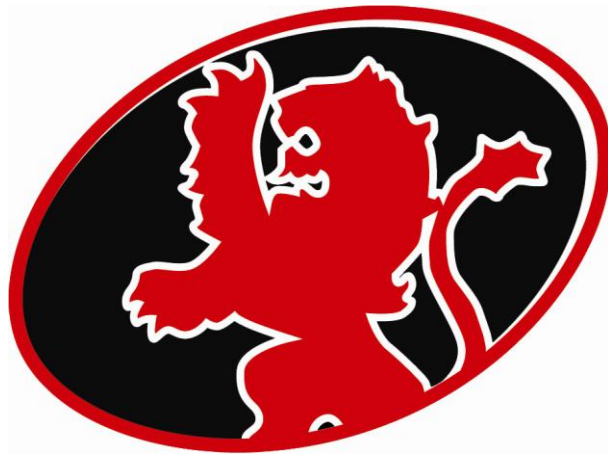


GLASGOW LIONS



WELCOME PACK 2014

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 and regular updates are posted on our facebook page and twitter.

Firstly, welcome to the Glasgow Lions Touch 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
- 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. Attached is a copy of the Club's Player Code of Conduct and Player Eligibility Policies. You will also find all our club policies on the website www.glasgowlions.com/documentation.

Please 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:

These will be on Tuesday and Thursday evenings from 6.30pm to 8pm on Glasgow Green (Greendyke Street entrance). These will continue through until British summertime ends (Oct). We will then revert to our winter training schedule of weekend trainings.

NB: When the Glasgow Summer League starts on Thursday 15th May, there will only be one structured training session per week on Tuesdays for this 10 week period.

Social Saturdays:

These are held on Saturdays from 10am and are social games open to everyone, not just lions. So bring your friends for a friendly game on the green.

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 £1. 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 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 a 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 £30 per player which will include 2 games per night for 10 weeks.

DEADLINES

In order for the club to manage and organise teams, tournaments and leagues will generally be advertised at least 6 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 more 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.

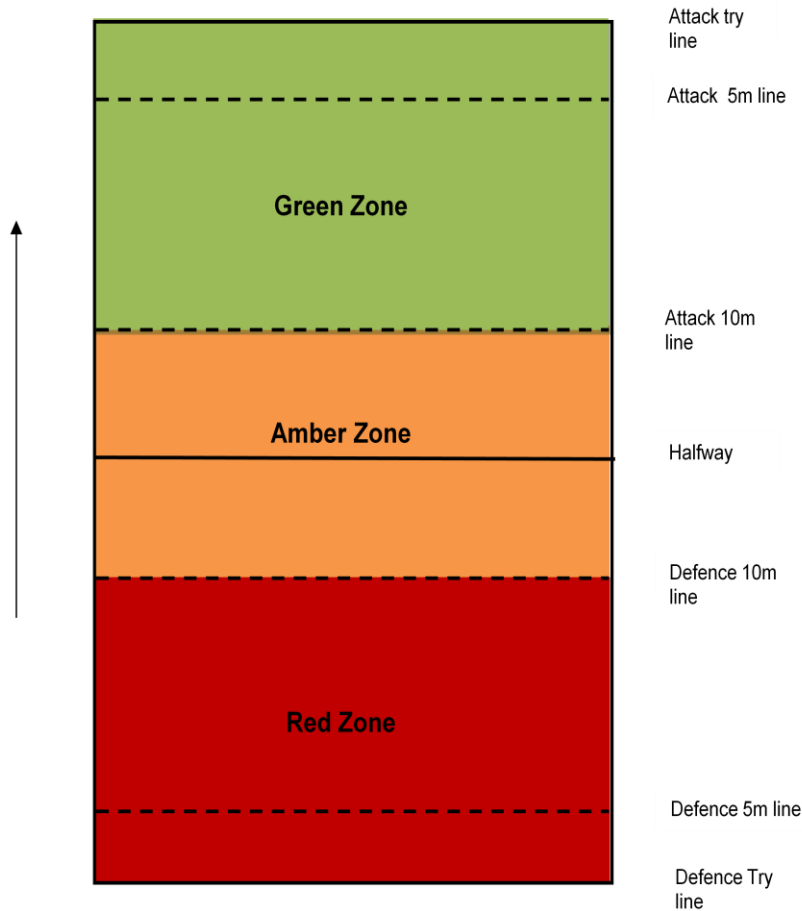
EVENTS/TOURNAMENTS

Our main tournament 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 is the Beginners tournament and Mens/Womens tournament. There is also the Glasgow Summer League starting May 15th. It will run for 10 weeks on Thursday evenings from 6.30pm. Below is a list of tournaments for the 2014 season:

May 3rd	-	Stirling University tournament (All Levels)
May 4th	-	Six Tournament Edinburgh (All Levels)
May 10th	-	Glasgow Lions Beginners Tournament (Beginners)
May 15th to July	-	Glasgow Summer League (All Levels)
June 7th	-	Stirling STS (All Levels with overnight camp/ceildh)
June 28th	-	Glasgow Cup (All levels Glasgow teams only)
July 12th	-	Aberdeen STS
August 23rd	-	Glasgow Lions Mens and Womens Tournament
August 30th	-	Glasgow STS
September 13th	-	Edinburgh STS
September 20th	-	Aberdeen Autumn
Oct/Nov	-	Glasgow Lions Internal tournament
Nov	-	Valencia Womens

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.

TRAINING SQUADS

The idea is to have 4 training squads this year.

Black training squad will consist of 26 committed players to field our most competitive teams and will be coached by Victor Francisco Suarez and Alan Donaldson.

Red training squad will consist of developing players and more social players and will be coached by Adrian O'Sullivan.

Blue training squad is for beginners and will be coached by John O'Dowd

There will also be a 4th training squad for rugby players and the like. These players have advance individual skills but still require an introduction to the game. The aim is to have a short interim period to bring them up to speed before slotting them in to the training squads above.

These squads will be selected by the coaching team and 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 updated details can be found on our website at www.glasgowlions.com. We also have a regular newsletter and our facebook page will also have updated information about events. If you have any problems, please feel free to speak to your coaches, assistant coaches, captains, committee members or email 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 2014 season!

Glasgow Lions Committee