



**LOMOND
SCHOOL
SCOTLAND**

Rugby Handbook 2023-24

**A guide for Pupils
and Parents**



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 including: hockey, rugby, netball, athletics, cycling and sailing. 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.

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. Pupils chosen to represent their team are therefore expected to honour their commitments to the school when selected either for midweek or Saturday. 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:

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

Lomond and Helensburgh Rugby: S1 – S6

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 and including Junior international) over the years.

In 2010 the school entered 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”: school uniform worn with Lomond and Helensburgh Rugby Splash Top in place of a schoolblazer.

Playing Kit (compulsory)

- 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
- Mouth guard

Lomond and Helensburgh rugby kit is available to purchase via www.pslteamsports.com and second-hand kit is bought and sold on the Facebook page: ‘Helensburgh Rugby Kit buy, swap and sell’.

Number Ones (compulsory)

- Lomond and Helensburgh rugby splash top
- School shirt
- School tie
- School trousers
- School shoes and socks

Transitus Rugby

Our Transitus team play as Lomond School, entering the successful partnership with Helensburgh Youth Rugby and playing as Helensburgh and Lomond when they reach S1. On Saturday mornings, boys are expected to arrive to all games in full school uniform. The following is compulsory wear for 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
- Mouth guard

Mouth Guards

Given the contact nature of rugby, we strongly recommend that all our young people wear a mouth guard for all curricular Rugby. Mouth guards are mandatory for those taking part in after school practices, contact drills and competitive games. For the odd occasions when pupils may forget their own, the PE department will supply a basic self-moulding guard for a small charge.

Injuries

As with any sport, injuries may be sustained from time to time. All members of the PE department are first aid trained annually and will attend to any injury accordingly. Parents will be made aware if a knock or injury of serious concern is sustained and will be advised on the next steps.

In the event of a concussion, Sports Scotland guidance will be followed:

<https://sportscotland.org.uk/clubs/scottish-sports-concussion-guidance/>

After-School Training

After-school rugby takes place from 4-5pm on the following days:

S1-S2: Mondays (astro)

S3-S4: Tuesdays (pitches and Sports Hall)

All participants should make their way to the Sports Hall, except Transitus players who travel by minibus. After practice, pupils should make their own arrangements to get home.

S1-S6 training 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 from your child's rugby coach.

Helensburgh Rugby sessions are held on the following days, timings to be confirmed by HRFC.

- S1: Thursday
- S2: Thursday
- S3: Thursday
- U16: Wednesday
- U18: Tuesday & Thursday

Saturday Match Arrangements

Logistical arrangements for Saturdays are usually emailed to the coaching team early in the week. This information and team selection is passed onto players via the PE noticeboard (opposite the entrance to Larchfield Hall). We aim for final arrangements to be emailed to parents by Thursday.

Home Games

Boys should arrive in Number Ones (as detailed above) for home matches and will change at either the Sports Hall changing rooms or Helensburgh Rugby Club facilities.

Games usually kick off at 10am with expected arrival at 9am to allow adequate time for game preparation. Hospitality is available after matches in the Dance Studio (upstairs at the Sports Hall) at which all players are expected to socialise with the opposition.

Away Games

Players should arrive in Number Ones (detailed above) for away games. Teams travel by coach from the Sports Hall with meeting time being determined by travel distance for a 10am kick off. Meets are usually between 7am and 8am. Refreshments are provided after most matches. As this is not always the case some money to purchase 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. Please note that this phone number is only used as a messaging service and the answering facility is never checked, please see below for pupil cancellation procedures.

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: 07398 719128

Twitter: @LomondSport

Pupil Expectations When Representing the School.

- Commitment to the team is very important so pupils should make every effort to be available for all training sessions and matches throughout the season. This ensures that the school fulfils all fixtures and remains competitive against other teams. Pupils who are 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 occasional family commitments may mean that pupils cannot always be available on a Saturday morning. However, players must give adequate notice, by email (minimum one week), to the member of staff responsible for their team, if they will not be available for a school fixture.
- Injured players should inform the member of staff responsible for their team as soon as possible, outlining details of the injury and any expected return date, if known.
- Players should arrive on time for training and matches and be changed and ready for the start time. For away matches, all boys must ensure that they are punctual for the bus. Buses cannot wait.
- All players should check their team list as early as possible and be fully aware of arrangements for their team. Departure and meet times, venues and other arrangements should all be checked. The noticeboard should also be checked regularly throughout the week for any additional information.
- All boys must travel to games in "Number Ones", home and away. Players should have clean kit. Only Lomond & Helensburgh playing kit can be used to warm up and play in.
- Boys travelling to away games with parents must inform the member of staff responsible for their team of this in advance by email, so that 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 is expected at all times. Opponents, referees and spectators should always be respected. Shake hands with the referee and opposition before clapping them off the pitch.
- Following a match all 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 handing them back into the Sports Hall (home games) with the medical kit. For away games, Captains should ensure that this equipment is back on the bus.
- If a player fails to attend a fixture for which their name is on the team sheet, they should expect a sanction unless they have communicated directly with the member of staff responsible for your team in good time before the fixture.
- If a player fails to meet our high expectations of conduct during a fixture or practice, the incident will be reviewed. If disciplinary action is required then 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 INFORM THE SCHOOL AT SHORT NOTICE THAT THEY CANNOT ATTEND A FIXTURE (THE NIGHT BEFORE OR ON THE MORNING OF THE FIXTURE), PLEASE CONTACT THEIR COACH AND MR LOUDEN DIRECTLY BY EMAIL BEFORE 7AM.

s.louden@lomondschool.com

Match day player responsibilities:

- 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, before leaving the bus clean and tidy
- Take responsibility for 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. Host and socialise politely with opposition players, whether home or away

Match Teas

Each Saturday the Lomond PTA kindly provides match teas in the Dance Studio (upstairs at the Sports Hall). Refreshments are provided for both home and away players and, for a donation, tea and coffee is available for spectators. To assist the Parents of players are encouraged to help the PTA in the provision of match teas.

Spectators

Our players appreciate the presence and support of their parents and Lomond School also greatly values the support of family and friends at fixtures. The Good Supporters Code of practice encourages parent's full participation whilst spectating at home and away fixtures. Lomond School expects 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, a mistake appears to have been made. Remember, they are volunteers providing an opportunity for players to play sport
- refrain from entering the field of play without the express permission of the umpire/referee
- 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 to run the team
- support 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 players 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
- 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 a win or loss
- 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

If you wish to raise a concern of any sort please contact the Head of the Sport 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.

Contact Details

Lomond School: 01436 672476

Lomond Sports Hall: 01436 670857

Rugby Cancellation Number: 07398 719128

Twitter: @LomondSport

Staff:

Mr Stuart Louden (Teacher of PE) s.louden@lomondschoo.com

Mr Craig Dunlop (Head of Sport) c.dunlop@lomondschoo.com

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

Fixture List

Venues may be subject to change and post-Christmas fixtures will be confirmed at a later date.

Lomond & Helensburgh RUGBY FIXTURES 2023/24						
DATE	SCHOOL	U18	U16	U15	S2 XV	S1 XIII
19-Aug	Bourghmuir (Club)		Training			
19-Aug	Loch Lomond	Won				
26-Aug	Cumnock	A	A	A		
	Cumnock (Club)				H	H
02-Sep	High School of Glasgow	H	H	A	A	A
09-Sep	Balfron/ Strathendrick	A	H	H	A	A
13-Sep	QVS (Plate)		H			
16-Sep	Marr College	H	A	A	H	H
20-Sep	Dalkeith (Plate)	H				
23-Sep	Training					
30-Sep	St Columbas'	A	A	H	H	H
07-Oct						
14-Oct						
21-Oct						
28-Oct	QVS	H	H	A	A	A
04-Nov	Hutchesons'	A	A	H	H	H
11-Nov	Cup					
18-Nov	St Aloysius	H	A	A	H	H
25-Nov	Cup	Lomond & Hermitage Academy Holiday				
02-Dec	Kelvinside	A	A	H	H	H
06-Dec	Cup Final					
09-Dec	Glasgow Academy	H	H	A	A	A
16-Dec	Free					

Scottish Rugby Management System: (SCRUMS)

Scottish Rugby have a player registration system (SCRUMS). Scottish Rugby ask that all teams produce an official team sheet each week for games in the Schools Conference fixtures and therefore in order to represent the school your child must be registered with SCRUMS.

The registration process is described in the Youth Registration Guide which is available as a download via this link: [SCRUMS](#)

For administration reasons we have to process our team sheets each week using the Helensburgh Rugby Club SCRUMS account and would therefore ask you register your child to the Lomond School SCRUMS account as well as dual registering with Helensburgh Rugby Club.

It is the players responsibility to keep their SCRUMS account up to date with any changes to information on the system, so an annual check is appreciated.