



# ANNAN RUGBY CLUB NEWSLETTER

ISSUE 1

Annan Rugby Football Club, 17 Bank Street, Annan, Dumfriesshire, Scotland, UK DG12 6AA

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## WELCOME TO OUR FIRST NEWSLETTER!

Welcome to the first Annan Rugby Newsletter, as you will be aware the latter part of season 2019/2020 and the start of this season, has like all areas of life been heavily impacted by the COVID 19 Pandemic. That said after little or no activity for several months the Club is back up and running in terms of training for all age groups under the relevant SRU and Sports Scotland and Government guidelines. Sadly the return to competitive rugby has now been put back until the start of 2021 at the earliest, due to the resurgence of cases in many areas of the country.

The support of all members during this period has been significant in helping the club to weather this period and on behalf of the Club can I say thank you to you all. Many of the club coaches and referees have also taken this time to complete a variety of CPD courses to enhance the delivery of both coaching and playing at the club. Given the impact of COVID19 on mental health, a number of the club coaches have also completed a mental health awareness for sport and physical activity course in conjunction with UK Coaching and MIND.

### #ItsOkNotToBeOk

At the start of our return to rugby at the beginning of September, the club in partnership with Scottish Rugby, Dumfries and Galloway Council and the Hollywood Trust also appointed a new

Club Development Officer, Nicole Barlow. Nicole is well known around the club and is also the current Warriors XV Captain. Nicole has hit the ground running and is already to be seen at training sessions, doing school inputs and running holiday rugby camps. Nicole has also taken on the role of the Club COVID19 Safety Coordinator and has been instrumental in preparing the club to resume training, with the appropriate COVID safety procedures in place.

Finally can I ask you to consider supporting all the local businesses who have supported the club over the years and help them through this troubling and difficult time as well.

Yours in Rugby

Gary

Gary Coupland

President

## Legend's Corner



## COVID19 UPDATE

For obvious reasons the transition back to the Rugby Season has been a little different this summer but I have been overwhelmed with the amount of help and support that has been offered to get the club back up and running again. Hand gels have been installed, temperatures are being taken, cleanliness has been enhanced and players are being limited to bubbles of 20. A big thank-you goes to all the Team Leads/Managers who volunteered to take on these extra tasks and as always, they are doing a fantastic job! I'd also like to thank every coach, player, parent and associate who has correctly followed the guidelines put in place, and together we will continue to prevent the spread of Coronavirus.



**Nicole Barlow** - Covid Co-ordinator

## CLUB UPDATE

- We are continuously working to the Scottish government and SRU Covid-19 guidelines not only from a players angle but also a commercial angle.
- The 'Grubber' has been adapted with a one way system and the facility for card payments. It is now stocked with refreshments and club merchandise for sale.
- Raging bull as always are providing a reliable service with bespoke replica tops already ordered for Christmas stocking fillers and bespoke face masks for sale in the grubber. Our partnered online shop continues to offer a great way to purchase branded items.
- We are investing in a covered area over the hard standing that over looks the pitches to provide shelter and useable space as we encourage parents/supporters to use the grubber especially as the weather is getting colder. I'm sure photos of this will appear in the next issue!
- The unfortunate side of this situation is we have been unable to reopened our valued bank Street facility under the current playing and government restrictions. The club house has always been a major aspect of our culture and we are hopeful the post match 'craic' will return soon.



## ANNAN RUGBY CLUB VALUES

Our Club **Vision** is to develop a sustainable club, in terms of our facilities and financial independence, to allow us to grow in line with the demands of an increasing and diverse player base. We also strive for a club that is inclusive to all that want to be a part of it – everyone counts.

Our Club **Mission** is to provide a positive, respectful, safe and enjoyable rugby experience for all, through the One Club ethos.

In January 2020 a survey was carried out in relation to our Club Values and there was also an opportunity to provide positive and constructive feedback about what the Club does well or what could be improved upon.

We received a total of 89 responses from a cross section of roles within the Club, and this feedback is being used to develop an action plan to help us move forward and improve.

Once finalised, the action plan will be shared with you all along with details of our four new Club Values. **Watch this space!**

**Lindsey Kyle**

Values Ambassador



**Keep  
Smiling and  
Keep  
Training  
Guys & Girls,  
Rugby will  
come back  
in our lives  
soon!**



## SENIOR MEN



Senior Men: Thursday at Violetbank. 6.45pm

Since resumption of training at the beginning of September in line and conjunction with the SRU return to rugby roadmap, Annan Rugby's senior men's squads have seen over 50 players participate in Club Training. This has included specialist track and positional sessions as well as weekly club sessions. Head Coach Gordon Carmichael said 'although the tail end of last season and the start of this season has been severely affected by the COVID-19 outbreak, we have taken the opportunity to integrate both the 1st, 2nd and pathway players into the new coaching system. This has allowed us to concentrate more on specialist positional skills and better linkage and understanding for all players, so irrespective of the team they are selected for, they can integrate seamlessly into it. This should put us in a much stronger position as an overall squad when we return to full competitive Rugby.'

**Goggs** - Senior Men's Head



## WARRIORS

Senior Women: Wednesday at Violetbank. 6.45pm



2020 has been a funny old year for the Warriors with last season being cut short in the middle of our quest to get to Murrayfield & this season not able to start all due to the Coronavirus Pandemic. With preseason starting late and due to CV19 protocols only being able to train once a week its been difficult fitting everything into 90 mins. But the players have stuck at it working hard when at training working on improving their all-round game. Keeping the players motivated &

engaged being the test for both myself & assistant coach Jordan as with no games to look forward to its difficult to keep going through the motions of preseason. Training although hard has been fun & an element of fun & laughter can always be seen whether

it's in the warm up doing animal walks, (I have never seen so many different ways a duck can walk) or during games when we have introduced games of walking touch, the look of determination on players faces have been hilarious, you would think walking away from someone would be so easy.



The U18 Hornets players have joined the Warriors at training to further develop their skillset with none of them looking out of place. Also new Warriors Becca Carroll has joined the squad bringing along some new player enthusiasm. Hopefully, games will return to the horizon soon & the Warriors will return to play. IN the meantime, any Lady who wants to come & have a go are more than welcome to join in at training.

**Choc** - Senior Warriors Head Coach



## YOUTH DEVELOPMENT

It's brilliant to see the club thriving with eager boys and girls once again after a strange few months without rugby. After adapting to this 'new normal' we resumed our weekly training sessions and held some Summer and October Holiday Camps for our Mini and Youth sections much to the parents' delight. Players have been familiarising themselves with skills and tactics in preparation for games and have enjoyed some much-needed catch ups with friends and team-mates old and new. Playing numbers have increased particularly in our Minis section and Girls Rugby has gone from strength to strength with now over 65 girls registered to play at Primary and Youth level. I have some exciting things planned so keep an eye out to see how you can get involved with Annan Rugby!

*Heather - Youth Contact*



### Important Contacts:

Susan Coupland (Child Protection Officer) - 07825 213 367 / [susancoupland@annanrfc.com](mailto:susancoupland@annanrfc.com)

Nicole Barlow (Youth Development Officer) - 07771 619 559 / [nicolebarlow9@aol.co.uk](mailto:nicolebarlow9@aol.co.uk)

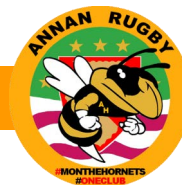
Heather Tinning (Youth Co-Ordinator) - 07766 700 686 / [heathertinning@annanrfc.com](mailto:heathertinning@annanrfc.com)

### SPOT THE DIFFERENCE CAN YOU SPOT THE 5 DIFFERENCES IN THE PHOTOS BELOW?





## HORNETS



### Hornets: Wednesday at Violetbank. 7pm

U12/14/16 Hornets train on a Monday night with myself, Abbie, Nicole and Ellie coaching. Kayleigh Warrick was also helping but had to stop due to work commitments, we thank her for her help. At the moment we have approximately 22 girls training regularly, with lots of new girls at under 12 age grade. So this year when restrictions allow we will arrange some games at under 12 Scotland and under 13 England level.

Training has been consisting of warmup touch, fitness work, a few passing drills and pad work. Finishing off with a game of scragg. Going forward we will be upping tackling practice to toughen up the girls. x5 u18 girls are training with the women and giving a good account of themselves. A few other under 18 girls have also trained occasionally. We had been arranging local seven aside games for them and had high hopes for good results.



Also with Nicole out warriors captain and development officer helping with training she has invited two under 16 girls to additionally train with the Warriors; Zoe and Sarah. So well done both girls and good luck. I've no doubt they will both do well. With the opportunity for more under 16 girls step up a level also being there.

With no competitive rugby till next year we've entered into a competition with the Biggar rugby club girls. We video one of our girls Doing a sporty event send the video to the Biggar coach (with parents consent ) and see if they can beat our score/time. They send a different challenge back to us to see if we can beat it. At the moment to be are one up with Nieve Ross doing 52 push ups in a minute to their 46. Biggar are currently practising the next challenge.

Till next time **Billy Henderson** - Hornets Head Coach



## P1-3 TIGERS

P1-P3 Boys/Girls: Friday at Violetbank. 6pm

The P1-3 Tigers are delighted to be back playing rugby and the weather has been kind to us so far. We have had a record number of players at training over the last ten Friday nights, with a high of 26 players at one of the sessions. There have also been 18 new P1-3s along to give rugby a try, with most of them returning each week. It has been great to see this age group grow; with most sessions having to be split into two bubbles, it is keeping Craig and Lindsey on their toes! Everyone is enjoying learning new skills, developing their existing skills and most of all having fun.

### Goooooooo Tigers!

P1-3 Coaches







## P4-5 TIGERS

P4-P5 Boys/Girls: Friday at Violetbank. 6.15pm

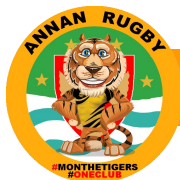
After returning back to Violetbank after the summer holidays it was a shock to the system for the players finally being let loose after the lockdown period. The shock was bigger for me having to change my coaching style (only slightly) to coach 7-9 year olds rather than uncooperative men!

With the help of JJ we have worked well with a core of 16-20 players who all bring something to the party. We have spent our time working on core skills with the whole squad grasping the basics of the game and improving with every session to the point the team looks dangerous! Like everyone we're looking forward to be able to play against other team's. For the time being we will continue to work hard and enjoy building as a team.

**Muff - P4-5 Coach**







## P 6 - 7 TIGERS

P6-P7 Boys/Girls: Friday at Violetbank. 6.30pm

The P6/7 have gained so much since the return of rugby after Covid-19. By having time on our side we have pulled back to basics by learning and adapting new skills from passing, attacking and defending. Callum (**Head Coach**) has been taking a section of the team and really concentrated the key areas of rugby and has broke down sections of the game for good understanding. Jordan (head coach) has taken mainly the girls P6/7 for most of Month and gone through a similar process. Ben (**assistant head coach**) has done amazing with support between the groups.



Overall P6/7 have a done a tremendous job they have all worked incredibly hard and deserve some credit we are pushing them beyond their limits. All of us including Heather our Team Manager who has a key role can see great potential in the young Annan players. Fantastic time to be a P6/7 Rugby Player.

Callum - P6/7 Coach





## UNDER 14 BOYS

U14 Boys: Tuesday at Violetbank. 6pm

A brief insight for the news letter from the U14s. The 'transition' year was always going to be a big step for kids moving into a 15 a side game, but made a bit more challenging by losing 4 months of there development/ positional training last season. However, it will have been the same for all clubs. It's been very nice to see them flourish and take it in there stride.

Since our return to training we have had good steady numbers of 15 18 boys per session. An even split of last year's u14 members and players stepping up from the p7 mini section. We have gradually built up fitness and tried to gel them together in preparation for some game time.

Jack and myself have been working with them in specific areas of play each week to try and bring the game together as a whole and they all seem to be enjoying the sessions. We as there coaches know the majority of the players having coached them from P3/P4 right up until now and know there strong points and what they need to work on. We are also aware we have to find a balance to keep them interested, fit and alert until they can get on a pitch against opposition.

We thank the boys and there parents in there efforts in getting them to training on time and for adhering to the COVID rules. Thanks also to Ryan A, Nicole and all Senior men who having given up there time to give us there help and input with the sessions.

Final thanks go to Julie S for all her hard work coordinating all info, stats and communications.

Here's hoping we get a return to games soon.

**Jack T and Ross J - U14 Coaches**







## UNDER 16 BOYS

U16 Boys: Tuesday at Violetbank. 5.50pm

The U16 boys squad have had a fairly positive start to this season, with the only cloud being the lack of any competitive games in the foreseeable future. As we said throughout last season, this year would see the benefit of a number of lads having the experience of playing at U16 with the influx of a strong group from last season's successful U14 squad.

We've had 10 sessions so far, with an average of 19 at each night (including reduced numbers during the Oct holidays), and so far 26 different players including a couple of new faces that have fitted in well.

Our first four nights were all about playing Touch (in line with the COVID rules) but we gradually brought in more fitness work, handling skills and lately contact work of tackling and breakdown. As with all our junior teams there is a wide spectrum of abilities and mindsets but overall its pleasing to see the lads apply themselves and we are encouraging them to stretch their skills and get fitter. With no games to play this side of Christmas the coached haven't really looked at any possible team line up and everything is still up for grabs.

As we enter the darker nights we'll try to continue the mix of activities – the more fitness the boys can do on their own (running and body weight exercises) the more time we can spend on coaching on our one night a week. On that subject we will look into possible Sunday training and maybe even some inter-squad games if we can work out a safe set of rules within the current restrictions.

Andy, Rob and Conor are always happy to chat to any parents after training or we can be contacted through the WhatsApp group chat.

The Under 16 Boys are all wishing Wallace Alexander a Speedy Recovery from breaking his ankle!!



Andy Render, Rob McMillian & Conor Palmer - U16 Coaches



AVAILABLE TO PURCHASE FROM

# THE GRUBBER



THANKS TO  
**MACC**  
DESIGN STUDIO  
41 HIGH STREET  
ANNAN



**Mini Sanitizer Bottle with  
Belt/Keyring Grip**  
£4.00

**FOR ALL YOUR XMAS  
PRESENTS NEEDS!**



**Face Mask**  
£5.00



**Bobble Hat**  
£9.00



**Wristbands**  
£2.00



**Sweets / Hot & Cold Drinks**  
£ various



**Socks**  
£8.00 per pair  
S 12-2, M 3-6, L 7-11



**Keyrings**  
£2.00



**Gum Shield**  
£3.00  
Junior & Senior



**Tote Bags**  
£2.00



## WE NOW TAKE CARD PAYMENTS!





# ANNAN RUGBY CLUB'S SPONSORSHIP

## SPONSORSHIP OPTIONS.



### OPTION 1 MATCHDAY HOSPITALITY PACKAGES

Available for business and non-business, large or small. Prices available on enquiry.



### OPTION 2 VIOLETBANK SPONSORSHIP

For the sponsorship amount of **£600** (+VAT)



### OPTION 3 SPONSORSHIP OF THE GRUBBER

For the sponsorship amount of **£500** (+VAT)



### OPTION 4 HIGHLAND GAMES SPONSOR

For the sponsorship amount of **£500** (+VAT)



### OPTION 5 POST PROTECTOR SPONSOR

For the sponsorship amount of **£300** (+VAT)



### OPTION 6 MINI FESTIVAL TOURNAMENT

For the sponsorship amount of **£300** (+VAT)



### OPTION 7 INVESTMENT IN YOUTH RUGBY

For the sponsorship amount of **£200** (+VAT)



### OPTION 8 PITCHSIDE ADVERTISING

An advertising hoarding pitchside at Violetbank (12ft. X 2ft.) costs **£150** per season (+VAT) and the sponsor provides the board.



### OPTION 9 MATCH DAY PROGRAMME ADVERTISING

The programme printed for the 9 home league games in Tennent's West Division 1 as well as for any home cup games. Pages are A5 size. The cost of advertising for the season (+VAT) is **£60** half page, **£100** full page, **£125** inside front or inside back (colour), **£150** back cover (colour).



### OPTION 10 MATCH BALL

For the sponsorship amount of **£60** (+VAT)



### OPTION 11 HIGHLAND GAMES EVENT SPONSOR

For the sponsorship amount of **£25** (+VAT)



### OPTION 12 ENTRY TO MONTHLY DRAW

For the monthly amount of **£5** (paid by direct debit) you have the chance of winning **£250** every month

## CONTACT US.

All our sponsors will also receive an invitation to sponsors events throughout the season and recognition in our social media. For further details of the above packages feel free to get in touch.

Please let us know if you have any other ideas for sponsorship which have not been listed.

**SPONSORSHIP MAIN CONTACT**  
Neil Moffat

**EMAIL**  
[sponsorship@annanrfc.com](mailto:sponsorship@annanrfc.com)

**PHONE**  
**07469 774918**



## **ANNAN RUGBY CLUB'S MEMBERS SECTION**

As always, thanks to all our members who have been supporting the club in these strange times!

The clubhouse is shut for the foreseeable future but there are always things happening at Annan Rugby.

**FOOD DRIVE:** Collecting non-perishable food for the Annan Community until 11<sup>th</sup> December. Drop off any items at Violetbank during training times.

**P1-P7 EVENTS AT VIOLETBANK:** Keep an eye out on social media and the Annan Rugby Website for various in-house Sunday Tournaments for the mighty P1-P7 Tigers.

**£250 MONTHLY DRAW:** Win £250 and also help club funds for just £4 per month. See <https://tinyurl.com/Annan250> or contact Ed Woodman (edwoodman@annanrfc.com)

### **MEMBERSHIP**

If you are already a member of Annan Rugby, thank you!

If you want to become a member then all the details on how to join can be found at: <https://www.annanrugby.com/about/membership/> or email [subs@annanrfc.com](mailto:subs@annanrfc.com)

**Over 18 Player:** £144 per season;

**Over 18 Student Player:** £84 per season;

**Under 18 Player:** £50 per season;

**Associated Membership:** £20 per season.

Your support as a member has never been more important in these COVID times, however, Annan Rugby is a community club so if you are experiencing hardship issues as a result of these unprecedented times, please talk to President Gary or a member of the committee in confidence.



# CONTACTS

Annan Rugby is always looking for new players, members, volunteers, coaches, referees, friends!

There are many ways to contact us or join the team.

Give us a **phone call** on 01461 204562, pop into the Clubhouse, Violetbank or send us an **email** - [contact@annanrhc.com](mailto:contact@annanrhc.com).

Or drop a message on WhatsApp to 07981012659.

You can send us a message on our Facebook page at: [Facebook.com/AnnanRugby](https://Facebook.com/AnnanRugby)

Or send us a message on our Twitter page at: [Twitter.com/AnnanRugby](https://Twitter.com/AnnanRugby)

The email address of the various Office Bearers can be found on our website on the [General Info](#) page.

The email and contact numbers of the various coaches can be found on the [Our Teams](#) page on the website.

Anyone who wants to help/contribute/has any ideas for future Newsletters - please contact any of the above. :)

Hopefully that's all the ways covered!

## ANNAN RUGBY FOOD DRIVE

COLLECTING NON-PERISHABLE\* FOOD ITEMS  
FOR LOCAL FOOD BANKS

\*TINS, CEREAL BOXES, RICE,  
PASTA, SOUP ETC

#COMMUNITYSUPPORT



FINAL DROP OFF DATE  
FRIDAY 11TH DECEMBER

#ONECLUBONEFAMILY

## HOW TO DONATE

DROP OFF\* AT VIOLETBANK  
DURING ANY TRAINING SESSION  
\* HAND INTO A TEAM MANAGER OR  
PUT INTO THE CONTAINER LOCATED IN THE GRUBBER

## TRAINING TIMES

MON: 6.30PM TO 7.45PM  
TUE: 5.50PM TO 7.45PM  
WED: 7.00PM TO 8.30PM  
THU: 7.00PM TO 8.30PM  
FRI: 6.00PM TO 7.40PM  
SAT: 10.00AM TO 11.30AM

OR CONTACT HEATHER TINNING ON  
[HEATHERTINNING@ANNANRFC.COM](mailto:HEATHERTINNING@ANNANRFC.COM)  
OR 07766 700 686





# **£250 MONTHLY DRAW**

**HELP RAISE CLUB FUNDS AND A CHANCE TO WIN  
£250 EVERY MONTH!**

**£4 PER MONTH**

**EMAIL [CONTACT@ANNANRFC.COM](mailto:CONTACT@ANNANRFC.COM) AND WE WILL GET  
YOU SET UP OR ANSWER ANY QUESTIONS**

**£250 MONTHLY DRAW WINNER NOVEMBER  
- ??????? -**

**#ONECLUBONELOVE**





1



2



3



4



5



6



7



8



9



10



# ANNAN RUGBY GUESS WHO?

**MOST EASY, A COUPLE A BIT HARDER!**

**ANSWERS IN THE NEXT EDITION  
OR TEXT/WHATS APP 07981012659  
IF YOU CANT WAIT!**



11



12



13



14



15



16



17



18



19



20

