

PLAYER MANUAL 2018



-The Return to Kentwell Cup-






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CLUB GOALS 2018

-  We want to finish in the top 5 of the Club Championship
-  We want several teams to play semi-finals footy, including Colts
-  We also want large turn-outs for social events, a great club culture, and 100% fee payment

SEASON CALENDAR 2018















Date	Event	Location
Tues 30 January	Training Commences	Boronia Park 1
Sat 24 February	Kiama Sevens Tournament	Kiama
Sat 3 March	Subbies 7s Tournament	
Sat 10 March	Pre-season Trip to Port Macquarie	Port Macquarie
Sat 17 March	Trial Day v UNSW + Brothers	Boronia Park 3
Sat 24 March	Trial Day v Blue Mountains + Hawkesbury Valley	Boronia Park 3
Sun 1 April	Easter Sunday	
Sat 7 April	Trial Match v Petersham	Camperdown Oval
Sat 7/Sun 8 April	Women's 7s R1	
Sat 14 April	Round 1 v Mosman (Life-Members Day + KEG)	Boronia Park 1
Sat 21 April	Round 2 v Petersham	Camperdown Oval
Sat 28 April	Round 3 v Waverly	Waverly Oval
Sat 28/Sun 29 April	Women's 7s R2	
Fri 4 May	Event: All of Club Season Launch	The Bayview Hotel
Sat 5 May	Wet Weather Weekend	
Sat 12 May	Round 4 v Knox (Ladies Day)	Boronia Park 1
Sat 19 May	Round 5 v Colleagues (KEG)	Boronia Park 1
Sat 26 May	Round 6 v Balmain	Leichardt Oval 2
Sat 26/Sun 27 May	Women's 7s R3	
Sat 2 June	Round 7 v Drummoyne (Beyond Blue Day)	Boronia Park 1
Sat 9 June	Guaranteed Bye: Queen's Birthday	
Sat 16 June	Round 8 v Mosman	Rawson Park
Sat 23 June	Round 9 v Petersham (Back to Boronia Day)	Boronia Park 1
Sat 30 June	Round 10 v Waverly	Boronia Park 1
Sat 30 June/Sun 1 July	Women's 7s R4	
Sat 7 July	Round 11 v Knox	Lofberg Oval
Sat 14 July	Wet Weather Weekend	
Sat 21 July	Round 12 v Colleagues	Woollahra Oval 2
Sat 28 July	Round 13 v Balmain (KEG)	Boronia Park 1
Sat 28/Sun 29 July	Women's 7s R5	
Sat 4 August	Final Round v Drummoyne	Drummoyne Oval
Sat 11 August	Semi-Finals	
Sat 18 August	Preliminary Finals	
Sat 25 Augusts	Grand Finals	
Sat 25/Sun 26 August	Women's 7s R6	
Sat 15 September	End of Season Trip	Gold Coast
Sat 15/Sun 16 SEPT.	Women's 7s Final Round	
Sat 29 September	End of Season Presentation Night	North Ryde RSL

Being Part of the Club







Hunters Hill is the premier suburb in Sydney. Hunters Hill Rugby is a proud Club with a proud history. That success in the past has been built upon a culture of success and mateship throughout the Club. Being part of the Hillies family means much more than merely playing a game of rugby every Saturday.

In order to build on our history we need to maintain that culture of success and mateship. Accordingly, there are certain things the Club expects a true clubman to do as a valued family member.

A Hillies clubman should:

-  Above all else, bleed black and white
-  Aspire to play First Grade;
-  Pay registration fees
-  Attend Tuesday training when available and every Thursday training, whether fit or otherwise
-  Bring all the required gear for training that enables you to train safely, this includes: rugby boots, joggers and suitable protection for the conduct of contact drills (i.e. mouthguard, headgear, etc.)
-  Support all grades, but at the very least the grade playing before your game
-  Be ready to warm-up by halftime of the match before your game
-  **Have all the correct uniform on game day, that is, the right socks, shorts and jersey. We are playing First Division, we need to look like a proper outfit that belongs in that competition**
-  Play the game as it should be played, avoiding foul play and the referee
-  Return jerseys and be part of the debrief after the match
-  Make yourself available to reserve and play for the match after yours
-  Attend the traditional after match speeches and boat-race
-  Keep an eye on the Facebook page for updates about training and game day
-  Turn-up for Club social events and attend Presentation Night

Over the course of the season, a great Hillies clubman will:

-  Fill and run water for another team
-  Run a touchline
-  Man the BBQ or Canteen
-  Help set up the ground (especially for 4th Grade)
-  Help pack up the ground (especially after 1st Grade)
-  Pick up rubbish after a match

Running the Club: Club Captain, Coaches and the Committee

The Club Captain is the leader of the Club. You should follow his example and speak to him if you have any issue as a player.

Coaches and Managers:

1 st Grade Coach	Clinton Allardice + Peter Quinn
1 st Grade Manager	Damien Treseder
2 nd Grade Coach	Matt Macrae + Will Carew + Chris Collins
2 nd Grade Manager:	Brad MacRae
Colts Coach	Greg Wyatt-Spratt + Mark Ashurst
Colts Manager	Rod Dufficy
Third Grade Coach	Lewis Nottidge + Jeremy Corfield + Chris Groves
Third Grade Manager	Chris Groves
Fourth Grade Coach	Nathan James + Cam Jenkins + Alex McLachlan
Fourth Grade Manager	Hayden Brown
Fifth Grade Coach	Sunjay Jain + Alexander Bellato
Fifth Grade Manager	

The Committee:

Chairman	Gary Lane
Vice-Chairman (Mens)	Jordan (Seagull) Butler
Vice-Chairmen (Womens)	Lauren Salmon
Secretary	Timothy Litherland
Treasurer	Allan Southcombe
Assistant-Treasurer	Alexander Bellato
Registrar	Paul Shields



Fees

In order to run, the Club relies on players paying their registration fees. **We are aiming to have 100% of fees paid by every player this year by Round 8 (Sat 16 June).** Registration this year will be done via the Fusesport Rugby App. Information on how to register can be found on the Clubs Facebook page. If you have any issues registering, get into contact with the Club Registrar, Paul Shields.

The 2018 Fees are:





Grade players \$300.00

Colts Players: \$200.00

The Schedule for fee payment is:

Deadline	Payment
Trials	No payment
Round 4 v Knox -SAT 12 May-	50% of Fees must be paid
Round 8 v Mosman -SAT 16 June-	100% of Fees must be paid

Paid fees gives you:

-  A free pair of socks, shorts, training jersey and polo shirt
-  Insurance
-  The right to vote at the AGM and any Special General Meeting
-  The right to nominate and serve on the Sub-committee




NOTE: the Sub-committee acknowledges that all player's financial situations are different. If you need flexibility in meeting the above arrangements, or if you are available only for a few games, or if would like to trade your labour / time in exchange for fees, please contact a member of the Sub-committee who will be happy to negotiate with you.

Code of Conduct and The Judiciary

Code of Conduct

A member, player, coach or official shall not at any time act in a manner detrimental towards the game of rugby union or the Club.

During the course of or after a match, a member, player, coach, official, supporter and any other person associated with the Club shall not:

-  abuse threaten or intimidate a referee, touch judge or other match official, whether on or off the field, or a selector, coach, manager or other team official;
-  show unnecessary obvious dissent, displeasure or disapproval towards a referee, touch judge or other match official, his or her decision or generally following a decision of a match;
-  use crude or abusive language or gestures towards referees, touch judges or other match officials or spectators.

While representing the Club, a member, player, coach or official of the Club shall not do anything to intimidate, offend, insult or humiliate another participant on the ground of race, colour, national or ethnic origin, gender, sexuality or religion.

Players, coaches, officials, supporters and sponsors shall adhere to the amateur status of NSWSRU, and shall not accept, or entice others to accept, any remuneration or reward whatsoever in respect to participation as a player in the NSWSRU.

The Judiciary

All players who receive Red or Yellow cards will be personally responsible for the payment of any fines arising for the Club as a result of those cards.

Such players will not be eligible to play until any fines are paid.

Where a player receives a Red Card, they can either: (where eligible for an early plea of guilty) take the option of an automatic penalty; or attend the Judiciary at 6:00pm on the Wednesday following the match in which the player was sent off the field.

Where a player wishes to attend the Judiciary, he will, where possible, be accompanied by Club Counsel.

If found guilty, the Club will be fined and the player will be obliged to pay the fine imposed upon the Club.

Squad Selection

Decisions about squad selection are made amongst the coaching team in accordance with selection priorities. Final squad selections will be communicated at the start of training on Thursday. It is the role the team managers to communicate with all coaches if a player is unavailable or injured. If a player does not wish to play for a higher grade, that player needs to get in contact with the Club Captain and / or the relevant members of the coaching team. While such an intention will be taken into consideration, an important part of being a Hillies clubman is doing what is best for the Club, not what is best for you alone.

Selection Priorities



Training Attendance

Players who are chosen for a team and do not attend Thursday training, without prior agreement of the team coach, may be dropped for Saturdays game.

Players Returning from Injury

The reintegration of players returning from injury will be done in accordance with the discretion of the coaching team and selection priorities. Injured players returning from injury will be informed as to which team they are to train with during the week, and will be informed of squad selection decisions at the start of training on Thursday.

Promotion and Demotion

Players may be promoted by more than two grades subject to the circumstances of the time. Promotion may be communicated via any means, including social media. No player will be demoted by more than two grades at once except in exceptional circumstances (such as for disciplinary reasons) and as agreed by the club coach. Players are entitled to be notified of demotion face-to-face, or over a telephone call if a face-to-face conversation is impracticable due to the circumstances of the time.

Disputes

Any player who has an issue with squad selection should firstly speak to the coach who has made the selection decision in a calm and polite manner. If the player feels that this does not resolve the situation, they may then approach the Club Captain, who may then bring the situation up with the Club Coach and the Vice-Chairmen of the Club for further consideration.

Health

Communication

Players should keep Managers informed of their fitness and availability to train and play at all times. Players must advise on potential availability issues to the relevant manager or coach before 1pm Tuesday, as initial squad selection will take place Tuesday Afternoon.

Insurance

It is strongly advised that you obtain private medical health insurance. For players not covered by Medicare, this is compulsory.

The insurance offered by the ARU is very minimal.

The Australian Rugby Union has arranged the ARU Sports Injury and Liability Insurance Plan on behalf of our Member Unions, their Affiliate Unions, Clubs and Referee Associations. All participants (Players, Coaches, Officials) must be registered with the ARU in order to obtain coverage under the plan.

All Clubs affiliated with the ARU and/or the various Member Unions are automatically covered under the plan annually.

Whilst the plan provides basic levels of cover for players and others participating in Rugby, it is not all encompassing (this is necessary to keep the cost of insurance affordable for players) and does not seek to replace the need for private health and other insurances.

ARU encourages all players and officials to take out their own private health insurance, life insurance and 'Top Up' coverage over and above the coverage provided under this plan. Gow-Gates can assist in regard to 'Top Up' insurance and other insurance requirements.

A copy of the 2018 ARU Insurance brochure can be accessed at:

http://www.rugbyaustralia.com.au/Portals/33/Running%20Rugby/Governance/2018_Rugby_Insurance_Brochure.pdf

The ARU Rugby Insurance Plan website is provided so that players / parents / club administrators throughout Australia have immediate access to information on the policy benefits, procedures and resources of the insurance plan, including; policy details, coverage, claims information, Rugby risk management and FAQs.

Serious Injury

A Serious Injury Report **MUST** be completed for the following match or training related injuries;

Any head or neck injury that results in a player being treated at an emergency department, hospital or after-hours medical centre; or






Any injury that results in the admission of a player into hospital. NOTE: this does not include players taken to an emergency department and allowed home from there.

ARU Concussion Guidance

The Australian Rugby Union provides guidance regarding concussion which applies to everyone involved in Rugby across Australia.

At all times, players, parents, coaches and officials need to act in the best interest of player safety and welfare by taking responsibility for the recognition, removal and referral of players to a medical doctor and then ensuring concussion is appropriately managed according to the guidelines.

Under the guidelines:

-  **Recognise and Remove** – Any player suspected or recognised with concussion **must** be removed from training and playing and **NOT** return to Rugby or other sport or physical activity on the same day.
-  **Refer** – Any player suspected or recognised with concussion **MUST** see a medical doctor as soon as possible.
-  **Rest** – Players diagnosed with concussion **MUST** rest completely until all signs and symptoms of concussion have disappeared.
-  **Recover** – The concussed player **MUST** first recover from all signs and symptoms of concussion at rest and return to activities of normal daily living before starting exercise.
-  **Return** – Players return to contact training and games following the 'Graduated Return to Play' protocol.

Links

Below are links to various ARU Medical Policies:

ARU Medical Policy:

<http://www.rugbyaustralia.com.au/Portals/1/PDFs/ARU%20Medical%20Policy%20-1%20Jan%202016.pdf>

ARU Medical & Safety Recommendations

http://www.rugbyaustralia.com.au/Portals/33/Policy%20Register/Safe%20Practices/ARU%20Medical%20and%20Safety%20Recommendations_2015.pdf

ARU Concussion Guidance

http://headsafes.com/wp-content/uploads/ARU-Concussion-Guidance-Public_FINAL_2016-1.pdf

ARU Serious Injury Protocol/ Report

<http://www.rugbyaustralia.com.au/coaching/SmartRugby/ProgramFeatures/ARUSeriousInjuryProtocolandReporting.aspx>

ARU Insurance Plan

<http://www.gowgatessport.com.au/rugby/>

ARU Welfare Fund

http://www.rugbyaustralia.com.au/Portals/33/Policy%20Register/Safe%20Practices/ARU%20Welfare%20Fund_2011.pdf

THINGS TO DO

Checkout the Clubs homepage <http://www.huntershillrugby.org.au>

Like us on Facebook: [Hunters Hill Rugby Union Football Club](#)

Follow us on Twitter @[HHRUFC](#)

Follow us on Instagram @[hhrugby](#)

Buy merchandise at [Classic Sports E-Boutique](#)

Eat and drink at the Bayview Tavern!