarmer £28

Kit bag £40

LADIES 2020/2021

Items available from the hut (card payment preferred)

Quilted Jacket *sale* £37 (reduced from £50)

Soft Shell Jacket *sale* £25 (reduced from £35)

OddBalls Bobble hat £15

Available to order in bulk via dbracewell72@gmail.com

Champion ladies fit options (t shirt & polo) min order (12) or a sur-charge of (10%) will be added

Green T Shirt £13 (ladies fit)

Black Polo Shirt £25 (ladies fit)

Champion Training Top £38 (to inc The Fairford Vixens & name)

Soft Shell Training Top £43 (to inc The Fairford Vixens & name)

Socks £8

Available to order online www.ragingbullsportswear.com/fairford-rfc-seniors

(All items unisex)

Champion Hoodie £35

Champion Training Top £38

Green Vest £13

Microfibre shorts £15

Black Skinny pants £32

Black Microfibre pants £32

¼ Zip Midlayer £37

Soft Shell Training Top £43

Padded jacket £43

Padded soft shell jacket £47

Bodywarmer	£28
Kit bag	£40

Fairford RFC mouthguards – Power Fit - £24 (under 10 or over 10 yrs)



We are now part of the OPRO partnership programme.



opro

#TrustedByProfessionals

Fairford RFC

WELCOME TO THE OPRO PARTNERSHIP PROGRAMME!

**You get 20% of an OPRO mouthguard!
We give 10% of the sales to your club!**

At the checkout, use code:

FairfordRFC!

**Many thanks,
OPRO**

OFFICIAL SUPPLIER TO

1. Go to:
<https://www.opromouthguards.com>
2. Select Mouthguard of your choice and the colour you would like
3. Add this item to your basket, View basket
4. Under the 'Summary' section click 'Apply Promotion Code
5. 'Type in the code below and click 'Apply Promotion'. Proceed to checkout.

Fairford Vixens



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!

URGENT Volunteers Needed

The club is growing quickly and we need new volunteers in a variety of roles from coaches, to support at events, to baking cakes for cake sale. We have a strong band of merry green and black volunteers but need more help. All

our volunteers are busy people with full time jobs / families, they already commit a huge amount of their time and there is a limit in what we can ask people to do.

I am sure you will agree that we need to share the work in running a successful club. We ask that everyone does their bit and hope that you will consider putting your name forward for the roles we have below.

Junior Coach, Buttie Van Volunteer, Media and communications

Katharine Buchanan is our brilliant, super-efficient volunteer coordinator and would be more than happy to discuss with any of you the below in more detail. She can be contacted at: familybuchanan@outlook.com



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 not be able to come to the pitches

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-£18 per pair if you are interested please drop a message to rugby@fairfordrfc.co.uk they are ideal for getting to and from training



Amazing Juniors Freddie and Nicholas Baines



For a while we have wanted to have a stall out on the roadside selling things - eggs and fruit - and so this week we were allowed to have one selling Damsons and Greengages to people going past. We were going to keep the money but then we thought maybe we could give the money we made to charity - a cancer charity or another charity that mum knew of. Mum told me about a charity called MIND which helps people when they have sad thoughts, and we said we would like to donate my monies to that. Because no one likes being sad all the time. We are trying very hard to sell lots and so far have raised over £40!! We think we should all Be Kind because that helps everyone.

Freddie and Nicolas Baines

Well done boys we are all very proud of what you have done

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 (October 2020) please contact Lindsey at rugby@fairfordrfc.co.uk items need to be submitted by 14th September 2020

Thank-you to all our sponsors for their continued support:



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