

GARFORTH TIGERS
A M A T E U R R U G B Y L E A G U E C L U B



NEW PLAYER INFORMATION



Glebelands | Ninelands Lane | Garforth | Leeds | LS25 1NT

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Welcome to Garforth Tigers Rugby Club where we hope you have many years of enjoyment playing and watching Rugby League with us.

We have put this welcome pack together to introduce a few names to you and guide you through some of the aspects of our club and how we work.

Our governing body is the Rugby Football League.

The management committee of the club is:



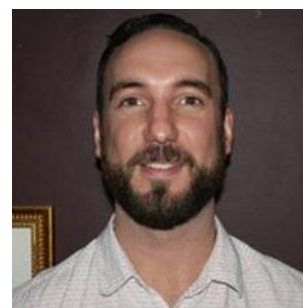
Chairman
Mark Wood



Secretary
Sarah Wood



Club Welfare Officer
Matthew Baker



Interim Treasurer
Matthew Baker

Please feel free to bring any concerns or suggestions about the running of the club to the committee. One if not all will be available on most training days, or you can get in touch with them through the contacts page on our website; garforthtigers.com.

Training

Training is held Tuesday and (for some teams) Thursday nights starting at 6pm and finishing around 7:30pm. We train on the fields at Glebelands in Garforth throughout the summer season. As a guide the winter training roughly mirrors the clocks changing.

However if the weather is fine training may be taken outdoors on Glebelands. The team manager will let you know of any changes. During the summer months we tend to keep training going even though there are no games during the summer holidays. We also play gala's during the break.

Child Protection

ALL people who come in regular contact with your child in a club position such as Coach, Assistant Coach, First Aider etc. have been cleared for the role and have been DBS checked and all actions will be taken to ensure they are safe. Any concerns over child welfare should be immediately brought to the attention of the Club Welfare Officer, Matthew Baker, on 07984 376697 or m-baker13@sky.com.

Playing Kit & Equipment

Boots: The studs or blades that come as standard will be sufficient as RL is now played in the summer. Long studs are not designed to be used in summer conditions and can lead to injuries. It is the duty of players and officials to ensure that all equipment is safe. Players must check their boots regularly to check that no sharp edges have developed. Match Officials should always check equipment and should look in particular for sharp edges. The "Laws of the Game" states "a player shall not wear anything that might prove dangerous to other players."

Head guards: The RFL consults with a variety of international experts on sports related injuries. The overwhelming view from international experts in sports-related head injury is that soft helmets do not prevent brain injury (as opposed to superficial head injury).

In addition due to the phenomenon of "risk compensation" there is a risk that encouraging helmet use in children and adolescents may paradoxically increase the head injury rates. Because of this medical consensus, the RFL does not support the mandatory wearing of protective head guards in Rugby League.

Mouth guards: It is strongly recommended that players wear a mouth guard when playing or taking part in contact training sessions. It is also recommended that players wear a custom mouth guard which has been made by a dentist, rather than a generic mouth guard or the "boil and bite" variety.

In addition, you can buy body armour which tends to give children a bit of extra confidence when tackling and in contact. This is not a club requirement and is only needed if you feel your child would benefit. Good brands are Optimum, Canterbury and Gilbert. Rugby gloves are NOT recommended.

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Communication

We have a Facebook group which we encourage you to join called 'Garforth Tigers Message Board'.

You can follow Garforth Tigers on Twitter: @garforthtigers_ or 'like' us on Facebook: facebook.com/GarforthTigersArffc

Our website is garforthtigers.com.

You can also find up to date fixture information on each of our leagues on www.rugby-league.com. (Men's – Yorkshire Men's League, Kids – Yorkshire Juniors League, Girls – Girls Rugby League & Ladies Open Age – Women's Rugby League).

Games and training times will be communicated via text by the team manager. The team manager will make themselves known to you.

Club Meeting

Details of our meetings are published on the Facebook message board and on the notice board in the changing rooms. The meetings are open and all members are encouraged to attend and put forward their views.

Fees

Up to the first 3 training sessions are free. Subs are £15 per calendar month for our younger members, taken by direct debit. Each player will be provided with after match wear and playing kit. Our adult teams will pay a registration fee and then subs of £5 for each game they play. The playing shorts and socks are the players to keep; replacements can be bought from the club if and when needs be. The club will provide the playing shirt and replace it as and when necessary

This and the shop income cover the clubs structural costs e.g. insurance, league fees, pitch and changing rooms hire and training equipment etc.

Kits

Kits are generally replaced bi-annually. We would love any suggestions of prospective sponsors or fundraising idea's. Teams are generally encouraged to be as proactive as possible. All help in facilitating the smooth running the club is very welcome.

Volunteers

The club is run solely by volunteers. To play matches; each team requires 2 coaches, a Team Manager, a Game Day Manager (for match days) and at least 1 First Aider. If you'd like to support your team and club; please have a chat with one of the committee.

Other useful information

In addition to membership and shop income we also arrange fundraisers. The whole of this income goes towards funding the club.

We hold an annual Gala each year, the date will be published on the Facebook group. This is by far our biggest fundraising event.

Players are recognised every year in an end of season presentation day/night. More information will be available nearer the time.

All junior Garforth Tigers players (up to Under 10's) have the opportunity to play at half time at Headingley through the Leeds Rhinos Foundation. We also have links with Castleford and they can take part in England player pathway training from U13 age group.

Club membership also gives you access to deeply reduced tickets for major rugby league events. e.g. Challenge Cup Final, Magic Weekend.

Recruitment is also a vital aspect of a healthy club. We encourage players to bring friends or siblings along to try the game out. It's free for them to attend training and try the game out for the first few weeks, but they have to sign on to play.

Club policies

The safety and wellbeing of all our players is of the upmost importance to the club. Please take a moment to read through the club policies on the next few pages and ensure that your child understands them. All the club & RFL rules and policies can be found on our website at www.garforthtigers.com.

Registering to play

You'll need to register your son or daughter with both the club and the Rugby Football League (RFL). Both of these are to be completed online – visit garforthtigers.com/register for all the details you'll need.

When registering with the RFL, please ensure that you upload a current photo and proof of age as part of the registration.

WELCOME TO GARFORTH TIGERS