

# WRFC NEWS...

October 2019

**JOINS US ON THE  
2 NOVEMBER 2019  
FOR THE  
RUGBY WORLD CUP  
FINAL  
ENGLAND vs A TEAM IN  
GREEN  
From 7.30 AM  
Full English - £10.00  
Book now  
wrfccclubhouses@outlook.  
com**

You will now find an assortment of pub games in the bar. They are free to use. Look after them and put them back when you have finished



And a special thank you to Mike Serafini for all his work on the Club posters...

## On the pitch

We have faced mixed fortunes this month with a challenging day at Hereford, a great win against Stoke - helped on by our M/J guard of honour, a near miss against Kenilworth – a match we should have won and another great win against Stourbridge on a wet and windy Friday night. We are beginning to show what we are really capable of and there have been several outstanding player performances.



Mixed Ability also had a good win down in Bath and the second team scored nearly 130 points against Bridgnorth and Bromsgrove earlier this month capping it off with a last-minute win against Malvern last Saturday.

Training and playing numbers have been excellent allowing us to put out three competitive teams so

## In the Clubhouse

A big thank you to everyone involved in our four fantastic World cup breakfasts and lets us hope the fifth gives us something to really cheer about...



Accompanied by great rugby over 200 guests have already tucked into a full English Narrowways meat treat breakfast courtesy of Andy and the kitchen

team, the James' boys, Greg, Sam and Chicken – well done!

A date for your diary is the mince pie and carols afternoon in the Clubhouse on 22 December - all welcome. More next month.



Mini – Junior – Ladies – Mixed Ability – Senior



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thank you to the players, team managers and coaches.

The Management Committee gave the go ahead this month to a new WRFC team - the 'Saxons'. Whilst the team which will draw players from the senior teams has been established to give gay players the opportunity to play in the emerging International Gay Rugby league. The Saxons is open to all and has a current playing membership of around 20 players who train with the senior squad on a Tuesday and Thursday nights. We wish them luck and please give them your full support.

## **Super Saturday - 16 November**

As all three WRFC teams at home on the 16 November we have decided to make it a fun packed day. As well as great rugby we will have games, music, food and .... well whatever else we can think of! The 16<sup>th</sup> is a great day to bring the kids, family and to introduce your friends to your club.

Look out for posters around the Clubhouse advertising *Super Saturday*.

## **Club Fund Raising – Win a Car**

Following the successful fund-raising campaign by the M/J section last year you have another opportunity for you to win a car – the perfect Christmas present.

The competition is open to all sections, families, friends and guests. The funds raised will go to the whole club so we need your help to sell the tickets for this fantastic prize. Tickets will be distributed to all sections and will be on sale from Saturday 26

October 2019. Look out for the promotional posters.

## **Car Park and Access Road**

You will have noticed we are now restricting parking by the club house on match days. These spaces are being reserved for our less abled guests, match officials and the 'bag men'.



Thank you to the volunteers who helped fill in some of the potholes in the car park. We are looking closely at how we best manage the car park and access roads and the Management Committee have agreed that one of our urgent capital priorities is additional lighting for the car park. We are exploring temporary and permanent options but as always it will come down to cost.

### **A Date for Your diary**

WARRIORS PRESIDENT'S LUNCH

'THE JOURNEY FROM 1993'

FRIDAY 15TH NOVEMBER

12.30PM – 4PM

£35+VAT INCLUDES A 2 COURSE MEAL

JOIN CECIL DUCKWORTH CBE

BOOK NOW

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01905 459349 SIXWAYSSTADIUM.CO.UK IN AID OF

WARRIORS COMMUNITY FOUNDATION



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## November and December 1<sup>st</sup> Team fixtures – 14.15 KO

9	November	A	Kidderminster
16	November	H	Sutton
23	November	A	Lichfield
7	December	H	Whitchurch
14	December	A	Ludlow
21	December	A	Newbold

## Clubhouse Bar Opening times

The Clubhouse Bar will be open:

September to April inclusive:

Tuesday to Thursday 18:30 to 22:00 hours

Saturday Noon to 22:00 hours

Sunday 09:30 to 16:00 hours

July and August:

By arrangement with WRFC Bars Ltd.

Hours are subject to change and we will adopt a common sense and sensible commercial approach so please check in advance.

## New Club Sponsors

We have had a great response from local businesses wanting to support the club. More are signing up every week and if you know of any local or national businesses that might be interested in sponsorship or advertising contact business development at:

[business.dev@worcesterrugbyclub.co.uk](mailto:business.dev@worcesterrugbyclub.co.uk)

And don't forget if you introduce a new sponsor, we will put £20.00 on your bar card as a thank you.

**ROSS aviation**  
aircraft & helicopter spares & equipment  
CONTACT US  
t: 44 (0)1594542808  
info@ross-aviation.co.uk  
#VivaLaWandies

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**MIDLAND VANS**  
www.midlandvansonline.co.uk **online**  
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**Fir Tree Inn**  
Country Pub & Dining  
Trench lane, Dunhampstead, WR97 JX  
01905 774094

  
**CLAY KNOX**  
Accountants, Tax & Business Advisers

  
**Wooden Spoon**  
The children's charity of rugby  
**WE ARE PROUD TO HAVE WRFC AS ONE OF OUR PARTNER CLUBS.**  
woodenspoon.org.uk/worcestershire



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## Coaching Matters

### Level 3 Coaching Award

The 2020/21 Level 3 Coaching Award is now open for bookings. Coaches wishing to apply should log on to the online booking system and have their GMS login details available.

Applicants must meet all the prerequisites, including having completed their Level 2 coaching award before September 1st 2017.

### Food for Rugby nutritional hub launched

England Rugby and Optimum Nutrition have launched a new nutritional education hub 'Food for Rugby' to provide expert advice on nutrition for players, coaches and parents within the community game. The hub, is an easily accessible, one-stop shop for rugby specific nutritional information hosted on England Rugby's website. Players can discover top tips including how to fuel themselves during training, what to eat on a match day, how to control muscle gains and fat loss and all-important recovery.



There are recipes designed by leading rugby industry chefs and England's nutritional team and players can learn how to replicate the meals prepared for the England squad. England players will also share their secret recipes via handy video tutorials.

## And Finally...



We are working hard to extend the opening hours of the clubhouse and also improve match day food for players and supporters. Sadly we have had complaints from the kitchen staff about the rudeness of some members and players about the food available. Rudeness is not warranted or wanted and will not be tolerated especially from those who should know better.

If you are unhappy about something don't take it out on the staff - talk to me instead.

### Steve Lloyd Chair

Do we have your correct email address?  
Not on our email circulation list?  
Want to un-subscribe?  
Email: [secretary@worcesterrugbyclub.co.uk](mailto:secretary@worcesterrugbyclub.co.uk)



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