



## **2018 New Member Welcome Pack**

### **Welcome to XXXX Goldies**

The committee and members would like to extend a big welcome to you as a potential new member of the 'Queensland XXXX Goldies Rugby Club'.

This document will provide the general information you may need as you go through the process of becoming a new member and will answer many of your questions but, should you find that you have a question that's not covered off here please feel free to talk to our club captain, or any of our committee members. *Note:* You could ask one of the other guys but they all have a tendency to make stuff up if they don't know an answer so your better of asking the club captain or a committee member. Contact details for the Club Captain and the committee will be provided with this letter.

### **A brief club history**

Formed in 1983, the XXXX Goldies are the oldest Veterans Rugby Club in Queensland.

For the rest of the club history details see our website (we said it would be brief!)

*Note:* For a long time XXXX sponsored the club, however at this point in time they do not. Due to this long and valued sponsorship we have become widely known in Veterans Rugby circles as 'XXXX'. Before you ask, yes we have considered changing the name now that we are no longer sponsored by XXXX but we consider our name, including all the various versions of it, and our history to be as much a part of the clubs 'brand' as the way we play our rugby and as such it has been decided that, for the time being and until a new sponsorship deal comes along that warrants a change, we will retain the name 'XXXX Goldies'

### **Where we play**

We train and play our home games at the traditional home of Rugby in Queensland, Ballymore Park, 91 Clyde Rd, Herston.

Normally we are on field three. Enter through the driveway at the north western end of Clyde Road. Follow the drive and the clubhouse is in front of you just before the driveway turns right and through the gate.

### Membership process

When you first come to us you will be introduced to the club captain or a committee member who will look after you in the early stages. They will introduce you around to the other members, show you around the clubhouse and generally guide you through the initial stages of the membership process. They will get some basic contact and personal information from you and will 'officially' forward your name to the committee for membership consideration and approval. Once your membership has been approved and accepted by the committee you will be asked to pay your membership fee and arrange purchase of your uniform etc.

### Membership fees

2018 Membership fees are as follows:

**Full Player Registration for New and Returning Players** \$ 100

(For New Players this includes a pair of club playing shorts and a pair of club socks)

**Full Player Registration for Returning Players with more than 10 Years Membership** \$ 75

**Non Playing Social Members** (Monday night training only, no games) \$ 50

**Associate Membership** \$ 50

(Fully paid up members of other clubs who may wish to also train and play at Goldies.

Note: you may be asked to provide proof that you a fully paid financial member of another club)

**Full Player Registration for New Players joining after June 30th 2018** \$ 50

For returning players registration must be completed and fees paid by the end of February each year.

### Insurance

The club pays an annual premium for players insurance from the consolidated membership fees, which provides limited coverage for players while playing or training.

Please note that this coverage is very limited in nature and it is suggested that you secure your own personal insurance coverage as an additional protection measure

## Veterans Rugby

Veterans Rugby operates under the ethos of ***Fun, Friendship, and Fraternity***.

The Veterans Rugby Laws, loosely based on the WRB Under 19 Laws, have been modified slightly to accommodate the veteran rugby player, providing a platform where they can continue to play the game for the rest of their lives.

Players can start playing Veterans Rugby when they are over 35 years old. There also games arranged solely for those over 50 years old.

Games are 'full contact' so expect to be tackled. Scrums are uncontested and 'over vigorous' play will be penalised.

You do not need a background in, and years of playing rugby to play veterans rugby. A modicum of interest in rugby is all you need to get started so just jump in and start.

However, and this is something to seriously consider, if you want to play hard rugby like you did in grade football then go back to grade football and get belted around by the kids!

We're here for some fun but hard-ish rugby without getting too injured so we can get on with the rest of our lives.

The veteran's games encourage socialisation, family values and an all-inclusive approach to playing rugby for the rest of our lives.

## Coloured shorts

To accommodate our older players and those carrying longer-term injury a coloured short system is in place for games.

Please note this coloured short system is not meant to absolve you of your responsibility to yourself or others. If you are injured or you are likely to make an existing injury worse by playing then you are expected to rule yourself out of playing in any game until the injury is no longer evident or has improved to a level where your playing will not put yourself or others at risk.

If you have a long term injury that does not prevent you from playing but limits your mobility or you ability to be tackled (and no, being scared of being tackled by a big guy does not qualify here) and your injury is not going to be exacerbated by you playing then you can wear **RED** shorts. This will identify you to other players and the referees. If a player is wearing red shorts it means they do not want to be tackled to the ground or pushed off their feet. Players wearing red shorts are not to be tackled, just 'held'. Please note, if you are playing this game you are not going to completely avoid being knocked around and potentially injured but red shorts means that attempts will be made to mitigate the possibility of potential harm.

Red shorts can also be worn by players between the ages of 60 and 64 and the same 'Red Short' rules apply with regard to tackling.

**GOLD** shorts can be worn by players between the ages of 65 and 69 and are not to be tackled or held, just touched. They are not to run further than 10m before passing the ball.

**PURPLE** shorts can be worn by players between the ages of 70 and 79 and are not to be tackled, held, or touched, (basically just wave at them as they trundle by). They are not to run further than 10m before passing the ball.

If you're older than that and still want to play then wear whatever colour shorts you like and we'll work around you.

### Games

Games are generally played in three twenty-minute periods. The rules are generally fairly standard however local variations can be negotiated on the day with the agreement of both teams and the referee i.e. if it's a hot day they may decide to play for shorter periods or have more breaks.

We do not play a home and away season with finals etc. Officially scores are not kept during a game, nobody wins and nobody loses. 'Rugby is the winner on the day'.

Regular games will be arranged throughout the year, both at Ballymore and at away venues. (See below for further details about additional games at carnivals and on tours).

### Training

'Training', which in Veterans Rugby parlance is a very loose term, consists of a game of touch on a Monday evening for about an hour followed by a light meal and a few refreshing drinks at the clubhouse. Nominally it starts at 6:30pm however this is subject to change at times. Theoretically training is not competitive and the rules will vary from club to club and in some cases from Monday night to Monday night. The main idea with training is that it's a little bit of fun and a chance to get some exercise. Other members of your family are welcome to 'train' with us, a number of the players regularly bring their kids along for a run, but we would suggest you have a few runs yourself first to get a feel for it before you bring the kids along.

*Please remember first and foremost this is a rugby club – the language and conversations can get a little colourful at times!*

### Weekly costs

Training incurs a fee of \$4.00 per player per night.

This covers the lights and field access and the light meal.

Drinks are extra and can be bought at the clubhouse bar for very reasonable prices.

If you bring your kids along to training you are expected to pay the \$4.00 for them as well.

### Uniforms

The club is currently undertaking a review of the uniforms with a view to updating them however, notwithstanding the outcome of this review, every player is expected to play in the club jersey, club shorts (unless you are a coloured shorter, although club versions of the red shorts are available) and club socks.

These uniform items can be purchased through the club.

There *may* be a limited number of club jerseys that can be loaned to new or guest players for games however this is a short term solution only and it is expected you will buy your own kit as soon as possible.

New Members will receive a free pair of club shorts and club socks as part of their initial membership fee.

Generally players wear football boots for training and playing. Moulded sole boots are the general standard. Screw-in tag boots are permitted but not required, we're not playing that hard! You can wear runners for training if you like but please be aware that others will be in boots. Boots are recommended for games. The club does not sell boots and you will be responsible for getting your own pair from your local sports store. You may like to purchase a mouth guard while you're there for when you play games.

There is no uniform for training.

### Other clothing

The club has available for purchase club branded polo shirts and it is expected that players purchase one of these polos to wear to and from their games to represent the club appropriately.

The club may also make available from time to time other club branded clothing and merchandise.

## Communications

We use a range of ways of providing general and game related information to our members.

Generally verbal announcements are made at the end of training each Monday night. There is also a large whiteboard on the clubhouse verandah where notices are posted and you can add your name to game lists. There is also another notice board just inside the clubhouse door where longer term notices such as fraternity group lists and uniform price lists are made available.

Extensive communication is done via email. When you provide your contact details you will be asked to provide a current active email address that you access regularly. While every care is taken to have communications from the club conducted in a professional manner when you nominate the email address please be aware that sometimes email conversations may get a little off-track and into some light-hearted banter that may border on inappropriate at times. Consider the use of work or family email addresses carefully.

We have recently rebuilt the Goldies web page (<http://qldgoldiesrugby.com.au>) and are re-establishing our Facebook presence. We will use these as additional tools to communicate details as appropriate. While we learn to use these channels effectively and establish the most effective protocols for their use please allow us some leniency and provide feedback.

We also use 'Team App', an easily downloadable app that allows us to communicate game and event details to all that signup. We'll give you instructions for the app via email or help you download it and set it up at training one night.

## Fraternities

When you become a member of the club you will be assigned to a 'Fraternity' group. These are just smaller groups within the club. While they may be used as another communication mechanism they are generally the groupings that are rostered to undertake the catering for Monday nights and home game days.

Each fraternity has it's own fraternity leader who is generally another long-term member of the club.

Once you are assigned to a fraternity the club captain/committee member will introduce you to your fraternity leader who will make sure you are looked after from then on. They will explain to you how the catering system works.

If you have any questions your fraternity leader is another good resource for you to point you in the right direction. Their contact details will be provided to you.

### VRQ

The local overarching group for coordinating the communication between veteran's rugby clubs is Veterans Rugby Queensland (VRQ). While they are not a regulatory body they attempt to facilitate communications between clubs, assisting the clubs to arrange games and they manage some carnivals and events.

Their website is <http://www.vrqld.com.au> and they operate a closed group Facebook page that you may like to request access to.

### Carnivals

There are a number of carnivals held each year both locally around South East Queensland but also intra state and interstate. In 2018 Goldies are looking to participate in approximately up to 6 carnivals. Participation is in addition to the regular home and away games. Carnival games are generally shorter but we play more games in the one day against multiple other teams.

### Tours

There is an opportunity to participate in a number of interstate and overseas tours. When the club is informed of details of major carnivals overseas or interstate we will discuss the event with club members to gauge interest in sending a team to the event. Should there be enough interest Goldies may send a team of their own however if only a few players are interested then investigations may be made into send a combination team from a number of local clubs.

### Cleaning

As part of our ongoing relationship with the QRU and as our most significant fund raising activity for the club we are 'contracted' to undertake general cleaning duties of the Ballymore facilities on days where events are hosted by QRU or affiliated organisations. Our club is paid by the QRU to undertake these activities and this money goes a long way towards defraying the costs of running our club. When we are notified by the QRU of a requirement to clean the club will notify our members. Those members available to assist will volunteer their time and effort to undertake the clean. For all hours you spend in cleaning duties you will accrue your 'allocation' (see below). Cleaning generally involves picking up rubbish, emptying bins, vacuuming etc.

### Allocation

While you volunteer to assist in these cleaning activities for all hours you participate in cleaning activities you will accrue an 'allocation'.

***Please note: This allocation is not money that the club owes to you and will not be paid to you in cash at any time.***

Please speak to one of the Club Committee to discuss the details of this allocation process.

### Nicknames

It is a tradition in rugby to bestow and use nicknames for players. It is very unlikely that you will be able to choose your own, but if you have one let us know, if it fits it may stick. A more likely scenario is that you will potentially do or say something or, based on some unique feature you have, that will cause a nickname to be given to you. If you do not like your nickname don't fight it because the more you fight it the more likely it is to stick. There are a lot of nicknames used in the club and at times it can become confusing but you'll get used to it.

### Any Questions

If after reading this you still have questions please feel free to contact your committee members, club captain or fraternity leader.

Regards,

Your 'XXXX Goldies' Club Committee