

# **GLASGOW LIONS**



**WELCOME PACK 2016**

Dear Member,

Hopefully this pack will provide you with some guidance to the season ahead. All information in this document can also be found at [www.glasgowlions.com](http://www.glasgowlions.com) and regular updates are posted on our Facebook page and twitter.

Firstly, welcome to the Glasgow Lions Touch Rugby Club. If you are new to the club, you should now have some understanding of the game and if you are already a regular member, hopefully you've made a good start to the season. If you have any problems or enquiries, please don't hesitate to ask the club captains, coaches or committee members who will be happy to help.

## **HEALTH AND SAFETY**

In line with our health and safety and insurance policies, our aim is to make our training sessions and games as safe and enjoyable as possible.

**Footwear:** Appropriate footwear must be worn at all times. This is either rubber studs or moulded boots or blades. If you have any doubts about the correct footwear, please check with your coach in the first instant. NB: FOR YOUR OWN SAFETY YOU WILL NOT BE ALLOWED TO PARTICIPATE IF YOU DO NOT HAVE THE CORRECT FOOTWEAR.

**Jewellery and Fingernails:** Players are not to participate in any session or match while wearing any item of jewellery, chain, identification band or similar item that may prove dangerous. Long or sharp fingernails are not allowed. Jewellery or other items that cannot be removed, or dangerous fingernails, are to be taped.

## **PLAYER CODE OF CONDUCT/ELIGIBILITY**

Our Club prides itself on our sporting conduct both on and off the pitch. Here is a small summary of some of our code of conduct rules:

- All Glasgow Lions members must show respect and support for each other. Under no circumstances should players intimidate, speak over or swear at your own team members or opposition players.
- All Glasgow Lions members must respect and support the coaches, assistant coaches and captains at training sessions, tournaments, leagues and during all competitive games. They are there to provide leadership, guidance and direction to allow the game to be enjoyable for all.
- All Glasgow Lions members are ambassadors for the club and as such should behave in a sporting manner at all times.
- All Glasgow Lions members must refrain from backchat to referees during games, during the leagues and at competitive tournaments. Aggressive behavior by club members towards, fellow players, opposing teams and referees will not be tolerated.

- The club recognises the continuing fragility of the game and the need to grow players in the sport, and we will assist other clubs/teams where possible, however Lions members first loyalty should be to their own club. We have a lot of people who volunteer their time to manage and develop the club and a lot of hard work and effort has gone in to create the club we have today. Therefore, playing or 'filling in' for other teams in games which are not 'SCRATCH' games will not be permitted. We have done this in the past to our detriment where teams have gone through on points ahead of us, where we have provided them with the players to do so.

Any breach of 'Code of Conduct' will be referred to the Coaches, Assistant Coaches and Captains in the first instance, and for serious breach, will be referred to the Club Committee.

You will also find the club policies [Code of Conduction & Player Eligibility] on the website link [www.glasgowlions.com/resources](http://www.glasgowlions.com/resources) under players section.

All members should take time to read through these policies so that you are aware of what is expected

If you have any problems, please speak to any one of the club leaders who will be happy to help.

## **TRAINING SESSIONS**

### **Weekday training sessions:**

Weekday training sessions will commence 5<sup>th</sup> April and will take place on Tuesday and Thursday evenings from 6.30pm to 8:30pm on Glasgow Green Football Centre 28 King's Drive, Glasgow, Glasgow City G40 1HB [\[MAP\]](#) These will continue until September.

NB: When the Glasgow Summer League starts on Thursday 19<sup>th</sup> May, there will only be one structured training session per week on Tuesdays for this 11 week period.

### **Social Saturdays:**

These are held on Saturdays from 11am, where enough players are available and are social games open to everyone, not just lions. So bring your friends for a friendly game on the green.

### **Pre-season training (Rugby-Fit):**

Pre-season training will start on Saturday 6<sup>th</sup> February until 2<sup>nd</sup> April and will take place from 10.30am-12 noon at St Mungo's Academy, G20 2RA [\[MAP\]](#). Details will be provided on the Glasgow Lions Facebook page.

## **MEMBERSHIP AND FEES**

All members of the club whether they are players/non players etc must complete a membership form and pay a membership fee of **£25** for existing members and **£1** for new members (any member new to the club since August 2015) in their first season on or before **5<sup>th</sup> February 2016**. New players have a trial period of 1 month. Membership is now due and if you haven't already done so, please complete the online membership form and make your payment a.s.a.p. Please go to **<http://www.glasgowlions.com/membership>**

Payment can be made by direct bank transfer. Account details are as follows:

Glasgow Lions

**Account No:** 86202152

**Sort Code:** 09 01 27

**Ref:** Your name

## **EVENTS/TOURNAMENTS/COSTS**

### **COSTS**

We use a 'player pays' policy where if you wish to play in a particular tournament or league, then you have to pay. We try to keep the costs to minimum by hosting a couple of fundraisers each year. Generally the cost per tournament is £10 per person with petrol costs on top of that, however you will be advised of the cost when each tournament is advertised. For the Glasgow Summer League the cost is £35 per player which will include 2 games per night for 11 weeks.

### **DEADLINES**

In order for the club to manage and organise teams, tournaments and leagues will generally be advertised at least 4 weeks in advance and you will be asked to register your interest. You will have up until the deadline for each event to register and pay your fees.

**Please be aware that we are adopting stricter guidelines this year and only those who sign up in time will be considered. If you miss the deadline, you will miss out.**

This may mean that there may be enough players to enter one team, but not enough for additional teams. In this instance for tournaments, generally the stronger team will be selected to compete, however it will depend on the tournament. The reasons for this is that only the top 8 teams from the previous year's STS will automatically be guaranteed a place to compete which means it is important at these events that we try to enter our most competitive team.

### **EVENTS/TOURNAMENTS**

Our main tournaments is the Scottish Touch Series (STS) where teams from all over Scotland compete to earn points and become the ultimate champions. These tournaments are held in the 4 main regions: Glasgow, Stirling, Aberdeen, Edinburgh. The Lions have to be competitive at these tournaments as only the top 8 are guaranteed a place in next year's competition.

Various other tournaments are scheduled throughout the season which are also both competitive and enjoyable. The Glasgow Lions host 2 of these which are the Beginners

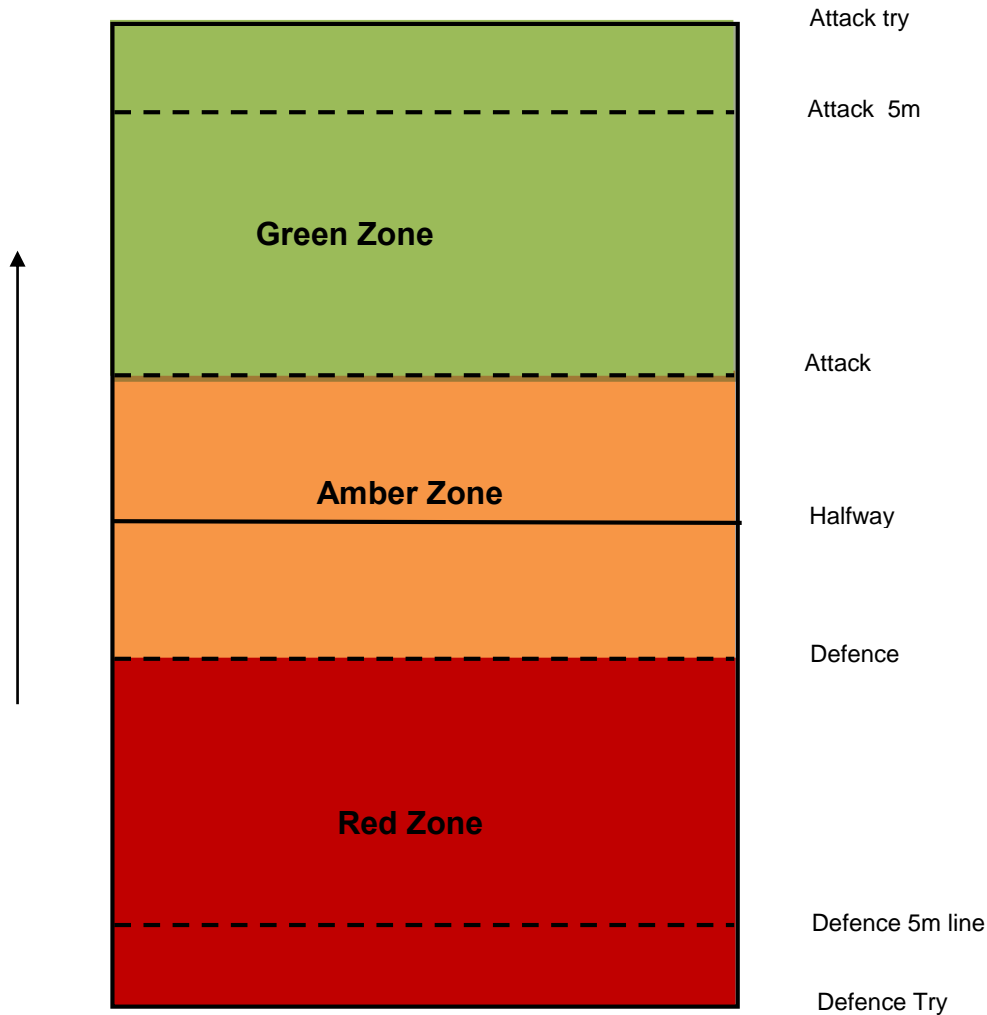
tournament and Mens/Womens tournament. There is also the Glasgow Summer League starting May 19th It will run for 11 weeks on Thursday evenings from 6.30pm.

Below is a list of upcoming tournaments and events. More information will be posted on the Glasgow Lions Facebook page when it becomes available.

<b>Event</b>	<b>Location</b>	<b>Date of Tournament</b>
Glasgow Lions Beginners Tournament	Cartha Queens Park RFC	7th May
Stirling STS	Stirling County Rugby club	21st May
Glasgow League	Hill Head sports complex	12th May
Edinburgh STS	Edinburgh	4th June
Euro Touch Championships	Jersey	7th-10th July
Glasgow STS	TBC	TBC
Aberdeen STS	TBC	TBC
Tartan Touch Championships	Aberdeen	TBC

## GENERAL PLAYER INFO

All teams will refer to the different playing zones on a field. Below is a diagram of these zones:



Each team may adopt different moves/game policies for each zone however, the overall general objective for each zone is as follows:

### Attack:

Red Zone - objective is to get as far up the field into the green zone as possible (rucking).

Amber Zone - objective is to get into the green zone, but start to think about line attack

Green Zone - objective is line attack (scoring)

### Defence:

Red Zone - Danger. Stop them from scoring

Amber - objective is to not let the attacking team advance and be aware the danger zone is near

Green - objective is to not let the attacking team advance

Finally players are encouraged to join our Facebook GROUP which is updated regularly with news of events and where we have videos and material players can learn from. The link for this is below.

[facebook.com/groups/glasgowlionstrc](https://facebook.com/groups/glasgowlionstrc)

## **TRAINING SQUADS**

The idea is to have 3 training squads this year. The format for these teams is still to be confirmed.

**GLASGOW LIONS FORCE:** - training squad to field our most competitive team

**GLASGOW LIONS TORNADOS:-** training squad will consist of developing players

**GLASGOW LIONS CYCLONES:-** training squad is for beginners

There may also be a 4th training squad for rugby players who are new to the game but who have advanced skills should there be sufficient numbers to support this. The aim is to have a short interim period to bring them up to speed before slotting them in to the training squads above.

The coaching team following Pre-Season & Rugby-Fit at St Mungo's Academy will select these squads. A selection criterion will be publicised to players so they are aware of the commitments and requirements to be selected for a particular squad. The aim this season is that you will train and play in tournaments / league in your squads and work on developing as a team, based on previous performances and future opponents. Although we try to host our training sessions, which targets the different levels, there may be the occasion where this can't happen due to attendance numbers and coaching resources.

Also, players should be aware that they may be shuffled to other teams for a variety of reasons including developmental or purely to make up numbers (especially over the holiday period). If you have any concerns or questions, please speak to your coach directly who will be happy to help.

It is also important to note that our coaching resources are stretched and some sessions will be led by assistant coaches and/or senior players. We ask that everyone remembers the 'code of conduct' rules to make their job a lot easier. If there are things that you would like to highlight, please do this at the conclusion of the session, as to not cause disruption for others.

## **CONCLUSION**

All club communications and updated details can be found on our website at <http://www.glasgowlions.com> or the Facebook page <https://www.facebook.com/GlasgowLionsTRC>

If you have any problems, please feel free to speak to your coaches, assistant coaches, captains, committee members or email [info@glasgowlions.com](mailto:info@glasgowlions.com). We will be happy to help. Attached is a copy of some at home stretches that you might also find helpful.

Good luck and we hope you all have an enjoyable 2016 season!

**Glasgow Lions Committee**