

HOLY CROSS RL



HOLY CROSS RHINOS JUNIOR RUGBY LEAGUE FOOTBALL CLUB

www.rhinofooty.com

**Australian Rugby League
Grass Roots Club of the Year 2012!**



Season 2013

HOLY CROSS RHINOS JUNIOR RUGBY LEAGUE FOOTBALL CLUB

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**Olsen Oval
Frank Street,
Holy Cross College Ryde
517 Victoria Road, Ryde, 2112**

Welcome to another season of Rugby League at Holy Cross Rhinos.

2013 is guaranteed to be full of highlights. Here are a few that we are looking forward to:

- Robbie Farah Challenge – 17th March 2013– Under 9's
- Mark O'Neill Shield – 24th March 2013 – Under 10's
- Aaron Woods Cup – 24th March 2013 – Under 12's
- Pull on Your Socks – Cancer Fundraiser McGrath Foundation 19th May 2013
- Benny Elias Shield – 17th August 2013 - Mini's Under 6 – Under 8's
- Harbour Cruise - TBA
- Coaches education program (free training for our coaches)
- And of course lots of great Rugby League!



HOLY CROSS RHINOS JRLFC COMMITTEE 2013

Position	Name	Mobile	Email
Club President	Peter Boyle	0412256786	peter.boyle@ingdirect.com.au
Senior Vice President	Brad Wilson	0403334823	bmslw@optusnet.com.au
Secretary	Craig Sawell	0401771903	craig_a_sawell@yahoo.com.au
Treasurer/Canteen	Helen Williams	0413718106	gregw02@optusnet.com.au
Asst Secretary	Katy Morrison	0433116733	katyjanemorrisin@gmail.com
Registrar	Kerrie Besgrove	0417681194	kbesgrove@bigpond.com
Asst Registrar	Rosie Elias	0417307766	rosie@aocruises.com.au
Grievance Officer	Richard Warner	0400127900	Richardwarner05@yahoo.com.au
Balmain J L Delegate	Richard Jones	0419496396	rdjones1@bigpond.com.au
Coaching Coordinator	Grant Wheelhouse	0414618642	wheelsp@optusnet.com.au
Coaching Coordinator	Ryhs Provan	0403454822	ryhs@precisionfireservices.com.au
Schools Liaison Officer	Steve Jarvis	0425298911	s.sjarvis@optusnet.com.au
Schools Liaison Officer	Pat Walsh	0419140535	patrick.walsh@team.telstra.com
Gear Steward	Robert Bilic	0403372377	dragonrob@optusnet.com.au
Grounds Co-ordinator	Luke Frawley	0417229378	Luke.frawley@dpworld.com
Sponsorship Committee	Peter Boyle	0412256786	peter.boyle@ingdirect.com.au
Social Committee	Marg Belcastro	0402554688	mbelcastro@burnside.org.au



Balmain District Junior League Grounds

Below is a list of grounds where games are played. International players (13 years and up) play in Inner City Combined competition.

CLUB	HOME GROUND	ADDRESS
Balmain PCYC	Birchgrove Oval	Ferdinand Street, Birchgrove
Leichhardt Wanderers	Blackmore Oval	Canal Road, Leichhardt
Five Dock RSL	Five Dock Park	Barnstaple Road, Five Dock
Holy Cross	Holy Cross College	Frank Street, Ryde
Concord Burwood	Goddard Park	Broughton Street, Concord
North Ryde	ELS Hall Park	Kent Road, North Ryde
North Ryde	T G Milner Oval	Vimiera Road, Eastwood
Leichhardt Juniors	King George Park	Manning Street, Rozelle
Carlingford Cougars	Ryde Oval	Princes Street, Ryde
Dundas Shamrocks	St Patrick's Marist College Dundas	Kirby Street, Dundas
Strathfield Raiders	Airey Park	Bates Street, Homebush
Enfield Federals	Cooke Park	Madeline St Belfield

Other District Junior League Grounds

Bexley Oval	Highworth Ave, Bexley
Bill Delauney Reserve	The River Rd, Revesby Heights
Cahill Park	Gertrude Street, Arncliffe
Clemtan Park	Moorefield's Rd, Kingsgrove
Hurstville Oval	Dora Street, Hurstville
H.V.Evatt Park	Forest Road, Lugarno
Kogarah Oval	Jubilee Ave, Carlton
Peakhurst Park	Grover Street, Riverwood
Renown Park	Panorama Street, Mortdale
Riverwood Park	Coleridge Street, Riverwood
Roberts Park	Waterloo & Napoleon Rds Greenacre
Scarborough Park	Production Ave, Kogarah
Smith Park	Lehn Rd, East Hills
Todd Park	King Georges Road, Blakehurst

Rugby League in NSW

Rugby League is one of Australia's most popular organised sports and the RHINOS is just one of the hundreds of rugby league clubs giving young people the chance to play.

Rugby League is the most popular sports to watch in NSW and one of the top five sports played by children.

Like most sports in Australia, Rugby League is structured with a national body, a state body and district associations and clubs.

About Holy Cross Rhinos JRLFC

Our club guarantees that young and old can experience *and* benefit from the great game of Rugby League. We are a large club and pride ourselves on being friendly; family orientated and committed to ensuring the game of rugby league is enjoyed by everyone.

History

The seed for Rugby League was sown at Holy Cross many years before they finally accepted Balmain's advances in 1967 to participate in the Balmain Junior Rugby League Football competition.

In 1961 Mr Robert Godfrey, who himself played grade football approached Holy Cross College and received permission to coach 8 year old boys in the Ryde Coaching Class competition. So began a great tradition of Rugby League Football at Holy Cross College and was later to become and still is a nursery for the Balmain and West's Tigers.

Although Rugby League was the main sport in winter at Holy Cross Secondary School, they were not benefiting from the Primary School who's code up to 1967 was Rugby Union, however all grades of both codes did participate in the selected Rugby League knock-out competitions, both within and outside the college, with outstanding results. With the amalgamation of Rugby League football in both the Primary and Secondary school level the school reached its full potential.

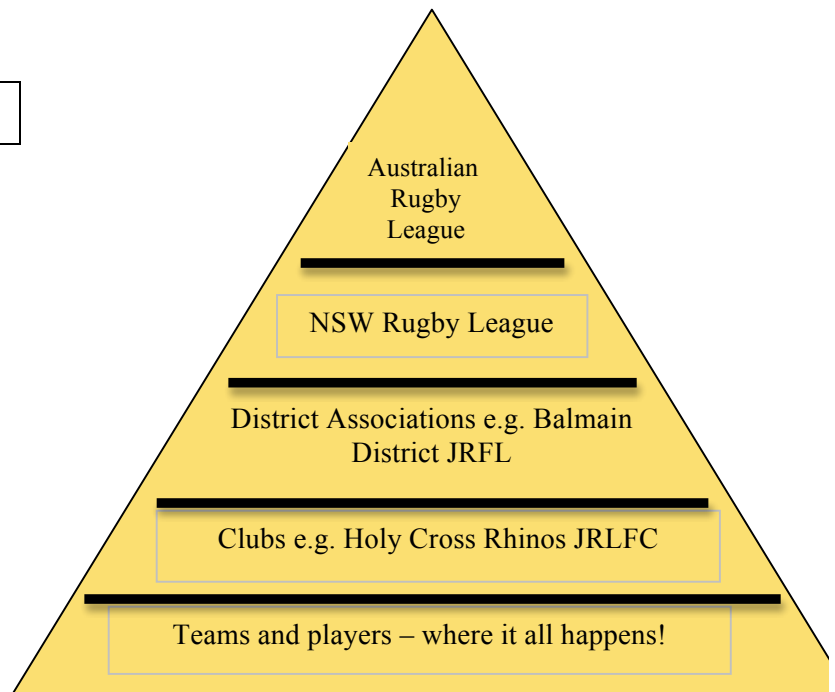
The Rhinos are known as a rugby league nursery and have produced a host of Balmain Junior Rugby League representatives including International representative Ben Elias and have won the most premierships since 1965.

In the 2007 season Holy Cross Rhinos took out both the Junior & Senior Club Championships.

In 2010 the Rhinos won all the age groups of the prestigious Benny Elias Shield, congratulations to the U6, U7 and U8's teams on this achievement.

2011 marked the 50th anniversary of the Holy Cross JRLFC and we celebrated in true Rhino fashion with a special dinner to honour our past and present members.

In 2012 we were awarded the Telstra One Community Grass Roots Club of the Year as a result of our fundraising efforts for the McGrath Foundation "Pull on your socks" day in June and our contribution to the development of Junior Rugby League.



1. Holy Cross Rhinos management, operations and finances

Constitution

Holy Cross Rhinos is an incorporated association, governed by a constitution, which guides our activities and decision-making. A copy of the Constitution can be downloaded from our website. Our current constitution is under review.

Committee

Like most sports clubs, our club is managed by a committee of volunteers. The committee is made of mums, dads, players, life members and others interested in their community and rugby league.

The committee is elected each year at the Annual General Meeting, a special meeting held in November. Anyone involved in the club is encouraged to join the committee. Nomination forms are available **before presentation day**. In addition, informal sub committees are formed to support the major social and fundraising events that occur throughout the season.

Join the Holy Cross Rhinos committee

The Holy Cross Rhinos committee oversees all the club operations and joining the committee is a great way to make a contribution and have a say in the way our club is run.

Join a sub committee

Sub committees are formed for the organisation of things such as: Sponsorship, Rhino's 50 Year Celebrations, Kids Disco, Benny Elias Day, Social nights and any other fundraising activities. The sub committees are formed early in the season and take on the responsibility of the organisation of these annual events with the support of the committee.

To join a sub committee contact the Club President or Secretary.

Club financials

Holy Cross Rhinos is a not-for-profit organisation. All money goes back into developing our club and ensuring members have the best possible rugby league experience. The club submits an end of year financial statement at the AGM as part of its obligations as an incorporated body.



Registration fees

Registration fees for any sport can be expensive. The Holy Cross Rhinos endeavour to keep them as low as possible for members. Discounts are offered to families.

When are registration fees due?

Registration fees need to be paid in full on Registration day.

Players are not permitted to play if registration has not been paid in full.

The club does have a hardship policy where other payment options can be arranged. If you wish to be considered please contact the Club President. All discussions are confidential.

Fundraising

Holy Cross Rhinos is a not-for-profit club. In order to keep registration fees as low as possible it is essential for the club to undertake a number of club fundraising activities during the season.

All members are asked to support these important club activities/functions, which include helping in the Canteen, BBQ or by attending organised functions such as the "Harbour Cruise, Presentation Day"

Cost of player registration

U6 – Free

\$60 Minis (7-8yrs)

\$100 Mods & Internationals (9-18 yrs)

\$200 International (19yrs upwards)

Family discounts: 50% discount for youngest child where 3 or more children are registered in one family.

Where your registration fees go?

Registration fees help to offset the following costs:

- Club uniform (socks, shorts, jersey all included)
- Association, player insurance and referee fees
- Presentation days, trophies and grand finalist recognition
- Training equipment and balls
- Special events
- Coach and trainer education courses
- Administration expenses (eg phone, internet etc)

Holy Cross Rhinos communication and policies

Holy Cross Rhinos members have their say

Your feedback is important to us. Here are some ways you can provide it.

- Attend a general committee meeting
- Send in a match report from your team each week
- Talk to you team manager, coach or a committee member about issues
- Email the Secretary, Craig Sawell - craig_a_sawell@yahoo.com.au
- Contact to club Grievance Officer – Richard Warner

Throughout the season if you have any issues or feedback for the club there are various options for you. Parents are encouraged to take any concerns to their team management (coach and manager) at once. If a matter is unable to be resolved parents are encouraged to make direct contact with a member of the club committee.

2. Volunteers – the heart of Holy Cross Rhinos

Like most sports club Holy Cross Rhinos is run entirely by volunteers - people just like you. Our dedicated volunteers coach, manage teams, help with ground set-up, run the canteen and work on the committee. With the help of the volunteers registration fees are kept to a minimum.

To run Holy Cross Rhinos plenty of help is required! There are lots of ways you can get involved. The following are some positions you may consider – coach, trainer, manager, committee member.

Each week a roster is drawn up of parents that are required to help in various ways. They include – helping to set up fields, help on BBQ and canteen. Each team is usually only required once or twice during the season and it makes the committee members work much easier.

Coaches

All Holy Cross Rhinos teams require a coach, and all coaches are supported by the club to gain the relevant compulsory qualification (Australian Rugby League Accredited)

Coaches of teams 6-12 years are required to gain a minimum of the *Modified Games Coach* qualification. Coaches of teams 13 years and over are required to have their *International Games Coach* qualification.

These coach courses are coordinated by the BDJRL and expenses are covered by Holy Cross Rhinos. Additional and higher qualifications are available and will be financially supported by our club. Both the district club and our club's Coaching Coordinator offer additional coach mentoring support. All coaches are required to re-accredit every four years.

Skills and experience vary according to age group/grade but generally our coaches have:

- A passion for rugby league
- A good understanding of the game
- Good people skills
- High level of commitment to fair play and good sportsmanship.

Team Managers

Holy Cross Rhinos require a manager to coordinate each teams operations. Managers are *volunteers* from within the club – most often a parent/relative of a player in the team.

Managers must be:

- Good communicators
- Committed to staying in touch and contributing to club issues and news
- Record team details and player and team results

The primary role of the manager is to communicate with parents and coordinate activities allowing the coaching staff to focus on the players.

Team Trainers

All Rhinos teams require a trainer to assist the coach. Trainers help players reach and maintain required fitness levels and ensure they have a safe, healthy and enjoyable training

and playing environment. It is compulsory for all trainers to complete their League Safe Certificate or an accredited ARL First Aid Officers Certificate.

INTERESTED IN COACHING OR BECOMING A TEAM MANAGER OR TRAINER?

- **Contact the Coaching Coordinators. They will assist you with all the information you need to become a qualified and confident coach/trainer or effective team manager.**

Take part in ground marshalling and canteen duty

The one way just about everyone at Holy Cross Rhinos can lend a hand during the season is via ground marshalling and canteen duty for all home matches. This involves:

- Ground preparation and set-up or clean-up
- Helping in the canteen and on the BBQ

Ground marshalling and canteen duties are arranged on a roster system with all teams taking turns throughout the season. Teams are generally allocated canteen and ground duties in a time slot prior to home game times. The roster is emailed and put on website once the draw is out. It is then the teams' responsibility to ensure adequate support is provided to operate the canteen, BBQ and playing field requirements.

Please get involved when your team is rostered on – don't leave it up to someone else! It's a great way of meeting new people.

Child protection policy

Holy Cross Rhinos has a Child Protection Policy and adheres to the Working with Children Check, which has been created under legislation (commission for Children and Young People Act 1998) to help determine whether a person is suitable to work with children. It helps to ensure, as far as possible, that people who may pose a risk to children are not employed in roles where they have direct, unsupervised contact with children. In July 2000 legislation was introduced in NSW that affects all people working with children.

Injuries

While we certainly hope it doesn't happen to any Holy Cross Rhinos player, injuries are a part of sport. In relation to player safety, the club ensures that:

- Coaches, trainers and official have relevant required qualifications
- First Aid equipment is available and accessible at home fields

Should your child sustain an injury during competition and/or at training appropriate first aid will be administered and you will be contacted. Managers must be informed of any injury that occurs to ensure that appropriate Injury Report forms are submitted.

Insurance

All players have insurance included as part of their registration fees. Please refer to the PDS for full cover details. Claims need to be lodged with Balmain District Junior Rugby League. Claim forms can be obtained from the club secretary or registrar and the claim needs to be signed off by the club secretary.

3. Playing and Training with Holy Cross Rhinos

Competition

When does the season start and finish?

The first game of the season is 7th April 2013 and finals begin in August and the Grand finals will be held from Friday 30th August to Sunday 1st September 2013.

What is expected of parents/carers at the Game?

* Parents must abide by the parents code of conduct and be supportive of all players, coaches, officials and referees. *Remember* that young people are involved in rugby league for their enjoyment, not yours.

* Encourage children to play by the Laws of the Game and National Safe Play Code.

What duties will parents/carers be asked to undertake? To help the season run smoothly at home games teams will be rostered to help in canteen, ground duties and BBQ. Canteen and BBQ duty usually lasts for 1 hour. Ground duties require field set up and pack away.

What time should I be at the Ground? Your team coach will advise how long before the kick-off players should be at the ground. As a general rule, Minis (U6 – U8) should be at the ground half an hour before the start of a game and older groups should arrive an hour before kick off.

REMINDER: Arrive earlier if your team is on duty at home games!

When is the draw determined and what happens if it changes? The BDJRL determine and publish the competition draws on their website which can be viewed via the following links

http://www.sportingpulse.com/assoc_page.cgi?c=7-2147-0-0-0&a=COMPS for U6-U12s

http://www.sportingpulse.com/assoc_page.cgi?client=1-7901-0-0-0 for U13s to U21s

Draws are not issued for the whole season and are usually made available on the Tuesday or Wednesday before the game. Sometimes there are late changes e.g. on Fridays. In this case the coach or manager will try to let the team know, but we encourage you to check the Balmain Website regularly for late changes.

What happens if my child can't make training or the game? Please inform the coach or manager ASAP.

Training

Most teams train weekly and details are confirmed closer to the start of the season.

When will training be held? Training sessions are conducted once or twice a week for most teams, as organised between team coach, manager and players. Training time and day must also be scheduled with the committee to ensure enough training space for teams on any given night.

Where will training be held? All training sessions are held at Holy Cross Rhinos home grounds: Frank St/Cressy Rd, Ryde.

What should my child wear to training? Players should wear appropriate clothing or team training shirts and football boots or joggers. Players should carry their own drink bottle which is clearly labelled.

What is expected of parents at training? Parents are expected to ensure players are dropped off and picked up on time. Parents of younger players should pick up from the fields not the car park for safety. Parents should be supportive of the coach. Please inform coach by SMS if your child cannot make training.

Wet Weather and Ground Closures

Occasionally wet weather forces competition games to be cancelled however more frequently training needs to be cancelled to preserve the fields for competition days.

Training days

During the week, Holy Cross College determines if fields are playable. The team coach or manager will notify parents and players of any cancellation to training due to wet weather either by phone or SMS.

Game days

BDJRL will determine if games are played over the weekend depending on ground conditions. Your club Secretary will SMS your teams preferred contact (Manager/Coach) and your team manager will contact players usually by SMS. If in doubt contact your team manager.

4. Holy Cross Rhinos facilities, uniforms and equipment

Home ground

Holy Cross Rhinos have 2 fields Olsen Oval, Frank Street and Cressy Rd, Ryde. Frank Street has home and visitor change rooms, toilet facilities, great canteen and a terrific BBQ.

Canteen and BBQ

The canteen is well run by Helen Williams our Treasurer. It is open every home game and Benny Elias Day with support from volunteers. The BBQ is also open on home games with many great chefs. All profits from the canteen and BBQ go directly back into the club.

Uniforms and merchandise

As part of players' registration each player receives shorts, socks and jersey. Players keep their club uniform at the end of the season.

Optional safety equipment/gear

Shoulder pads and head gear are optional. Professional mouthguard fittings are also highly recommended. *We recommend that all players wear a mouthguard!*

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