



Lomond
School



Rugby Handbook

Ethos and Expectation

Our school has a long-standing and deserved reputation for the quality of its sports provision and for playing sport both competitively and fairly. We are privileged to have Lomond pupils continue their sporting careers at the highest level in many sports eg: hockey, rugby, netball, athletics, cycling and rowing. Lomond also stresses the benefits to health and well-being through the “sport for all” philosophy and aims to allow its pupils to enjoy movement and physical activity by developing and enhancing their skills, both as individuals, as well as team players in a number of sporting endeavours.

Lomond pupils benefit from the excellent sports facilities at the Sports Hall and playing fields, a short distance from the school, a hive of activity and sporting inspiration most Saturday mornings. Interschool fixtures are an important aspect in the life of the school; matches, between our teams and those of the various other schools we play over the course of the year, are valued as part of an individual’s development and remain an integral part of our philosophy. Team sports offer our pupils the opportunity to develop not only their leadership skills but also their team collaboration skills, contributing to the school’s overall feeling of community and sense of belonging. As part of our sporting ethos and to develop team membership, trips to various sporting events and overseas tours are organised by staff on a regular basis. Our recent rugby and hockey tours to South Africa have proved to be one of the most memorable school highlights for those involved.

Fixtures for the major sports take place almost every Saturday throughout the school year. In order to sustain a good quality fixture list requires considerable commitment and hard work from staff who give up a great deal of their own time to organise and run our fixtures both prior to and during the season. Pupils chosen to represent their team are expected therefore to honour their commitments to the school when selected either for midweek or Saturday fixtures and should be aware that this takes precedence over other commitments. We have enjoyed considerable success in inter-school sport and every effort is made to ensure that our high standards and reputation are maintained. As a small school this can only be done with the co-operation of all pupils, parents and staff.

Lomond School strongly supports pupils taking part in co-curricular activities for the following reasons:

- They help to develop self-esteem and confidence in pupils;
- They extend the learning and achievement gained during the physical education curriculum time;
- They allow opportunity for further recreational participation;
- They provide opportunity for competitive challenges and representative honours;
- They contribute to the development of personal excellence in a chosen activity or range of activities;
- They contribute to the feel-good factor amongst the Lomond community;
- They provide vital experience of winning and losing in a competitive environment;
- They teach pupils essential life skills: commitment, resilience and camaraderie;
- They offer a great release from the academic pressure pupils may feel and help with their general wellbeing;
- They help develop a lifelong enjoyment of physical activity.

Lomond and Helensburgh Rugby: Senior 1 – Senior 6

Rugby has a long-standing tradition at Lomond School and is the main sport played by boys in the winter and spring terms. The school is proud that it has provided players at various representative levels (up to an including Junior international) over the years.

In 2010 the school entered into a unique partnership with Helensburgh RFC Youth Rugby by taking the decision to merge school rugby with the club. This decision was taken to afford every youth rugby player in the Lomond and Helensburgh area the opportunity to play meaningful competitive fixtures and give them a development pathway to fulfil their full potential in the game. This has meant that fixtures for senior school pupils are now played as Lomond and Helensburgh Rugby.

On Saturday mornings, boys are expected to arrive to all games in their “number ones” which comprise their school uniform with the exception of the blazer, which is swapped for the Lomond and Helensburgh Rugby Splash Top (see below).

The following is compulsory wear for school rugby matches:

Playing Kit

- Lomond and Helensburgh Rugby Splash Top
- Lomond and Helensburgh Rugby Shirt
- Lomond School Navy Blue Rugby Shorts
- Lomond School Navy Blue School Rugby Socks
- Rugby/ football boots

The Lomond and Helensburgh Rugby Kit is available through Helensburgh Rugby Club. Please contact Louise Mundie by email louisemundie@hotmail.co.uk for further information.

“Number Ones”

- Lomond and Helensburgh Rugby Splash Top
- School shirt
- School tie
- School trousers
- School socks
- School shoes

Transitus Rugby

Although the senior school has a very successful partnership with Helensburgh Youth Rugby and play under the banner of Lomond and Helensburgh Rugby, our Transitus team still plays as Lomond School. On Saturday mornings, boys are expected to arrive to all games in **full school uniform**. The following is compulsory wear for school Transitus rugby matches:

Playing Kit

- Lomond School Splash Top
- Lomond School Rugby Shirt
- Lomond School Navy Blue Rugby Shorts
- Lomond School Navy Blue Rugby Socks
- Rugby/ football boots
- Gumshield

Lomond and Helensburgh Rugby

Fixtures 2018/2019

DATE	SCHOOL	U18	U16	U15	S2 XV	S1 XIII	Trans XIII
Sat 18 August	Training						
Sat 25 August	Lenzie	A	A	H	H	H	TBC
Sat 1 September	Ayr/Wellington B	H	H	A	A	A	H
Sat 8 September	Hills Rugby	A	A	H	H	H	A
Sat 15 September	St Columba's	H	H	A	A	A	H
Sat 22 September	Morrison's	H	H	A	A	A	H
Sat 29 September	Carrick	A	A	H	H	H	A
Sat 6 October	Holidays						
Sat 13 October							
Sat 20 October							
Sat 27 October	QVS	H	H	A	A	A	H
Sat 3 November	Merchiston B (10.30 KO)	H	H	A	A	TBC	H
Sat 10 November	Marr	A	A	H	H	H	TBC
Sat 17 November	Balfroon/Strathendrick	A	A	H	H	H	TBC
Sat 24 November	Lomond Holiday						
Sat 1 December	Carrick	H	H	A	A	A	TBC
Sat 8 December	Training Weekend						
Sat 15 December	No Games						
Sat 22 December	Holidays						
Sat 29 December							
Sat 5 January							
Sat 12 January	Training Weekend						
Sat 19 January	Linlithgow	A	H	H	A	A	TBC
Sat 26 January	Morrison's	A	A	H	H	H	A
Sat 2 February	Holidays						
Sat 9 February	Hermitage Holiday						
Sat 16 February							
Sat 23 February	TBC						
Sat 2 March	St Columba's		Venues TBC				
Sat 9 March	Hills Rugby	H	H	A	A	A	H
Sat 16 March	St Columba's	A	A	H	H	H	A
Sat 23 March	Kelvinside	A	A	H	H	H	TBC

Contact Details for Season 2018-19

Lomond School: 01436 672476

Lomond Sports Hall: 01436 670857

Rugby Cancellation Number: 07518 430155

Twitter: @LomondSport

Staff Contacts

Mr Stuart Louden (Head of Rugby) - s.louden@lomondschoo.com

U18 – Mr Alister Minnis - a.minnis@lomondschoo.com

U16 - Mr Stuart Louden - s.louden@lomondschoo.com

U15 – Mr Neil McKay – n.mackay@lomondschoo.com

S2 – Mr Stuart Louden - s.louden@lomondschoo.com

S1 – Mr Craig Dunlop – c.dunlop@lomondschoo.com

Transitus – Mr Joe Grafton – j.grafton@lomondschoo.com

Gumshields

We strongly recommend that our young people wear a gumshield for curricular Rugby and Hockey. However, gumshields are mandatory for our young people taking part in after school practices and competitive games. For the odd occasion when a pupil forgets their gumshield, the PE department will supply a basic self-moulding gumshield for a small charge.

Given the contact nature of the game of rugby we **require** our players to have a gumshield to take part in contact drills and participate in competitive games.

In order to facilitate this the school has a link with Chartwell Dental Care who supply custom made gumshields and come to the school to take impressions and orders at the start of each season.

This year's orders will be taken on **Thursday 16 August 2018 between 4.00pm and 6.00pm** in the Sports Hall Dance Studio, cost £40.00. A signed consent form is required and this can be found on the school website under PE.



After-School Training

After-school rugby takes place on the school playing fields at the following times:

Transitus	Thursday (3.45pm – 5.00pm)
S1 & S2	Mondays (3.45pm – 5.00pm)
U15, U16 & U18	Tuesdays (3.45pm – 5.00pm)

All pupils involved should meet at the front of the school at the end of the school day and take the school bus down to the sports hall. After practice pupils should make their own arrangements for getting home.

Training for S1 – S6 is also provided by HRFC Youth Rugby, timings of which will be advised by the club at the start of season. Boys are strongly recommended to attend both training sessions. Players are required to register with Helensburgh Rugby Club but no payment is required. Forms are available on the school website and should be returned to your child's rugby coach.

Saturday Match Arrangements

The logistical arrangements for Saturdays are normally emailed to the coaching team early in the week. This information and team selection is passed onto the teams via the PE noticeboard opposite the entrance to Larchfield Hall and is normally available by Thursday.

Home Games

For home matches boys should arrive in Number Ones (as detailed above). Depending on the visiting team, home teams will change in either the Sports Hall changing rooms or at the Helensburgh Rugby Club facilities. Games usually kick off at 10.00am and the teams are normally expected to meet at 9.00am to allow for game preparation time. After the match the PTA provide refreshments upstairs in the Sports Hall Dance Studio, where the expectation is that the home team socialises with their opposition.

Away Games

For away matches boys should come dressed in Number Ones (detailed above). The teams travel by coach, from the Sports Hall, with the meeting time governed by the distance to travel for a 10.00am kick off (this can normally mean any time between 7.00am and 8.00am). Refreshments are provided after most matches, however this is not always the case and so some money to buy a snack may be required.

Cancellation Procedure

If possible, we will endeavour to cancel games before our pupils leave school on a Friday afternoon, however this is not always possible depending on weather conditions and reports. If games are not cancelled by this time please assume that they will be going ahead. However, if you have **any doubts in the morning please phone the cancellation line or check twitter** (details as below) **after 7.00am**.

Parents should be aware that, if there is still any doubt about the game, they are advised not to leave the sports hall until the game is confirmed.

Rugby Cancellation line: 07518 430155

Twitter: @LomondSport

Pupil Expectations when representing the school

Commitment to your team and school is very important and pupils should make every effort to be available for all training sessions and matches throughout the entirety of the season. This ensures the school not only fulfils all fixtures but remains competitive against other teams. Pupils unable to train or play should inform the member of staff in charge of their team by email at the earliest opportunity.

- The school is aware that from time to time family commitments mean that pupils cannot always be available on a Saturday morning however players must give adequate notice, by email (minimum 1 week), to the member of staff responsible for their team, if they are not going to be available for a school fixture.
- Injured players should also inform the member of staff responsible for their team as soon as possible outlining the issues of the injury and when they may be able to return.
- Players should arrive on time for training and matches and be changed and ready for the start time of their game. For away matches all boys must ensure they are punctual to get the bus. (Buses cannot wait)
- All players should check their team list as early as possible and be fully aware of all arrangements for their team. For all matches check departure/meet times, venues and other arrangements. The noticeboard should also be regularly checked throughout the week for any additional information.
- All boys must travel to games in “Number Ones” (as listed above), home and away. Players should have clean kit and only Lomond & Helensburgh playing kit (as listed above) can be used to warm up and play in.
- Boys who are travelling with parents to away games must let the member of staff responsible for their team know, by email, so that they have knowledge of this and the player can be checked off the team sheet.
- Players should encourage all team members to play to the best of their ability. Sporting behaviour at all times is essential. Opponents, referees and spectators should always be respected. Shake hands with the referee and opposition then clap them off the pitch.
- Following a match, players should shower and change back into “Number Ones”. Regardless of a win or loss, players should be hospitable to the opposition, referee and all spectators by joining them for after-match refreshments in the sports hall dance studio.
- Captains of all teams must take responsibility for collecting all balls and make sure they hand them back into the sports hall (home games) along with the medical kit. For away games they must make sure this equipment is back on the bus.

- If you fail to attend a fixture, and your name is on the team sheet, you should expect a sanction, unless you have communicated directly with the member of staff responsible for your team in good time before the fixture.
- If you fail to meet our high expectations of conduct during a fixture or practice, the incident will be reviewed and, if disciplinary action is required, the sanction applied will be at the School's discretion. The Principal will always be informed of serious incidents.

IF BOYS FALL ILL AND NEED TO GIVE SHORT NOTICE THAT THEY CANNOT ATTEND A RUGBY FIXTURE EITHER THE NIGHT BEFORE OR ON THE MORNING OF THE FIXTURE, PLEASE CONTACT THEIR COACH AND MR LOUDEN DIRECTLY BY EMAIL (s.louden@lomondschool.com) BEFORE 7.00AM.

On match days players should ensure they:

- Represent Lomond School with pride
- Act as an ambassador for Lomond School at all times
- Arrive at and leave all fixtures in Number Ones, whether Home or Away
- Always arrive before the published meet-time
- Have travel arrangements in place, where required
- Show good sportsmanship at all times
- Play to the best of their ability throughout the game
- Seek to improve their level of performance and knowledge of the game
- Never question or appeal the decisions of the referee
- Thank the referee, the opposition, the parents for supporting, and, at away matches, the bus driver, and leave the bus clean and tidy
- Take responsibility for their personal hygiene at the end of the game, ensuring that they are clean before leaving the changing rooms
- Stay for post-match hospitality and refreshments, and host and socialise politely with opposition players, whether home or away.

After Match Teas

Each Saturday the Lomond PTA provides match teas for our teams. These are catered for in the dance studio, upstairs in the sports hall. Refreshments are provided for home and away players and for a donation, tea and coffee is also available for spectators.

In order to provide this excellent service we ask that parents set aside one morning in the season to assist.

Mrs Lucy Swigciski coordinates the teas rota for both the rugby and hockey teams on Saturday mornings and can be contacted by email at matchteas@lomondschool.com or text on **07768 898784** to confirm your availability.

Spectators

School sport is an important part of a pupil's full and balanced education. A balanced approach to sport in the context of the whole extra-curricular provision at Lomond School is therefore strongly encouraged.

Children appreciate the presence and support of their parents and Lomond School also greatly values the support of family and friends at fixtures. Because of this we have the **Good Supporters Code** of practice to encourage parent's full participation whilst spectating at matches at Lomond School grounds and the grounds of other schools we play. Equally, Lomond School would expect visiting spectators to abide by the same code.

The Good Supporters Code

A good supporter will:

- Always set an example of good sportsmanship and give enthusiastic, but not excessive or inappropriate, support.
- Respect match officials' decisions and encourage the pupils to do likewise, even if they appear to make a mistake - remember, they are volunteers providing an opportunity for players to play sport.
- Should not enter the field of play without the express permission of the umpire/referee.
- Should not enter the changing room areas at any time.
- Assume some responsibility for making visiting players and parents feel welcome as well as directing them towards the after-match refreshments in the Dance Studio of the Sports Hall.
- Understand that coaches are working voluntarily and give up many hours of time to run the team.
- Supports the coach's decisions at all times and allow the coach to provide any constructive feedback that may be needed.
- Ensure that their child is fully engaged and has familiarised themselves with the training programme and fixture list. Ensure that they keep absences to a minimum, and always communicate as early as possible with the coach if there is a problem, never leaving this until after a team has been selected or the day before a fixture.
- Ensure that their contact details are up-to-date so they can receive newsletters and other important information.
- Be early when dropping off and collecting your son from sessions and fixtures.
- Remember that young people play sport for their own enjoyment.
- Only ever encourage players in a verbally positive manner, shouting for them, not at them.
- Encourage young people to play sport in the right manner.

- Focus on the players' efforts, rather than winning or losing.
- Support Lomond School in its efforts to eradicate loud, coarse and abusive behaviour at sports fixtures.
- Show appreciation of good play by all players from both teams.
- Most importantly enjoy the game and transmit their enthusiasm to the players

Games staff would appreciate that if you wish to raise a concern of any sort, that you contact the Head of the Sport or the Head of Physical Education by emailing or phoning at a convenient time; please do not try to communicate with them immediately before, during or after a fixture, as they will not be in a position to respond.

We wish all our pupils a most enjoyable and successful rugby season.