07: April, 2018

DKRFC

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Dudley Kingswinford

Rugby Football Club

www.dkrugby.co.uk

Newsletter

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Issue 7. April 2018

The end of the season is in sight!

Yet another season is coming to an end 45 years since it all started and we are still going from strength to strength thanks to an army of volunteers!

Gallis Trophy

The Gallis Trophy is the clubs Under 11 festival. Back in the day A mini/ junior committee was formed and the idea of holding a tournament at Under 11 was formulated. The Gallis family were in business at the time, they were asked if we would like to sponsor the event and the name of W. G. Gallis Ltd (Manufacturing Upholsterers) appeared with this tournament in it’s inception in1975. 2017 saw a new twist, with new RFU regulations coming into force we could no longer call it a tournament in which a winner is crowned, but a festival of rugby where all teams play an equal number of games simply for the joy of playing our great game. However, in the spirit of the RFU core values the Gallis trophy was awarded to the team that best displays these values, “Teamwork, Respect, Enjoyment, Discipline and Sportsmanship”. This included the players, coaching staff and supporters! It was a great success and the same format will run this year. It is a great day of youth Rugby, why don’t you pop down and enjoy a game or two! It will be held on Sunday 15th April starting at about 11am.

What it’s all about!

Sunday 25th March, what a great day! The sun was out and DK was awash with youth Rugby. The only team missing were our U15’s who were playing away at Worcester, every other team were at home. There are not many clubs who could host this number of teams at once, we also had a Girls Pitch up and Play event with a number of players coming from 3 different clubs for joint training and some games. In the afternoon we also hosted the North Midlands U20’s v The East Midlands.

Bob’s History Corner!

A History Lesson- Part 4 - DKRFC's Industrial Heritage.

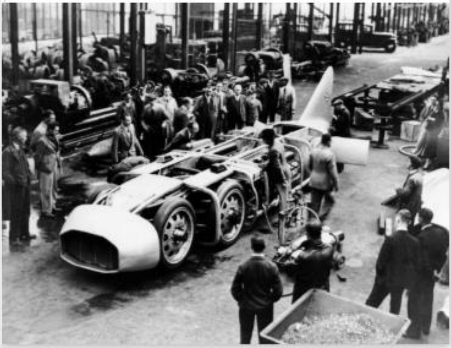
In last month's Newsletter Issue 6: March, Bob McMaster provided an insight into the history of DKRFC with reference to it's formation in Dudley in 1921, it's move from Dudley to Penzer Street, Kingswinford in 1928 and finally it's move to Swindon Road, Wall Heath in 1963.

This month Bob delves more into the club's industrial heritage.

DK's link with world land speed record.

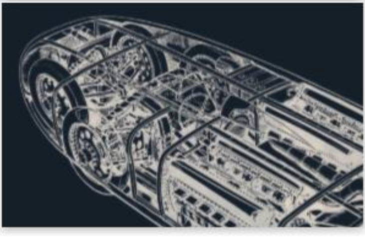
As was previously mentioned the club was originally known as Dudley Rugby Football Club and it's founding members worked for **A. Harper, Sons and Bean Ltd**, located in Tipton. The company, later to be known as **Bean Cars Ltd** and finally **Beans Industries Ltd**, became famous for manufacturing approximately 17,500 motor cars from 1912 to 1929 including approximately 6,400 commercial vehicles from 1924 to 1931. In 1921 **John H Bean** (1885-1963), also known as Jack, was appointed Managing Director of the company and it was Jack who was to become DKRFC's first President in 1928/29.

In 1937 the company, now known as Beans Industries Ltd, obtained a contract to build **Captain George Eyston's** iconic world land speed record breaking car known as the *Thunderbolt.* Eyston took the car to the Bonnneville Salt Flats, Utah, USA for record breaking attempts. In 1937 the car achieved a speed record of 312mph and in 1938 the record was raised to 357.5mph.



The Thunderbolt under construction at the factory in Tipton. It took just 6 weeks to complete!

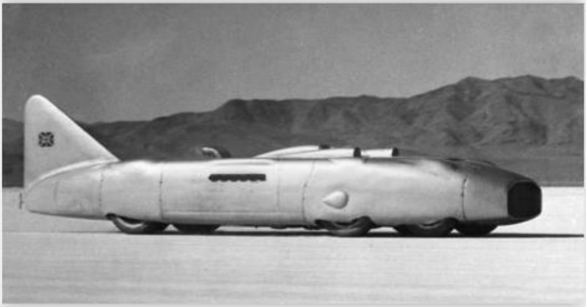
For the technically minded, *Thunderbolt* was driven by twin Rolls-Royce R-type supercharged 37 litre capacity V-12 aero engines, each engine delivering 2,350 bhp. (a single version of the same engine was used in Blue Bird, the Malcolm Campbell land speed record car). The car had three axles and eight tyres; the two leading axles steered and were of different track so that each tyre ran on a clean surface rather than following a rut.



Plan drawing of Thunderbolt, showing the offset arrangement of the front four wheels it was designed by Jean Andreau, the renowned French aerodynamicist and coachbuilder.

The driven rear axle used two twin-tyres to reduce the load on them. Following the record breaking speed record in 1938, the car was displayed at the New Zealand Centennial Exhibition in 1939-40 and toured New Zealand during the Second World War. Sadly, the car no longer exists having thought to have been destroyed in a warehouse fire.

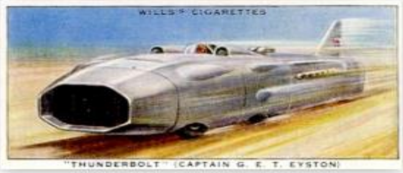
There are a number of Pathe news stories about the speed record, just go onto Youtube and paste in **George Eyston and Thunderbolt**



Above: The original appearance of the Thunderbolt land speed record car, with 8-sided air intake at the front. Built in Tipton!

1897 – 1979

George Edward Thomas Eyston was born, in Bampton, Oxfordshire, awarded the Military Cross for “conspicuous gallantry and devotion to duty” during the First World War.


WILLS'S CIGARETTES
"THUNDERBOLT" (CAPTAIN G. E. T. EYSTON)

It is worthy of mention that DK has, for a number of years, organised annual reunions for club members who, in their earlier years, had played rugby at the club's former ground at Penzer Street, Kingswinford. At the annual reunion held in 2016, a physical reminder of the club's industrial heritage, in the shape of a Bean car, took centre stage.

Tony Hickling at Dudley-Kingswinford rugby club's reunion, with his 1926 Bean 14hp four-seater

So that is DK's link to the world land speed record! Next instalment will be our link to the fated liner The Titanic!

Watch this space!

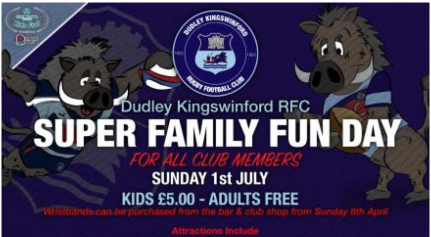
Family Fun Day!

To celebrate all that is good about DK, a fantastic day of fun for the whole family!

Gail Gould is organizing a great day out for the family, to be held on Sunday 1st of July at DK.

Attractions to include:

Rodeo Bull
Gladiator
Assault course
Bouncy castle
Slide
Didi cars
Bunjee run
Stalls and Raffel


Dudley Kingswinford RFC
SUPER FAMILY FUN DAY
FOR ALL CLUB MEMBERS
SUNDAY 1st JULY
KIDS £5.00 - ADULTS FREE
Wristbands can be purchased from the bar & club shop from Sunday 8th April
Attractions Include
DUDLEY KINGSWINFORD RUGBY FOOTBALL CLUB

Bar & Food (plus BBQ)
on sale

Rodeo Bull
Gladiator
Assault Course
Bouncy Castle
Slide
Didi Cars
Bungee Run
Stalls
Raffel
Bar & Food
www.dkrugby.co.uk @DKRugbyClub

All of this for £5 per child, adults get in free! Wrist Bands on sale from Sunday 8th April in the shop and over the bar!

Entry by wristband (instead of ticket) only! Children U14 and under must be accompanied by an adult.

RFU 19 Commission Report

What is it? Over the past two years the RFU has carried out Age Grade and Adult Competition Reviews which have demonstrated the need to focus on transition to adult rugby, and emphasised the need for a clearer and coordinated programme in the 16-19+ age groups. There are significant challenges in this age group as the way people engage with and participate in sport is changing at a time when there are other external influences on their lives. There is a clear need address the drop-off at 16-19 to ensure the future health of our sport.

The U19 Commission's remit was to act as a review and listening group. The Commission gathered evidence from players and practitioners in the game to identify areas which need addressing, and makes recommendations seeking to improve retention rates of the 16 -year-old male player through to adult rugby.

Within the findings the commission has made 10 recommendations. A few of the more interesting are:

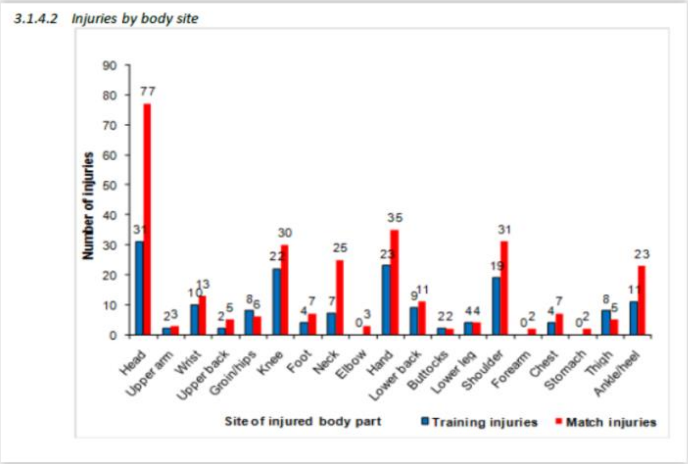
1.2.1 The half game rule, successfully pioneered in New Zealand and now implemented in Wales, to be introduced for all rugby up to and including U19 from the 2018/19 season to guarantee players in a match day squad at least half a game of rugby.

1.2.2 The Commission believes that there is significant merit in delaying the ability to play adult rugby until the date of a player's 18th birthday and recommends that a task group considers this further.

1.2.5 Improving the tracking of players from U14 through to adult rugby will help to identify players at risk of over playing and those dropping out so that this can be monitored more effectively. The Commis-

sion recommends that Electronic Match Cards be mandatory for all age grade club rugby from season 2019/20 and that further work should explore the expansion of the existing club age grade player registration system into educational establishments.

The commission also looked at player safety, they have produced an injury graph. This is based on data from over 1300 matches involving U15 to U18.



3.1.4.2 Injuries by body site

They also found that there was 1 suspected concussion every 10 games.

To read the full report google “**RFU U19 commission report.”**

Coaching:

∗A few tips:

∗**Know yourself:** Why do you want to coach and what do you want to achieve?

∗**A question of sport:** The better your understanding of the techniques and skills of Rugby the better equipped you are to pass these on.

∗**Be Positive:** Patience and praise work a lot better than criticism and shouting.

∗**Variety is the key:** Avoid games where kids have to sit out and don't make all your sessions competitive

∗**Teach skills and demonstrate:** Demonstrating a skill works much better than talking about it. If you can't do it, find someone who can.

∗**Involve everybody:** Always make sure there's enough equipment or kit for all. Create small groups of children rather than one big group.

∗**Communicate well:** Actions speak louder than words. Body language is important. Smiles and positive gestures work wonders.

∗**Mind and body:** A grasp of how the body responds to exercise and training and an ability to adopt safe practices and prevent injury are important. So too is confidence building, goal setting, emotional control, concentration skills - coaches work on the mindset as well as the body.

∗**Sense and sensitivity:** Some children take longer than others to learn so adopt your style accordingly. To keep children motivated it helps to be consistent, set achievable goals and give frequent feedback.

∗**Take it from the top:** Lead by example and gain trust and respect. Coaches of children are role models and this carries responsibility. How you behave, dress and your attitude all set an example. If you adhere to consistent high standards this will rub off.

∗**Good players need talent but they also need good coaches.**

Out of season activities:

The RFU has specifically developed best practice principles on out of season activity to ensure players have sufficient rest and recovery over the summer. In particular, children of primary school age are to be encouraged to participate in non-rugby activities that develop fundamental movement and core skills. The RFU expects those involved in age grade rugby to respect these principles in the interest of player welfare.

Research from periodisation experts promotes an ‘off season’ to recover and to experience other sports and activity. This code supports the research that age grade players **should have a break from specific rugby activities between the end of the season in May and the start of the new season in September, with a defined month break for U14-U18 in June.** Children can then experience different sports as part of their development and avoid the negative impact that incessant rugby activity might have on their long-term involvement with sporting activities.

So what does Regulation 15 say:

15.6.4 The following activity is not permitted:

(i) U5s and U6s are not permitted to participate in: contact training at any time of the year; (b) contact or non-contact matches and competitions at any time of the year; and (c) Outgoing Tours outside of the Season.

(ii) U7s and U8s are not permitted to participate in: (a) contact training at any time of the year; (b) contact matches and competitions at any time of the year; (c) non-contact matches and competitions outside of the Season; and (d) Outgoing Tours outside of the Season.

(iii) U9s to U11s are not permitted to participate in: (a) contact training outside of the Season; (b) contact matches and competitions outside of the Season; (c) non-contact matches and competitions outside of the Season; and (d) Outgoing Tours outside of the Season.

(iv) U12s and U13s are not permitted to participate in: (a) contact training outside of the Season; (b) contact matches and competitions outside of the Season; and (c) Outgoing Tours outside of the Season.

15.6.5 In U14s to U18s age grades, all rugby activity is permitted throughout the year (during the Season and outside of the Season) except the activity set out in Regulation 15.6.6.

15.6.6 U14s to U18s are not permitted to participate in: (a) contact training outside of the Season; and (b) contact matches and competitions outside of the Season,

Save that

i. at U14, U15 and U16, XRugby 7s matches and competitions (including preparation for those matches and competitions);

ii. at U17 and U18, XRugby 7s or 7-a-side matches and competitions (including preparation for those matches and competitions);

iv. in the last two weeks immediately prior to the start of the Season when pre-season training and training matches are permitted;

Permitted Out of Season Activity.

U13 and below Non-rugby based physical activity Summer camps (which are non-rugby based).

U14 and above

May: Rugby based non-contact training or competition rearranged due to weather.

June: No organised rugby activity.

July: Rugby based non-contact training.

August: Rugby based contact training with pre-season match two weeks prior to the season.

If you are unsure then please ask!

Some Useful links:

RFU Regulation 15: Age Grade Rugby

Codes of Practice

Appendix 1 Under 7s Rules of Play

Appendix 2 Under 8s Rules of Play

Appendix 3 Under 9s Rules of Play

Appendix 4 Under 10s Rules of Play

Appendix 5 Under 11s Rules of Play

Appendix 6 Under 12s Rules of Play - Boys only

Appendix 7 Under 13s Rules of Play - Boys only

Appendix 8 Under 14s Rules of Play - Boys only

Appendix 9 Under 15s to 18s Rules of Play - Boys only

Appendix 10 Under 13s Rules of Play - Girls only

Appendix 11 Under 15s to 18s Rules of Play - Girls only

Age Grade Research and supporting documents:

Laws of the Game Quiz time?

Answer from March’s Newsletter:

Law 10 Offside and onside in open play 9. a) b) c)

A player who is offside at a ruck, maul, scrum or lineout remains offside, even after the ruck, maul, scrum or lineout has ended

The player can be put onside only if:

1. That player immediately retires behind the applicable offside line
2. An opposition player carries the ball five metres in any direction
3. An opposition player kicks the ball

This Months Question:

When taking a conversion the kicker can place the ball:

1) On the ground or
2) On ? or
3) On ? or
4) On a ?

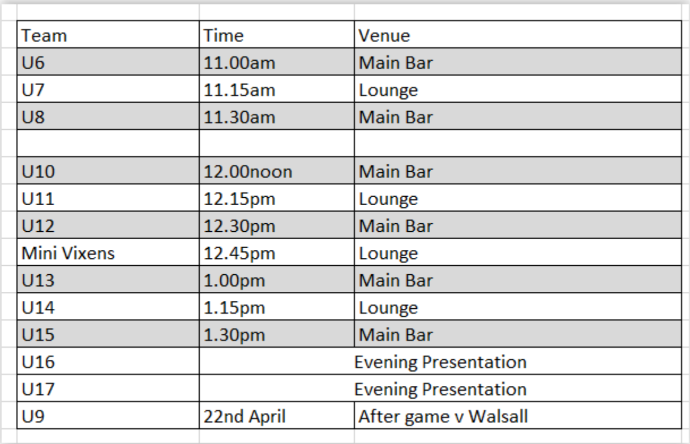
Presentation Day:

The youth section presentation day will be on Sunday 29th April. All teams will be training (having fun), check with your coach first!

At a set time each team will have their presentation in the main club room or the lounge. The reason for using the lounge is so that the later teams aren't hanging around until after 3.30pm for their presentation.

The U16 and U17 teams will have their own presentations on an evening (ask the coaches for details) The U9's will have their presentation after their game v Walsall on the 22nd April.

The proposed timetable is below but keep in contact with your coaching teams in case of any changes.



Team	Time	Venue
U6	11.00am	Main Bar
U7	11.15am	Lounge
U8	11.30am	Main Bar
U10	12.00noon	Main Bar
U11	12.15pm	Lounge
U12	12.30pm	Main Bar
Mini Vixens	12.45pm	Lounge
U13	1.00pm	Main Bar
U14	1.15pm	Lounge
U15	1.30pm	Main Bar
U16	Evening Presentation	
U17	Evening Presentation	
U9	22nd April	After game v Walsall

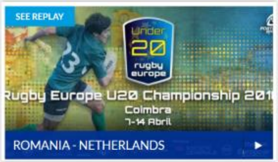
Referee!

In a previous newsletter our very own Neil Chivers gave us an insight into being a top referee. He told us all about his trip to Ireland, well he is at it again. All this week he is in Portugal refereeing an international U20's tournament.

rugby europe
under 20 rugby europe
10:46
1st HALF
ROU 0
NED 0
12

What’s more is that you can watch all the games online! Go to http://www.rugbyeurope.eu/welcome-rugby-europe-tv

Neil's game is the first on the list!



The timing is unfortunate for us because it means he is not available for the Gallis Trophy next Sunday!

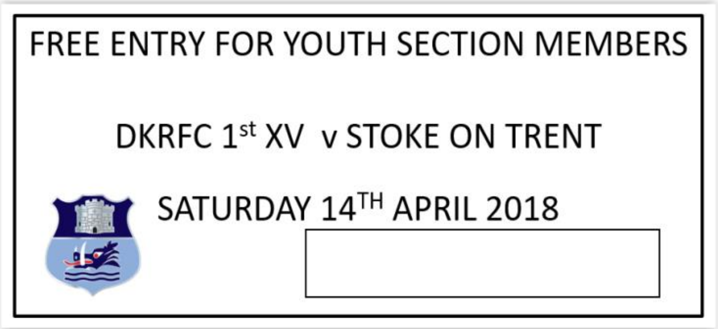
Well done Neil! We are all proud of you!

DK 1st Team’s last home game!

DK’s Director of Rugby, Neil Shillingford has asked for as much support as possible as the 1st team go for a play off spot! They play Stoke this Saturday 14th of April. To encourage you all to come down he has offered **FREE** entry to all our section members!

FREE entry will be for (Youth section members) Adult(s) bringing their child(ren) to the game.

Print out the ticket below, write in your name IN THE BOX and present at the gate.



FREE ENTRY FOR YOUTH SECTION MEMBERS

DKRFC 1st XV v STOKE ON TRENT

SATURDAY 14TH APRIL 2018