

# LEWES RUGBY FOOTBALL CLUB



Affiliated to: R.F.U., R.F.U.W., S.R.F.U., S.S.R.F.U.R.

STANLEY TURNER GROUND, KINGSTON ROAD, LEWES, EAST SUSSEX, BN7 3NB  
Tel: 01273 473732 Company No. 5224070 www.lewesrfc.org.uk

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Dear Player,

Welcome to the Lewes Women's Rugby Season 2011-12. We are very pleased to have you as part of the team.

Lewes has had an established and successful women's rugby team for over ten years and prides itself on being an enjoyable and friendly place to play rugby.

We are currently playing in the RFUW National Challenge South East South Division 2 which allows us to play both, challenging and exciting rugby but at a level that does not prevent the team from having a good social scene. We welcome new players of any level to the club.

We are delighted to start the new season on a high from the last year and expect to build on this success with your help. We are implementing some key improvements to the running of the women's side, this year, to provide you with greater development opportunities, coaching and support at whatever your level of rugby experience.

Your contacts for this year will be:

**Team Manager:** Lex Kent – 07747 067786 – info@intriguephotography.co.uk

**Captain:** Rab Willis – 07709 109129 – rabwillis@gmail.com

**Vice Captain:** Anita "Nini" Hillman – 07968 376983

**Treasurer:** Ali Hannon – 07841 755336

**Fixtures Secretary:** Jules Scanlan – 07515 542387

**Recruitment Officers:** Anita "Nini" Hillman – 07968 376983, Holly McClintock - 07955 379971

**Social Secretaries:** Robynne Keen – 07515 644077, Jade Carter - 07717 583467, Lory Mortley - 07757 059127

If you need any help with anything or have any concerns then please give one of us a call.

Good luck and all the best for the season!

Lewes Ladies RFC Committee



London and SE Club of the Year 2008



# **THINGS YOU NEED TO KNOW**

## **TRAINING**

We train from 7:30pm (promptly) to 9pm on a Thursday. We will also have additional training on some Sundays when there is no scheduled match. There is no additional charge for these as this is covered in your membership fee.

After training there is food available in the clubhouse (I hope you like chips). There is no extra charge (this is again covered in your membership fee). There is also beer but you will need to pay for this!

## **KIT**

### **Essential kit –**

Mouth guard – range from a couple of pounds to a more substantial investment. If you are just starting to play, the Shock Doctor entry level mouth guard (found at JJB/SportsWorld) or the entry level Opro (also sold at Lewes Rugby Club) should be sufficient (about £3-£4+)

Playing boots – If you are buying boots for the first time, you can purchase a cheap pair of football boots from SportsWorld (£10-15) and a set of rugby studs (£2-£3) and these will do until you decide whether you are happy to continue playing the sport.

Once you decide you want a pair of good rugby boots, Nick Rivett Sports in Hove will offer a small discount to Lewes players. Also, [www.rugbystore.co.uk](http://www.rugbystore.co.uk) and [www.lovell-rugby.co.uk](http://www.lovell-rugby.co.uk) do good deals on boots and other kit.

Intersport of Lewes (53 Cliffe High St, Lewes) stocks Lewes RFC sportswear (socks/shorts/training tops etc.) You can also buy these from the clubhouse – order forms are by the bar.

Clothing – For training, just wear clothing that you don't mind getting muddy.

### **Match Kit –**

Rugby Shorts – ideally navy blue

Shirts – we provide the match shirts.

Socks – Royal blue. You can buy these from the bar or Intersport of Lewes for £5 to £7

**Other Kit** – Once you are playing matches, you may like to consider purchasing some rugby body armour.

## **SUBSCRIPTIONS**

We charge £120 for membership for the year which can be paid in full as a one off payment or in £10 x 12 monthly instalments by direct debit over the course of the year. We will not start collecting from you until you are happy to join the club and have completed a membership form. For insurance reasons, we will need you to be paying membership fees by the time you play your first game. If you think you may have problems paying your membership, please speak to one of us so that we can try and sort something out.

Membership fees go towards paying for coaching, dinner after training and games, use of pitches, ground rent, utilities, maintenance, the club physio and other costs.

## **MATCH FEES**

We collect £2 after each match from all who have played. This contributes to running the women's team specifically.

## **EXPERIENCED PLAYERS**

For experienced players who want to develop further, we are able to support you with arranging and funding for coaching qualifications. Please speak to one of the committee for further details.

## Lewes Ladies RFC 2011-2011 Fixtures List

Date	Opposition	Home/Away	League /Friendly	Notes
04.09.11	Tottonians	Home	F	
11.09.11	Southampton	Away	F	
18.09.11	Medway	Home	L	
25.09.11				County
02.10.11	Tonbridge Juddians	Home	L	
09.10.11	Canterbury	Away	L	
16.10.11				County
23.10.11	Beccehamians	Home	L	
30.10.11	Dover	Away	L	
06.11.11				County
13.11.11	Chelmsford	Home	L	
20.11.11	Worthing	Away	L	
27.11.11				
04.12.11	St. Francis	Home	F	County
11.12.11	Tonbridge Juddians	Away	L	
15.01.12	Tottonians	Away	F	
22.01.12	Canterbury	Home	L	
29.01.12				
05.02.12	Beccehamians	Away	L	
12.02.12	Southampton	Home	F	
19.02.12	Dover	Home	L	
26.02.12				
04.03.12	Chelmsford	Away	L	
11.03.12				
18.03.12	Worthing	Home	L	
25.03.12				
01.04.12	Medway	Away	L	

## **RFUW National Challenge South East South Division 2**

### **Beccehamian Ladies (£15.94 RETURN FUEL)**

#### **The Clubhouse & Ground**

Sparrow's Den, Corkscrew Hill, West Wickham, Kent, BR4 9BB | Tel: 0208 777 8105

Web: <http://www.beccs-ladies.co.uk/>

Directions: <http://www.bing.com/maps/?lvl=15&cp=51.3671797773839~0.0117972474522723&FORM=MMREDR>

### **Canterbury Ladies (£32.35 RETURN FUEL)**

#### **Canterbury Rugby Football Club**

PO BOX 1025, Merton Lane North, Nackington Road, Canterbury, CT4 7BA | Tel: 01227 761301

Web: <http://www.canrugby.co.uk/>

Directions: <http://www.canrugby.co.uk/location-crfc.htm>

### **Chelmsford Ladies (£30.18 RETURN FUEL)**

#### **Chelmsford Rugby Football Club**

Coronation Park, Timsons Lane, Chelmsford, Essex, CM2 6AG | Tel: 01245 261159

Web: <http://www.pitchero.com/clubs/chelmsford/>

Directions: <http://www.pitchero.com/clubs/chelmsford/location/>

### **Dover Ladies (£37.03 RETURN FUEL)**

#### **Dover Rugby Football Club**

Crabble Athletic Ground, Crabble Road, Dover, Kent, CT17 0JB | Tel: 01304 210 296

Web: <http://www.pitchero.com/clubs/doverrfc/>

Directions: <http://www.pitchero.com/clubs/doverrfc/location/>

### **Lewes Ladies (£3.26 RETURN FUEL)**

#### **Lewes Rugby Football Club**

Stanley Turner Ground, Kingston Road, Lewes, BN7 3NB | Clubhouse: 01273 473732

Web: [www.womensrugby.org](http://www.womensrugby.org)

Directions: <http://www.lewesrfc.org.uk/index/the-club/findus/>

### **Medway Ladies (£23.93 RETURN FUEL)**

#### **Medway Rugby Football Club**

Priestfields Recreation Ground, Priestfields, Rochester, Kent ME1 3AD | Clubhouse: 01634 847737

Web: <http://www.mrfc.net/women/index.htm>

Directions: <http://www.mrfc.net/club/directions.htm>

### **Tonbridge Juddian Ladies (£26.54 RETURN FUEL)**

#### **TJ Rugby Football Club**

The Slade, Tonbridge, TN9 1HR | Tel: 01732 358 548

Web: <http://tjrfc.co.uk/>

Directions:

[http://tjrfc.co.uk/index.php?option=com\\_content&view=article&id=370&Itemid=135](http://tjrfc.co.uk/index.php?option=com_content&view=article&id=370&Itemid=135)

### **Worthing Ladies (£6.85 RETURN FUEL)**

#### **Worthing Rugby Football Club**

The Rugby Park, Roundstone Lane, Angmering, West Sussex BN16 4AX | Tel/Fax: 01903 784706

Web: <http://www.worthingrfc.com/>

Directions: <http://www.worthingrfc.com/default.asp?pg=content&pageid=2>

### **Southampton Ladies (£25.24 RETURN FUEL)**

#### **Southampton Rugby Football Club**

Test Park, Lower Brownhill Road, Southampton, Hampshire SO16 9BP | Tel: 02380737777

Web: <http://www.pitchero.com/clubs/southamptonrugbyclub/l/team-info-6138.html>

Directions: <http://www.pitchero.com/clubs/southamptonrugbyclub/location/>

### **Tottonian Ladies (£26.54 RETURN FUEL)**

#### **Tottonians Rugby Football Club**

Water Lane, Totton, Southampton, Hampshire SO40 3ZX | Clubhouse: 023 8066 3810

Web: <http://www.tottonians.com/index.html>

Directions: <http://www.kyotee.co.uk/detail/19705.htm>



# CODE OF RUGBY

Everyone involved in rugby in England, whether as a player, coach, referee, administrator, parent or spectator is expected to uphold the Core Values of our sport.

**Teamwork · Respect · Enjoyment**  
**Discipline · Sportsmanship**

- Play to win - but not at all cost.
- Win with dignity, lose with grace.
- Observe the Laws and regulations of the game.
- Respect opponents, referees and all participants.
- Reject cheating, racism, violence and drugs.
- Value volunteers and paid officials alike.
- Enjoy the game.

**THIS IS  
RUGBY.**