Players Handbook 2020 – 2021

**DURFC WEEK 2020-21 – TERM 1 ( starting 12th October 2020 )**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** | **BUBBLES – PERF**  **S & C 7 - 11**  **BUBBLES – DEVS/FRESH**  **S & C 12-2**  **S & C 1-1 time**  **Please be warmed up ready** |  | **BUBBLES – PERF**  **S & C 7 - 11**  **BUBBLES – DEVS/FRESH**  **S & C 12-2**  **S & C 1-1 time**  **Please be warmed up ready** | **BUBBLES – DEVS/FRESH**  **S & C 12-2**  **S & C 1-1 time**  **Please be warmed up ready** | **BUBBLES – PERF**  **S & C 7 - 11**  **BUBBLES – DEVS/FRESH**  **S & C 12-2**  **S & C 1-1 time**  **Please be warmed up ready** | **BUBBLES**  **BUBBLES – PERF**  **S & C 9-12 noon**  **BUBBLES – DEVS/FRESH**  **S & C 9-11**  **Please be warmed up ready** |  |
| **PM** | **RUGBY TRAINING**  **3G1 - 11-12-30pm**  **FI/F2**  **3G1/2 - 4pm to 530pm**  **C / D**  **3G1/2 - 6 to 7-30pm**  **A / B** |  | **RUGBY TRAINING**  **(3G1 /3G2)**  **12-2pm**  **F1 / F2**  **RACECOURSE**  **2-4**  **ALL** |  | **RUGBY TRAINING**  **3G1 - 11-12-30pm**  **TBC**  **3G1/2 - 4pm to 530pm**  **A / B**  **3G1/2 - 6 to 7-30pm**  **C / D / F1 / F2** | **ON WEEK BY WEEK PLAN**  **UNIT SKILLS / CONTACT**  **VENUE TBC**  **9am-12noon**  **A / B** | **REHAB**  **EXTRAS CAMP**  **TBC** |
| **EVE** | **PHYSIO**  **3 - 4pm**  **7 - 830pm** |  |  | **PHYSIO**  **6 - 730pm** | **PHYSIO**  **3pm - 4pm**    **SPORTS PSYCHOLOGIST**  **12-2pm PALATINE CENTRE TBC**  **ACADEMIC MENTORING**  **4-6 PM. MC** |  |  |

**CLUB OFFICERS 2020-21**

**Head of Rugby Alex Keay** [**alex.keay@durham.ac.uk**](mailto:alex.keay@durham.ac.uk) **07507 649501**

**1st XV Captain Ben Fowles**  [**benjamin.j.fowles@durham.ac.uk**](mailto:benjamin.j.fowles@durham.ac.uk) **07714 866012**

**Club Captain Dan Blackman** [**daniel.blackman@durham.ac.uk**](mailto:daniel.blackman@durham.ac.uk) **07446 960549**

**Vice Club Captain Angus Adair** [**angus.adair@durham.ac.uk**](mailto:angus.adair@durham.ac.uk) **07730 405116**

**Vice Club Captain Zak Sennett** [**zachary.sennett@durham.ac.uk**](mailto:zachary.sennett@durham.ac.uk) **07495 733460**

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**Sponsorship Fred Davies** [**andrew.f.davies@durham.ac.uk**](mailto:andrew.f.davies@durham.ac.uk) **07958 054060**

**Alumni** **Officer Anthony Morris** [**anthony.l.morris@durham.ac.uk**](mailto:anthony.l.morris@durham.ac.uk) **07800 664377**

**Kit Officer Matt Bargh** [**matthew.c.bargh@durham.ac.uk**](mailto:matthew.c.bargh@durham.ac.uk) **07795 810029**

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**Community Officer Tom Fitzgerald** [**Thomas.fitzgerald@durham.ac.uk**](mailto:Thomas.fitzgerald@durham.ac.uk) **07850 111855**

**Fixture Secretary Morten Ward** [**morten.ward@durham.ac.uk**](mailto:morten.ward@durham.ac.uk) **07889 865274**

**Match Day Logistics Will Sammons** [**William.h.garnett-sammons@durham.ac.uk**](mailto:William.h.garnett-sammons@durham.ac.uk) **07557 366382**

**Match Day Logistics Sam Harris** [**sam.harris@durham.ac.uk**](mailto:sam.harris@durham.ac.uk) **07470 636469**

**Media Officers Rory Stewart-Cox** [**rory.stewart-cox@durham.ac.uk**](mailto:rory.stewart-cox@durham.ac.uk) **07523 917190**

**Media Officers Nick Jonas** [**Nicholas.j.jonas@durham.ac.uk**](mailto:Nicholas.j.jonas@durham.ac.uk) **07742 241818**

**Media Officers Will Richardson** [**William.richardson@durham.ac.uk**](mailto:William.richardson@durham.ac.uk) **07494 289670**

**Social Secretaries Fergus Haig** [**Fergus.haig@durham.ac.uk**](mailto:Fergus.haig@durham.ac.uk) **07834 521771**

**Social Secretaries Cameron Gleave** [**Cameron.gleave@durham.ac.uk**](mailto:Cameron.gleave@durham.ac.uk) **07594 988798**

**Social Secretaries Dan Allchurch** [**daniel.j.allchurch@durham.ac.uk**](mailto:daniel.j.allchurch@durham.ac.uk) **07427 529411**

**Tour Secretary**  **Lachlan Peterson** [**Lachlan.j.peterson@durham.ac.uk**](mailto:Lachlan.j.peterson@durham.ac.uk)  **07842 865035**

**Tour Secretary**  **Tom** **Hollidge** [**Thomas.d.hollidge@durham.ac.uk**](mailto:Thomas.d.hollidge@durham.ac.uk)**07712 511126**

**Special Ops** **Rhys Belcher** [**rhys.belcher@durham.ac.uk**](mailto:rhys.belcher@durham.ac.uk)

**Grayson Maguire grayson.maguire@durham.ac.uk**

**Address for all Club Officers: C/O Rugby Office , Durham University Rugby Union Football Club , The Graham Sports Centre at Maiden Castle University of Durham , Durham DH1 3SE  Reception: (0191) 334 2178**

**CLUB WEBSITE** [**www.durhamunirugby.com**](http://www.durhamunirugby.com)

**CAPTAINS**

**CLUB Dan Blackman**

**1st XV Ben Fowles VC TBC**

**2nd XV TBC**

**3rd XV TBC**

**5th XV TBC**

**Freshers / 4th XV TBC**

**PLAYER SUPPORT   
PRESIDENT TBC**

**1st XV TEAM MANAGER Stuart Darby**

**2nd XV TEAM MANAGER TBC**

**PHYSIO Paul Miller**

**PERFORMANCE ANALYSIS / TPA TBC**

**S & C / SPORTS SCIENCE/ NUTRITION / HYDRATION Jamie Knight / Cameron Henderson**

**COACHES**

**Head of Rugby /1st XV Alex Keay**

**2nd XV Simon Culley**

**Elite and 1st/2nd XV Coaches Gareth Nesbit / Andy Dickinson / Tom Catterick**

**Development Teams Coordinator Paul Baty**

**3rd XV Paul Baty / Paul McGoay**

**4th XV Mick Woodley**

**Freshers / 5th XV Jeff Lamb / Paul Brookes**

**COACH RESPONSIBILITIES ELITE LEAD ASSIST DEVS**

**Attack Alex Keay Tom Catterick Paul McGoay/ Jeff Lamb**

**Defence Gareth Nesbit Andy Dickinson Paul Baty / Mick Woodley**

**Starter Plays /Backs/Kicking Strategy Tom Catterick Andy Dickinson Paul McGoay/ Jeff Lamb**

**Scrum Gareth Nesbit Alex Keay Paul Baty / Mick Woodley**

**Line Out Alex Keay Gareth Nesbit Paul Baty / Mick Woodley**

**Restarts Andy Dickinson Gareth Nesbit Paul McGoay/Mick Woodley**

**\* Core Skills IC Si Culley Tom Catterick Jeff Lamb**

**\* Handling Tom Catterick Andy Dickinson Paul McGoay/ Jeff Lamb**

**\* Running Andy Dickinson Tom Catterick Paul McGoay/ Jeff Lamb**

**\* Contact Gareth Nesbit Tom Catterick Paul Baty / Mick Woodley**

**\* Kicking Tom Catterick Andy Dickinson Paul McGoay/ Jeff Lamb**

**\* Attack Breakdown Si Culley Tom Catterick Paul McGoay/ Jeff Lamb**

**\* Defence Breakdown Gareth Nesbit Tom Catterick Paul Baty / Mick Woodley**

**7s Tom Catterick Alex Keay**

**Leadership Group Andy Dickinson Gareth Nesbit**

**Mentoring Andy Dickinson**

**CONTACTS**

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**Andy Dickinson 07860 507789 andydickinsons@gmail.com**

**Tom Catterick 07970 393453 tom10\_c@hotmail.co.uk**

**Paul Baty 07876 440135 baty\_1@hotmail.co.uk**

**Paul McGoay 07534 421727 paulfmcgoay@gmail.com**

**Mick Woodley 07947 309444 mickw.stables@gmail.com**

**Jeff Lamb 07854 692850 jeff.lamb12@sky.com**

**Jamie Knight 07712 565276 jamie.m.knight@durham.ac.uk**

**Cameron Henderson 07752 828215 a.j.c.henderson@durham.ac.uk**

**Stuart Darby 07730 482250 stuartdarby853@icloud.com**

**Paul Miller 07880 786422** [**Paul.Miller4@nhs.net**](mailto:Paul.Miller4@nhs.net)

**James Mullins 07557 229675 james.mullins@performanceadvantageltd.com**

**Simon Culley 07305 589966 siculley@yahoo.com**

**Graeme Foreman 07771783625** [**info@gfinternationalsolutions.com**](mailto:info@gfinternationalsolutions.com)

**DURHAM UNIVERSITY RUGBY CLUB (1875)**

**PRE SEASON TRAINING INFORMATION 2020-21**

**Welcome to all Freshers players, returning players, and other players invited to pre-season 2020-2021**

**WEBSITE–All training & match details will be on the website: www.durhamunirugby.com**

**- Please regularly check website for updates / amendments.**

**Please contact Jamie Knight our Head of Rugby S&C for a fitness programme for off and pre-season to follow-this will guide you into coming back in the BEST shape you can.**

**EMAIL:** [jamie.m.knight@durham.ac.uk](mailto:jamie.m.knight@durham.ac.uk) **MOBILE : 07712 565276**

**DURFC AIM – TO BE WORLD CLASS AT EFFORT**

**Captains and Social Committee will organize evening / weekend team bonding and building activities**

**What you will need:**

* **Gum-shield and plenty of appropriate playing kit ( 5 sets min) and boots X2 (studs and 3G)**
* **Rugby Shirt for ALL rugby sessions**
* **Water Bottles – YOUR OWN!!! - at ALL Sessions please**
* **Protein Shaker Bottle**
* **Plenty of food and water (and a rubbish bag) for lunch (SORRY THERE ARE NO FREE LUNCHES)**
* **Strapping or anything else you need for injuries/lifters etc**
* ***LINE-OUT LIFTING BLOCKS – ALL PLAYERS EXPECTING TO BE LIFTED AT LINE-OUT***

**We believe back to back success can be achieved if you aim for the same " togetherness" and we can depend on you to become the GOLD STANDARD PLAYER that you can** be.

**GOLD STANDARD PLAYERS- what are they?**

**Team Driven - work hard with a no excuse / moan mentality, and a huge desire to listen learn and stay humble, with rarely a social or a study problem**

**OUR VALUES AND CULTURE are on the Club website along with a Players Handbook. We expect all players, coaches and staff at Durham University Rugby Club to be fully acquainted with these and to make a full commitment and “Buy In” to these to make the most of your rugby at Durham University**

**FAILING TO PREPARE IS PREPARING TO FAIL**

**If you have any concerns / queries please do not hesitate to contact me – we look forward to seeing you in September**

**ALEX KEAY - HEAD OF RUGBY - DURHAM UNIVERSITY ( DURFC 1875)**

**Tel: 0191 334 4731 Mob: 07507 649501  e-mail:** [alex.keay@durham.ac.uk](mailto:alex.keay@durham.ac.uk) **website:**[**www.durhamunirugby.com**](http://www.durhamunirugby.com/)

**BUCS Champions : 51, 55 , 65 , 69 , 81 , 82 , 83 , 87 , 04 , 11 , 13 , 20**

**BUCS 7s Champions : 74, 75, 11, 12, 18**

**EXCELLENCE IS NORMAL**

**PLAYER INFORMATION & SUPPORT**

**TRAINING**

**All training sessions take place on the 3G Rubber Crumb unless stated differently. Please check on the club web site online at www. durhamunirugby.com and the Player’s Page as to whether the venue is to be changed.**

**Please wear rugby shirts, bring boots and gumshield and bring a FILLED water bottle. Line Out jumpers should have support pads**

**NB - All players should inform the Head of Rugby - Alex Keay by phone 07507 649501 or email: alex.keay@durham.ac.uk at the EARLIEST opportunity if you are unable to make training - INJURED PLAYERS ARE EXPECTED TO ATTEND ALL TRAINING**

**PRE–SEASONS**

**Next term Pre Season is from 4th – 8th January 2021**

**7s Pre Season is in Summer term – dates 19th- 23rd April 2021**

**S and C / FITNESS**

**‘NO ONE EVER WINS ANYTHING WITHOUT THE HARD YARDS BEING DONE’**

**Strength And Conditioning times are on the Rugby week for the elite and development Squads These sessions are COMPULSORY for ALL DURFC PLAYERS. All players must contact Alex Keay and Jamie Knight if you cannot attend**

**Elite Players must contact Jamie Knight on 07712565276 or email**[**jamie.m.knight@durham.ac.uk**](mailto:jamie.m.knight@durham.ac.uk) **to arrange their times for Monday / Friday sessions.**

**It helps to have a training partner - use the contact list to find a training buddy. Please bring your SHAKER and WATER BOTTLE. Fitness Testing will be done each term to help you set targets**

**FASTER + STRONGER + SMARTER = BETTER!!!!!!!**

**PHYSIO / MEDICAL**

**\*PLEASE REPORT ANY INJURY IMMEDIATELY TO THE HEAD OF RUGBY**

There will be a physio present at all First XV games and all 2nd XV Home games. This physio will be available for pre-game taping and for pitch side support.

**PHYSIO - All at Maiden Castle**

**Monday PHYSIO 3pm – 4pm - FOR FIT for WEDNESDAY PLAYERS / 7pm - 830pm ONGOING TREATMENT PLAYERS**

**Thursday PHYSIO 6pm - 730pm ALL TEAMS**

**Friday PHYSIO 3pm-4pm ALL TEAMS**

**STRAPPING (ALL teams below 1stXV) Wednesday 8am - 9am. TBC**

**Rugby Physio Clinics and Strapping / Massage sessions can be booked only through Alex Keay - Head of Rugby by email only to**[**alex.keay@durham.ac.uk**](mailto:alex.keay@durham.ac.uk)**. If urgently required, additional bookings may be available. Please contact Alex if you need urgent attention. Appointments for Physio that are missed will result in a £20 fine and possibly no further availability to Physio. Please only use the Physio bookings if urgently required and NOT for a rub down.**

**In Pre Season we will endeavor to do baseline concussion tests on ALL players. Serious injuries may be referred to the Team Durham Doctor, Dr Dougal Southward. Again, anyone wishing to see the doctor must book this through Paul Miller or Alex Keay, who will liaise with Team Durham staff. There is again a form which needs to be completed prior to the session.**

**REST and RECOVERY - please make sure you do a Flush session on your own on Thursdays / After Games and make sure you are getting plenty of rest and sleep.**

#### TACKLING CONCUSSION IN RUGBY - At DURFC we are very conscious of the health and safety risks that come with playing a consistently high level of rugby, particularly those that can cause problems in later life, post rugby playing career.

**Hence, we would like to promote the completion of this concussion course on the RFU Website to help raise awareness, increase understanding of concussions and help prevent and manage the effects.**

**​**[**https://www.englandrugby.com/…/player-…/concussion-headcase/**](https://www.englandrugby.com/…/player-…/concussion-headcase/)

**PERFORMANCE ANALYSIS/ FEEDBACK**

**All 1st XV games are recorded and other club home games are also covered. We will endeavour to get them on TPA and the Players pages within 48 hours of the games. In addition, ALL GPS information will also be available.**

**Friday afternoons are free between 2pm and 5pm for you to book in to discuss your performance and complete your analysis and skills profile. A Player Profile form will be negotiated with the Head of Rugby.**

**NUTRITION and CATERING / HYDRATION**

**It may be possible to get extra protein portions in College - this is only available to Elite squad members - please arrange with Alex Keay - Head of Rugby by email: alex.keay@durham.ac.uk or call 07507 649501.**

**Please make sure you have your shaker at all Gym sessions. For further nutrition and hydration information please refer to the CLUB S&C manual on PLAYERS PAGE - MAKE SURE YOU HAVE HYDRATION FOR ALL SESSIONS**

**SPORTS PSYCHOLOGY**

**All players can book a 30 min session through A.Keay - Friday afternoons are between 3pm and 5pm.**

**COMMUNICATION-AVAILABILITY PROTOCOL - MATCHES / TRAINING**

**Good communication within the club is vital. It is the Players responsibility to inform the Head of Rugby (First!!) then Captains/Coaches of any reasons why they cannot attend training/matches/meetings.**

**Please do NOT pass on a message - If this is done it will be looked on negatively.**

**WE will always endeavour to keep players well informed, and informed early. This includes notification about selection, training times, training locations, meet times etc. This will all be up as early as possible.**

**The main forum will be with the DURFC website**

**Any emails sent out by Captains or Coaches should be responded to ASAP. In return Captains and Coaches will endeavour to respond to players ASAP.**

**Also please confirm any changes and updates in your email / mobile details ASAP to Alex Keay - Head of Rugby by email: alex.keay@durham.ac.uk or call 07507 649501.**

**TALK TO US – KEEP US IN THE PICTURE PLEASE**

**MATCH DAYS**

**All players, including the injured players are expected to help the Club on Match Days providing support for your teammates and the Captains and Coaches.**

**FIXTURES**

**These are available on the club website online at www.durhamunirugby.com. The season runs from October to April/Mid May and Cover / Cup weeks are not free, they are likely to be used for rearranged or postponed** matches - please make sure you commit to the club and are available for all games.

**AVAILABILITY PROTOCOL – MATCHES / TRAINING**

**All players should inform the Head of Rugby – Alex Keay by phone 07507 649501 or email :** [**alex.keay@durham.ac.uk**](mailto:alex.keay@durham.ac.uk?subject=Physio) **at the EARLIEST opportunity. Plans are made in advance for training and matches - so the earlier you know the better**

**Ideally you should also contact your coach and captain if you can – but the Head of Rugby is your first point of contact**

**If you play for 4s you may not play College rugby**

**If you play 5s provided you have not played 3 games or more you may play College rugby**

**SELECTION**

**Selections and amendments will be posted on the PLAYERS PAGE of the club site - please check the website regularly at www.durhamunirugby.com**

**Selection will be between the Captains and Coaches and based on the following criteria:**

* **Fitness**
* **Form**
* **Attitude**
* **Attendance**
* **Ability – Game Sense / Skill Sets / Physicality**
* **Performances**

**The final decisions will be made by the Head of Rugby and if you wish to discuss your selection please communicate direct to the Head of Rugby.**

**7 ‘s**

**Durham University Rugby Football Club have been appointed by the RFU as an ELITE University Centre of Excellence for 7s (one of only 4 in the country). As a result there is now a player pathway direct to England 7s teams and a number of players from DURFC have been recently included in England development 7s squads.**

**We pride ourselves on our 7s history and records – all players are expected to be available for all games / training / tournaments where required.**

**​**

**CAR PARKING**

**Please sign in at Maiden Castle for passes to MC / Racecourse and DC**

**MEMBERSHIP**

**All players are expected to pay the MEMBERSHIP subscription on time.**

**Subs are £180 + TBC for pre season costs TBC until end of October / They will be £200 from the 1st November.**

**ALL PLAYERS MUST COMPLETE MEDICAL DECLARATION AND DATABASE REGISTRATION FORM ATTACHED ASAP AND RETURN BY EMAIL TO ALEX KEAY - HEAD OF RUGBY**

**INSURANCE**

**All DURFC players are covered under the Marsh personal injury policy through the RFU details are as follows :** [**http://www.englandrugby.com/governance/insurance**](http://www.englandrugby.com/governance/insurance) **All players are strongly advised to consider private insurance. Basic RFU insurance covers permanent disability only. Athletic Union insurance does provide additional cover, but personal policies will provide more comprehensive surety. Details of the TEAM DURHAM cover can be found at :**[**https://.teamdurham.com/universitysport/healthandsafety**](https://.teamdurham.com/universitysport/healthandsafety)

**ACADEMIC CONCESSIONS**

ACADEMICS - TIME MANAGEMENT – CONCESSIONS for Students with Sporting Engagements

**Please note that the way in which Sporting Concessions are dealt with has been changed and the new procedure will be in place from the start of term.  The form, once Part A has been completed by the student, needs to be signed by Mark Brian-Director of Sport, BEFORE it goes to the student’s department for approval (as opposed to the other way around which has been the case in the past).  It is hoped that this new approach will work in our favour as it improves our ability to track the forms and be able to negotiate with departments early in the process and also we can prevent “inappropriate” requests being made to departments, thereby improving our relationship with them. The new form and procedure is posted on the Team Durham website - https://www.teamdurham.com/universitysport/studentresources/sportsconcessionform**

**MENTORING**

**The Club take pride in supporting their players manage the Academic, Sporting and Personal commitments and offer continual support and help during a students time at Durham University and with DURFC - PROBLEMS - If you are experiencing any problems throughout the year, whether they are academic / sporting or just settling into University life then we WANT to know. As part of DURFC you will always receive the support you need from us and we want you to understand that our door is always open for you to talk to us about problems. We can maintain confidentiality if that’s what you want. Please tell our Head of Rugby, Alex Keay: 07507 649501 or Dan Blackman Club Captain - They will always be happy to chat about any problems you have during your time at University. We want to make sure you have a great time as a part of DURFC and only ask that in return you give everything you have when you represent the club on whatever stage that may be.**

**Your three main priorities at University are :-**

**1 ACADEMIC**

**2 RUGBY**

**3 SOCIAL - If you get organized you will enjoy ALL three to the fullest.**

**IT IS IMPORTANT THAT CLUB MEMBERS RECOGNISE THE PRIMACY OF ACADEMIC STUDY**

**Please see the players page on the club website** [**www.durhamunirugby.com**](http://www.durhamunirugby.com) **for information on the following**

* **SELECTION**
* **FIXTURES / 7s**
* **TRAINING /PRE SEASONS**
* **S & C / FITNESS**
* **PHYSIO and MEDICAL**
* **FEEDBACK and PERFORMANCE ANALYSIS**
* **NUTRITION /HYDRATION and CATERING**
* **KIT AND DRESS CODE**
* **MEMBERSHIP**
* **INSURANCE**
* **ACADEMICS - TIME MANAGEMENT - CONCESSIONS – MENTORING - PROBLEMS**
* **CLUB WEEK**
* **REGISTRATION & HEALTH DECLARATION FORM**
* **CODE of CONDUCT / CULTURE & VALUES**

**CODE of CONDUCT / CLUB CULTURE**

**CODE OF CONDUCT**

The maintenance of the University’s proud rugby tradition necessitates that today’s members respect the endeavours of earlier generations and aim to enhance that reputation and protect it for the future.

The Club mission is to provide opportunities and facilities for all Durham students to play Rugby Union at the best level they can and that is successful, challenging and enjoyable to all those participating.

**We will be looking for players who will go the extra yard in terms of team spirit, commitment, attitude and sacrifice.**

**RESPECT THE CLUB - RESPECT YOURSELVES**

**TIMEKEEPING**

Being late is unacceptable - it is ignorant and shows a lack of respect for your teammates and staff and will not be tolerated. On match days try to be a little early.

**SOCIAL MEDIA**

Individuals need to understand that they are personally responsible and liable for their comments and postings. At all times you should exercise discretion and be respectful of other players, teams, officials, organisations and brands. What you regard as “banter” could be regarded as embarrassing or hurtful by a wider audience and bring the game into disrepute.

*In short, follow the general guidelines above and:*

Don’t comment if you have any concerns about the consequences

Don’t link to unsuitable content

Don’t get into disputes with audience

Don’t share or elicit personal detail

*But:*

Do show your personality and be approachable

Do share your achievements

Do let people know what it is like to be a player/official

Do post regular comments to grow and engage with an audience

**10 THINGS THAT REQUIRE ZERO TALENT**

* **BEING ON TIME**
* **WORK ETHIC**
* **EFFORT**
* **BODY LANGUAGE**
* **ENERGY**
* **ATTITUDE**
* **PASSION**
* **BEING COACHABLE**
* **DOING EXTRA**
* **10. BEING PREPARED**

***Great Players:***

* ***Prepare before practice***
* ***Work as hard as possible during practice***
* ***Practice more after practice***
* ***Recover smart***
* ***Repeat***
* ***Be brilliant at all non- ability phases***
* ***Take NO shortcuts***
* ***Put team above themselves***

**NOT WHAT YOUR TEAMMATES SEE YOU DO**

**- ITS WHAT THEY DON'T SEE YOU DO**

DURFC CULTURE VALUES AND PROCESS

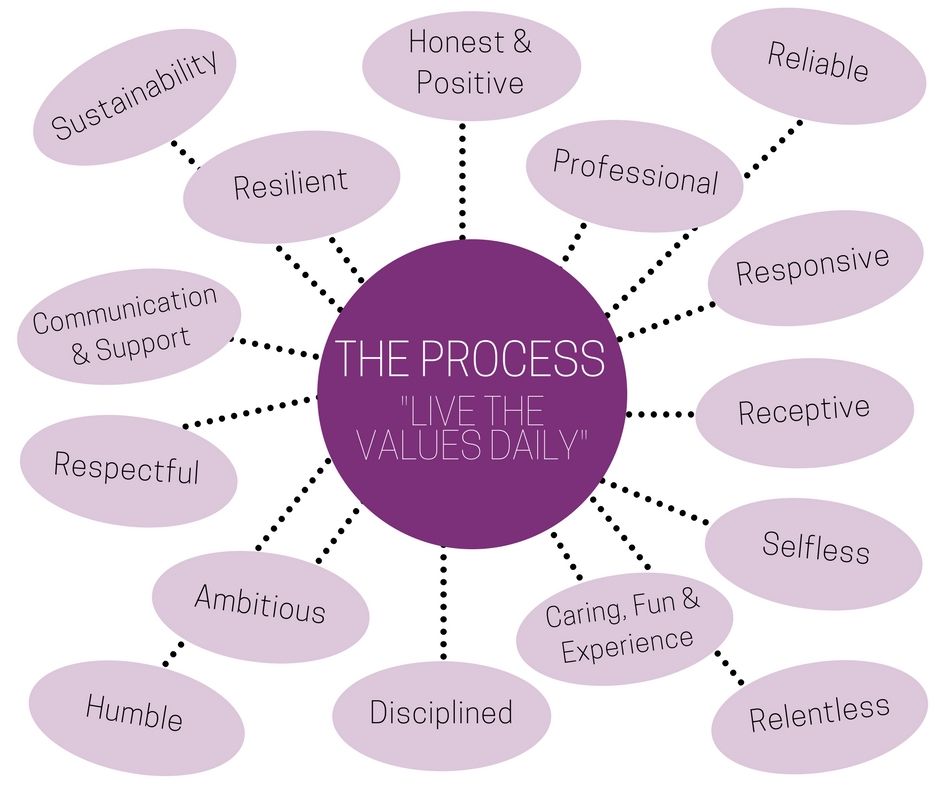
**Our Vision**

* To be the most hardworking, humble, resilient and reliable team in the history of Durham University Rugby Club we will........
* Live these values daily and outwardly express them through our actions in ALL aspects of DURFC.
* Uphold our own personal standards and commitment to these values, as well as those of our teammates, coaches and all other personnel in DURFC.
* Embrace the expectation of high standards, strive to better them daily and challenge each other to the do the same in a positive respectful fashion.
* Be accountable, and critical of ourselves and each other with brutal honesty but in a caring positive manner.
* Work relentlessly in pursuit of our ambitions on the field and in building our relationships, fun and experience off the field.
* Create a selfless accountable culture that is sustainable past any one person by helping to create and develop successors.
* Create an inclusive learning/social environment where everyone is equal.
* Base our success on fulfilling our potential as individuals and becoming the best possible version of ourselves by concentrating on what we are and not what we want.

**Our Values**

* Sustainability – Ensure the culture we create will outlast us as individuals by promoting it to all around us, especially those that will ultimately take our place, in order to ensure that they, in turn, will have the mindset the skill set and the knowledge to do the same.
* Reliability – Know your role and do your job. Understand the importance of trust, trust that the guy next to you will do his job and be reliable enough to be trusted by your team that you will do your job. Ensure we are on time in the right place with the right kit, to every training sessions meeting and game.
* Relentless – Never be completely satisfied. We must always be looking for improvement in some aspect, regardless of how well we are doing. Drive our personal standards and those of the people around us. Everything can be done better. Forget anything that won't help us achieve our vision.
* Honest & Positive – Be honest with ourselves and our teammates, analyse your performance, critique your performance, improve your performance. Bring energy and positivity to everything we do. Be acutely aware that these traits are infectious and spread, know there is no middle ground you are either helping the process or you are not. Remember that in everything you do.
* Caring, Fun & Experience – Be caring, be supportive, encourage everyone, ensure we are all social equals. Find time to enhance our fun, experience and relationships, both on and off the field.
* Resilient – Have the toughness of mind and body to support our relentless approach. Be the fittest you can be to give yourself and your teammates the best possible chance of doing your job and assisting with theirs. Above all else be composed when we hit a bump in the road, when we lose a game, when we concede a try or when a decision goes against us. Know your role do your job and work harder.
* Disciplined – Live the values daily in everything we do. Master the basics of your role and in order to support that make peace with the fact that every time you make decisions you are helping your chances to fulfil our vision or you are not helping it. *On the pitch in terms of the laws, in the gym in terms of your effort, at home in terms of diet and nutrition*.
* Humble - Think in terms of the team, show the right attitude. Uphold a ‘no ego’s’ culture and eradicate any sense of entitlement. Be more interested in who we are than what we want. Appreciate the work of those around you and what chances that brings for you as an individual accept that the team is more important than anything else and everything else.
* Ambitious - As individuals and as a team set your aims high, and accept must have the work ethic to support them. There is nothing you can’t achieve if you're willing to work hard enough.
* Communication & Support - Support each other to uphold these values and achieve our ambitions communicate with each other in keeping with these values and communicate often be direct clear and to the point.
* Selfless – *Think in terms of the team the vision and the values, show the right attitude.* Uphold a ‘no ego’s’ culture and eradicate any sense of entitlement, and handle any disappointments you face.
* Receptive – Be willing to learn, be coachable, be open minded to new ways and to finding better ways.
* Responsive – Learn from mistakes, identify errors, practice the improvements required and commit to not allowing the same mistake again.
* Professional – Be professional in our approach to all aspects of our program. Accountability to our training standards which will eradicate the fear of failure through preparation. Be organised on time and have good communication if there are any problems or issues that might impinge your performance or attendance. Handle any disappointment you face as an individual or as a team in a professional manner.
* Respectful – Respect the process, the values and the vision. Respect your role and the roles of those around and be respectful in all aspects of our relationships with all members of our group.

**DURFC CULTURE VALUES AND PROCESS**

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**[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=0ahUKEwj889PN-6zYAhWNzKQKHcvCDn4QjRwIBw&url=https://en.wikipedia.org/wiki/Team_Durham&psig=AOvVaw31NrcMNM_xmjvdLKYOIGJf&ust=1514559399981440)**

DURFC REGISTRATION AND MEDICAL FORM 2020-2021

Please write as neatly as possible and complete ALL answers please This is an annual process

* Team Durham - General Data Protection Regulations
* In an attempt to provide the best possible care for all individuals playing sport,organised or sanctioned by the Athletic Union, we request that you complete this form.
* The information that you give in the following documents is classed as personal data under the new GDPR legislation and as such you must opt in to giving the information.
* We will keep your data on a secure spreadsheet on the university shared drive or in a locked cabinet if supplied in hard copy
* We will keep your data for the duration of your time as a student
* We will delete your data once you are no longer a student
* The form will be held by the Head of Rugby, Medical Lead for DURFC, Team Durham staff, rugby coaches the strength and conditioning team, Performance Analysis Manager
* For further information please refer to the Durham University Privacy Policy which can be found here: <https://www.dur.ac.uk/ig/dp/privacy/pnstudents/>

This form will be used

A/ Medical concerns , history relevant to playing and training for rugby with DURFC. In the event of a significant injury or health problem. The purpose of this declaration is to provide immediate access at the site of next-of-kin details and information that may be necessary for treatment either on site or at hospital

B/ University and rugby Sporting matters

C/ We Your data may be used to support Sponsorship, Fund Raising and Marketing activities on behalf of DURFC only

|  |  |
| --- | --- |
| **Consent to share** | |
| **I consent for the personal information held on my registration and medical form when required, to be shared with the following: (delete as appropriate)** | |
| **Members of the Maiden Castle Physiotherapy Team** | **Yes/No** |
| **Your General Practitioner** | **Yes/No** |
| **Members of the Strength and conditioning Team** | **Yes/No** |
| **The Sports Consultant Doctor within the Maiden Castle Physiotherapy Team** | **Yes/No** |
| **Members of your coaching staff** | **Yes/No** |
| **Members of A&E / Paramedic team where required** | **Yes/No** |
| **Team Durham Staff ( Not medical)** | **Yes/No** |
| **Performance Analysis Staff ( Not medical)** | **Yes/No** |
| **To support DURFC Sponsorship , Fund raising , Marketing and Alumni support ( Not Medical)** | **Yes/No** |
| **I understand that I have the right to withdraw my consent at any time** | **Yes/No** |

**Player signature:………………………………………………………………Date:……………………………………………..**

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| **Athlete Personal Details** | | | | | |
| **Name** |  | | | | |
| **Term Address** |  | | | | |
| **Postcode** |  | | | | |
| **Date of Birth** |  | **Place of Birth** | | |  |
| **Mobile (Yours)** |  | | | | |
| **Email (University)** |  | **Email (Personal)** | | |  |
| **Height (cms)** |  | **Weight (kg)** | | |  |
| **PLAYING POSITION** |  | **ALTERNATIVE POSITION** | | |  |
| **COLLEGE** |  | **DEGREE/COURSE** | | |  |
| **SCHOOL** |  | **CLUB** | | |  |
| **School Coach Name and Contact No** |  | **Club Coach Contact No** | | |  |
| **REPRESENTATIVE HONOURS** |  | | | | |
| **KIT SIZES – TOP – i.e. XL or Medium etc** |  | | | | |
| **Emergency Contact Details** | | | | | |
| **Name** |  | | | | |
| **Address** |  | | | | |
| **Relationship to Player** |  | | | | |
| **Telephone** |  | | **Mobile** |  | |
| **NOTES** |  | |  |  | |

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| **Health and fitness assessment** | |
| **In which other sports / physical activities are you involved?** |  |
| **How many hours per week do you train?** |  |

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| **Health assessment** | |
| **Have you ever suffered from an eating disorder? (Delete as appropriate)**  **Yes/No (If yes, please detail)** |  |

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| **Concussion** | |
| **Have you ever suffered from concussion? (delete as appropriate)**  **Yes/No (If yes, please give details of when, how long it took you to fully recover and what treatment/advice you received)** |  |
| **All players -** [Please complete the Mandatory online RFU Headcase concussion training](http://www.englandrugbyfiles.com/concussion/courses/players/)  **Date of Completion:………………………………………………….** | |

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| **Medical history** | | | |
| **Do you have any medical conditions, disabilities or allergies? (delete as appropriate) Yes/No** | | | |
| **If the answer is yes, please list each condition, disability or allergy and any medication you take for it below.** | | | |
| **Condition / disability (e.g. asthma, diabetes, epilepsy, anaemia, haemophilia, viral illness, etc)** | **Medication (e.g. tablets, inhalers, creams, etc - give drug names)** | **Frequency / Dose (e.g. twice daily, only with symptoms, etc)** | **Allergy (e.g. bee stings, etc)** |
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| **Cardiac questionnaire** | | | | | |
| **Do you suffer from any of the following? (Delete as appropriate)** | | | | | |
| **Fainting** | **Yes/No** | **Palpitations** | **Yes/No** | **Dizzy turns** | **Yes/No** |
| **Chest pain or tightness** | **Yes/No** | **Breathlessness or more easily tired than teammates** | **Yes/No** | **Sudden death in your immediate family of anyone under 50** | **Yes/No** |
| **History of high blood pressure** | **Yes/No** | **Diabetes** | **Yes/No** | **Smoking (how many per day)** | **Yes/No** |

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| **History of injury** | | | | |
| **Please list any injuries, when they happened and who treated you)** | | | | |
| **Injury (e.g. fracture, tear, rupture)** | **When**  **(e.g. Sept 2007)** | **Treatment received** | **Who treated you (e.g. doctor)** | **Current status of injury (fully recovered or not)** |
|  |  |  |  |  |

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| --- | --- |
| **Operations** | |
| **Have you had any operations in the past 5 years that are not covered above? (Delete as appropriate)**  **Yes/No (If yes please give dates and details of surgery)** |  |

**Player’s signature: ……………………………………………………………………Date of profile completion: ……………………………………………………**