



GARFORTH

Rugby Union Football Club

PLAYERS PROTOCOL

Training

- All players are expected to attend training twice a week on a Tuesday and Thursday evening regardless of injuries (i.e. if you are unable to train you should still attend to discuss match tactics/selection in addition to meeting with the Physio to discuss your injury).
- Training STARTS at 7.00pm and all players are expected to be outside ready to train for 7.00pm. Please arrive by 6.45pm at the latest.
- If you are unable to train or will be late to training please inform Coach or Team Captains as soon as possible.
- Training will last for 90 minutes maximum on a Tuesday and Thursday evening including Team Selection announcements and Tactical discussions.
- 100% commitment is expected from EVERYBODY at training during the duration of a session.
- Players should respect the Coach and Assistants requests to complete drills and sessions.
- Match Day selection will be made from those players who commit to regular training and follow the Players Protocol.

Team Selection

- Selection of the Teams will be confirmed on a Tuesday Evening to all players after training and E-mailed to all players on Wednesday (where applicable). If you are unable to train on Tuesday it is YOUR responsibility to call a team Captain to confirm your availability, or otherwise.
- If you are not available for selection you must inform your team captain or Team Manager as soon as possible, and preferably on the previous Saturday prior to unavailability.
- Team Selection will be made between Saturday Evening and Tuesday Evening by the selection Committee, based on the previous weeks 1st and 2nd Team Match Performances and attendance and performance at training.
- Players are expected to play for the side they have been selected with.
- Team Selection will only be made from those players who have paid their Annual Membership of £30.00, to comply with Insurance Regulations.

Match Day

- All 1st team members are expected to wear Club Shirt and Tie after all League and Cup games – Home and Away. Fines will be handed out to any member of the squad not wearing Shirt and Tie, after the game. Those players' not wearing club shirt and tie on more than one occasion or refusing to pay a fine of £5.00, at any time, will not be considered for selection the following week.
- Players on all Teams are expected to pay their £3.00 match fee PRIOR to the game. Players refusing to pay will not be considered for selection the following week.
- All members of the squad are expected to arrive in advance of the stated meet time, to ensure the pre-match schedule is on time. If you are unable to arrive on time you must inform the Team Manager as soon as possible of your delay and expected arrival time.

Discipline

- During Games, Training and in respect of team selection players must direct comments or queries through Team Captains.
- Nobody other than the Match Day Captain should talk to the referee during a game situation, regarding decisions.
- All players are expected to be Constructive with comments at ALL times – NO NEGATIVE TALK.
- All players are expected to respect the Coach, Assistants, Players, Members, Referee and Opposition at all times (Training and Playing).

**REMEMBER AT ALL TIMES THE ORDER OF
IMPORTANCE –**

CLUB, TEAM, PLAYER

CONTACTS

Name: John Daw



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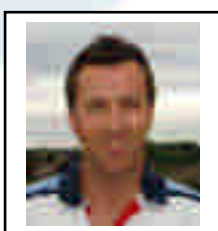


Title: *Chairman*

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Name: Andy Daw



Title: *Head Coach*

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LOCATIONS

Garforth Community College ★

Home games and training take place at the Garforth Community College in Lidgett Lane. Directions from the M1 are as follows:

- From the M1 take Junction 46 and follow the A63 (Signposted Selby/Garforth).
- At the 1st roundabout take your 2nd exit (straight on).
- Follow the road up the hill, passing the Gaping Goose on your left (This is the dub house).
- Approx 400 yards past the Gaping Goose take the slip road on your left onto Lidgett Lane.
- The Community College is on your right.
- Follow the school driveway to the bottom of the car park.
- The changing rooms are to be found through the gates and in through the first door on your left.
- The playing fields are on the far side of the sports hall

Gaping Goose ★

The Gaping Goose pub serves as our club house - see above for directions.

Garforth Cricket Club ●

Occasionally we use the facilities of the Cricket Club. Directions from the Community College are as follows:

- Turn right out of the college heading into Garforth town centre.
- After about 600 yards turn right into Church Lane
- The cricket dub is about 200 yards on your left.

