

Bourne Proud



NEWSLETTER

December 2023

OUR NEWSLETTER

We have started up our newsletter again. This publication will provide key updates and information about our club.



HAVE YOUR SAY

Our feedback survey should have been shared across our mini & Junior Whats App Groups. It is aimed at those players and their parents of our Club, to help us gain feedback about the season so far. Please submit your feedback by 7 January

[Click Here to complete the survey](#)

HELP US GROW OUR JUNIOR TEAMS

We are always looking for new players for our Junior age groups from age 6 [Yr 1 school age group]. If you know anyone who is keen to give rugby a try, ask them to get in touch

Teams train on Sundays between 10am and 11:30am - If you know anyone who think might be interested they can pop along to any Sunday session.

Contact Us

✉ info@srufc.com

A Home of our own



Never has Sittingbourne Rugby Union Football Club had a place to play and socialise that we can truly call our own. Finally, 47 years since our birth in 1976, our hopes and dreams are coming to fruition. In June 2016, Phil Whymark and I attended a presentation at The Coniston where Quinns Estates were showcasing a development which included a vague “and sports area” as part of the plan. Twenty minutes later, after a short discussion with one of the presenters, Phil and I were approached by Mark Quinn in the bar (where else?). After a further short discussion with Mark we were promised a new clubhouse, 3 pitches and associated parking on a 125 year renewable lease with an annual rental charge of £5! In return we needed to provide letters of support for the development.

What were we going to say? No thanks? I think not.

Although the offer seemed to be too good to be true, we took Mark at his word and agreed to put the proposal to the club membership on 7 July 2016. A good turnout at the meeting agreed to take the matter forward, with some matters of concern raised. Seven years and four months, 1100 letters of support for the planning application from our members and others supporting the proposal, 4 Swale Council Planning Committee meetings, a meeting with Borden Parish Council representatives, visits to another similar Quinns development and numerous consultations with the developers and architects later.....

The proposal for a new clubhouse with RFU compliant facilities, 2 new RFU compliant pitches and 75 parking spaces was finally passed by Swale Planning Committee!!!

There are still a number of stages to the actual development. A number of technical requirements will be completed by the developers prior to putting a spade in the ground. Discussions regarding the promised third pitch continue and were not included in this detailed application but it is still part of our overall agreement and has been given outline planning permission along with the whole development.



We will have a Community Use Agreement with Swale and Borden councils to ensure other community groups can access the facility. This can only strengthen the financial security of the club.

My personal thanks go to all those club members who supported and have continued to believe, to Phil and Nutley for all their efforts and most of all to Mark Quinn, Huw Evans and Ben Geering for their hard work in making this happen.

That's not the end of it.

We ALL now need to start some serious efforts in fundraising for the equipping of the clubhouse and pitch maintenance. More detail to follow.

Roger Down, Club President



ARE YOU A PARENT WHO IS FIRST AID TRAINED?

We are looking for parents who hold a current 3 day First Aid course, who would be willing to be a First Aider at games, training and festivals, home and away.

If you are able to help, please speak to your age group coach.

[Access our online kit Shop](#)

PHOTO CONSENT

If you are a player or a parent, it is important that if you do not wish to be in a photo, or have a photo of your child shared on social media or in our newsletter that you inform your age group coach.

UPCOMING MEN'S FIXTURES

2023/24

Date XV1 XV2 Vets

16-Sep	Tunbridge Wells II (H)	Canterbury V (A)	
23-Sep	Whitstable (A)	Edenbridge I (A)	
30-Sep	Tonbridge Juddians II (H)	Maidstone II (H)	
14-Oct		Leigh I (H)	
21-Oct	Old Alleynians II (A)	Thanet Wanderers III (H)	
29-Oct			Vets
04-Nov	Gravesend II (H)	Vigo II (H)	
11-Nov	Old Elthamians (A)	Canterbury V (H)	
18-Nov	Faversham (H)	Tunbridge Wells III (A)	
25-Nov		Weaving I (H)	
26-Nov			Vets
02-Dec	Hastings & Bexhill (A)	Deal & Betteshanger II (H)	
09-Dec	New Ash Green (H)	Ashford Barbarians I (A)	
16-Dec		Edenbridge I (H)	
06-Jan		Maidstone II (A)	
13-Jan	Whitstable (H)		
20-Jan	Tonbridge Juddians II (A)	Leigh I (A)	
27-Jan	Old Alleynians II (H)	Thanet Wanderers III (A)	
03-Feb	Gravesend II (A)	Vigo II (A)	Vets
11-Feb			Vets - Semi Final
17-Feb	Old Elthamians (H)		
24-Feb		Weaving I (A)	
02-Mar	Faversham (A)	Tunbridge Wells III (H)	Vets - Final
13-Mar			
16-Mar	Hastings & Bexhill (A)	Deal & Betteshanger II (A)	
23-Mar	New Ash Green (A)	Ashford Barbarians I (H)	
06-Apr	Tunbridge Wells II (A)	No Game	

WWW.SRUFC.COM



Head Injuries

Being aware of concussion and head injuries as a player and a parent is really important. RFU have issued and signposted to guidance which is detailed below:

- Player/parent should contact NHS within 24 hours.
- If immediate action required dial 999 or visit nearest hospital, when playing at home (Memorial Medical centre Bell Road, Sittingbourne)
- Concussion to be managed individually & cannot return to rugby activities for 21 days. Players should go through a graduated return to activity & sport programme (see attached).
- *Concussion recognition information - Concussion Guidelines for Grass Roots Sports*
- *If in doubt, sit them out*

Junior/Mini Parents | Action Required!

If you are a parent of a junior/mini player at the club then we have been advised by our First Aid lead, that all parents should be undertaking a free online course through the RFU. The course can be accessed by logging into your child's GMS Page:

www.gms.rfu.com

Log in or register for an account and click 'Find a course' and click on Headcase concussion awareness. When you have completed the course, this will show on your child's GMS record. Please let your age group coach know when you have completed the course.

Volunteers Needed

Do you have a little time to support the Club? We rely completely on volunteers to run the club and we are looking for individuals willing to help with the roles of:

- Equipment Manager
- Senior Fixtures Secretary
- Food Coordinator

If you are able to help please email info@srufc.co.uk

DON'T BE A HEADCASE

STOP!

Check for
concussion

The 4Rs

- Recognise** → Know the signs and symptoms of concussion.
- Remove** → Any player with a suspected concussion must be removed from play/training IMMEDIATELY.
- Recover** → Give players time to recover fully as you would with any other injury.
- Return** → All players must follow the Graduated Return to Activity & Sport (GRAS) programme before returning to playing contact rugby.

GRAS Graduated Return to Activity & Sport programme

STAGE 1: Initial Relative Rest
24 - 48 hours after concussion

STAGE 2: Return to Daily Activities & Light Physical Activities
Following 24 - 48 hours initial rest period (min 24 hours after concussion event)

STAGE 3: Aerobic Exercise & Low Level Body Weight Resistance Training
When symptoms allow e.g., mild symptoms are not worsened by daily activities/light physical activities

STAGE 4: Rugby-Specific Non-Contact Training Drills & Weight Resistance Training
No earlier than **Day 8**

STAGE 5: Full Contact Practice
No earlier than **Day 15**

STAGE 6: Return to Play
No earlier than **Day 21**



englandrugby.com
/headcase

Remember...

If in **doubt**,
sit them → **out!**



TREADS

Rugby's values of Teamwork, Respect, Enjoyment, Discipline and Sportsmanship are what makes the game special for those who enjoy the environment and culture they create.

Everyone has their part to play in respecting and signing up to these core values of rugby, how ever you are involved, whether that be as a player, a coach or a spectators.

Respect the Ref throughout the club

MEMBERSHIPS

To ensure that the club can operate successfully, we must ensure that individuals pay their memberships.

If you haven't done so already, please ensure you pay your membership online

Pay Your Membership Online today

OUR SOCIALS

Our social media accounts are the best way to keep up to date with match fixtures and updates.



LOTTERY

Joining our monthly lottery helps support to raise funds for the club, whilst giving you the chance to win 10%, 15% or 25% of the monthly total playing ticket value

*CLICK HERE TO SIGN UP FOR
THE LOTTERY ONLINE*

Award Win

The Club are proud winners of the Swale Leisure Community Vision Award for Sport 2023.

The award was for the Club's contribution to sport in the community, especially for the Youth Section and Schools work



Contact Us

 info@srufc.com