



**VERULAMIANS
R.F.C**

**MINI & JUNIOR
WELCOME PACK**

2025-26



FOUNDED 1948

CLUB INFORMATION

Cotlandswick,
London Colney,
Hertfordshire,
AL2 1DW

Telephone 01727 822929
www.VRFC.co.uk

 @thevees

 @verulamiansrfc

 @verulamiansrfc

WELCOME FROM THE CHAIRS

Firstly, a warm welcome to you and your child(ren) to Verulamians Rugby Football Club.

We are a family friendly club, often referred to as The Vees. , with an emphasis on inclusivity and having fun, and of course playing some top-class rugby too.

All children are included in friendly matches, which are played both “at home” and “away”, in the Hertfordshire area. Our coaches are unpaid volunteers, but are trained in rugby coaching in an age appropriate way, and are DBS cleared. We hope you enjoy your time here at the club and hopefully even get to join us at the end of season tour in May!

Ian Graham
(Chair)

Dean David John Penn
(Mini and Youth Chairs)

Emily Hydes, Joy Cheang, Sian Riches
(Ladies Co-Chairs)

PLEASE REMEMBER:

THESE PLAYERS ARE KIDS (GRANTED SOME BIGGER THAN OTHERS).

THIS IS ONLY A GAME.

COACHES ARE VOLUNTEERS.

REFEREES ARE HUMAN.

THIS IS NOT THE WORLD CUP!

TEAMWORK / RESPECT / ENJOYMENT / DISCIPLINE / SPORTSMANSHIP

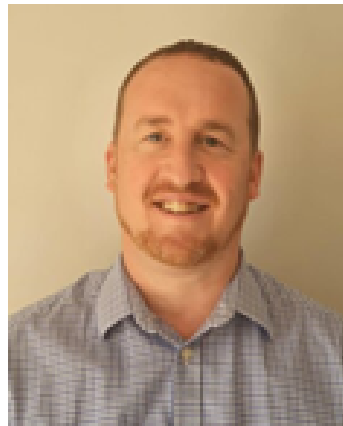
CONTACT DETAILS

MINI RUGBY CHAIR



DEAN DAVID
MINICHAIRS.VEES@GMAIL.COM

JNR RUGBY CHAIR



JOHN PENN
MINICHAIRS.VEES@GMAIL.COM

WARRIOR CO-CHAIR



EMILY HYDES
WARRIORS.VEES@GMAIL.COM

WARRIOR CO-CHAIR



JOY CHEANG
WARRIORS.VEES@GMAIL.COM

WARRIOR CO-CHAIR



SIAN RICHES
WARRIORS.VEES@GMAIL.COM

CONTACT DETAILS

REGISTRATION CO-ORDINATOR



ELLESHA WEBB
ELLESHA.VESS@GMAIL.COM

CHILD PROTECTION OFFICER



BRUCE WILSON
07938 151542
VRFC.SAFEGUARDING@ICLOUD.COM

FIRST AID CO-ORDINATOR



LINDSAY DIGWEED
07731 444144
LDIGWEED@GOOGLEMAIL.COM

CLUB REGISTRATION

NEW MEMBERS

It is important you correctly register your child to play rugby at Vees as this is the method by which the Club's insurance is provided.

a) The RFU's online database and must be completed by parent(s) for each of their children.

Parents should go to the main GMS login screen:

<https://gms.rfu.com/GMS/Account/Login> and use the "get started" option to "create account".

- You will need to register a parent first, and then add your child(ren)'s details later in the process.
- Please note, the club name in GMS is Verulamian RFC (not plural)
- It is important you finish the process by clicking on "register as player" for your child.

If there are any queries about registration or annual subscription fees, please contact Ellesha Webb at Ellesha.vees@gmail.com

RETURNING MEMBERS

Returning members are required to re-register their playing status with the RFU each year.

Please go into the registered parent's GMS account via <https://gms.rfu.com/GMS/Account/Login>, where you will be able to select your child on the left-hand side of the screen. Please then click on "renew registration (age grade)" in the centre section of the screen.

Note - you are now able to add an email account for junior members. This is entirely optional, and is only required if you would like your child to be able to directly access their own RFU data.

SPONSORS



OMNI FINANCIAL
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VETERINARY SURGERY



LANGLEY
PLANNING & DESIGN



hannaford



SWW | SUPREME
WEALTH
MANAGEMENT



B Healthy



VERULAMIANS R.F.C

P R E - S E A S O N T R A I N I N G

MINI & JUNIORS

**U6'S
(YR1)**

SUN:9.15-10.45 AM

**U7'S
(YR2)**

SUN:9.15-10.45 AM

**U8'S
(YR3)**

SUN:9.15-10.45 AM

**U9'S
(YR4)**

SUN:9.15 - 10.45 AM
WED:6.00 - 7.00 PM

**U10'S
(YR5)**

SUN:9.15-10.45 AM
THU:6.30-7.30 PM

**U11'S
(YR6)**

SUN:9.15-10.45 AM
WED:7.00-8.00 PM

**U12'S
(YR7)**

SUN:9.15-10.45 AM
TUE: 6.30-7.45 PM

**U13'S
(YR8)**

SUN:11.30AM-1.00PM
THU:6.30-7.30 PM

**U14'S
(YR9)**

SUN:11.30AM-1.00PM
WED:6.30-8.15 PM

**U15'S
(YR10)**

SUN:11.30AM-1.00PM
THU:7.15-8.45 PM

**U16'S
(YR11)**

SUN:11.30AM-1.00PM
TUE:6.45-8.15 PM

**COLTS
(12&13)**

SUN:11.30AM-1.00PM
TUE: 7.30-9.00 PM

PLEASE NOTE: MINI AND JUNIOR MATCHES ARE USUALLY ON SUNDAY MORNINGS.

TRAINING TIMINGS MAY ALSO CHANGE DUE TO POOR WEATHER.

IF YOUR CHILD IS INTERESTED IN TAKING PART, PLEASE EMAIL: MINICHAIRS.VEES@GMAIL.COM TO CHECK WHEN AND WHERE TRAINING IS GOING AHEAD

WARRIORS (GIRLS ONLY)

WARRIORS.VEES@GMAIL.COM

**U9-10 GIRLS
(YRS 4&5)**

SUN: 9.15 - 11.45 AM

**U11-12 GIRLS
(YRS 6&7)**

SUN: 9.15 - 11.45 AM

SENIORS

VEES.RUGBY@GMAIL.COM

WARRIORS.VEES@GMAIL.COM

SENIOR MEN

TUE: 7.30-9.00PM
THU: 7.30-9.00PM

**SENIOR WOMEN
(TOUCH RUGBY)**

WED: 7.15-8.30 PM

WWW.VRFC.CO.UK
#UPTHEVEES #ONECLUB

R.F.C



Minis & Juniors Sunday Training Allocation



Minis: 0915-1045

Juniors: 1130-1300

Irish Club Parking &
Clubhouse



USEFUL INFORMATION

Parking:

We have various areas to park around the club.

Please listen carefully to the marshals on entry as they will direct you to the relevant areas. We ask you to bear with them as we have a small entrance, off a very busy road, with potentially up to 3 separate clubs arriving to park (Rugby, Soccer & Irish Club).

If you arrive early, please utilise the main car park (beware of height restrictors).

Our largest car park is the on-field parking, immediately left as you come off the main road entrance. It is part hardstanding and the grass area is matted. In wet weather we tend to direct 4x4 cars onto the field car park.

Bigger vehicles are able to park under the trees in the lead up to the main car park.

The car park to the rear of the clubhouse is reserved for Verulamians RFC officials and coaches.

We also have use of the St. Albans Irish Association Club's car park as long as we park within the coned off area.

Where possible, we ask parents to try and not leave before 9.45am. This will allow arriving cars to enter the club site and minimise blocking the access road.

Dogs:

We welcome well behaved dogs, kept on a leash. Please ensure you pick up after your dog and dispose of any waste in the bins outside the clubhouse.

First Aid:

There will be at least one trained first aider on site. In line with RFU guidelines, visiting teams aged U14 and above are required to bring their own first aid provision.

If required, the first aid room is located within the clubhouse, and there is a defibrillator behind the bar.

In the event of an injury, club first aiders are required to report any incidents using the RFU ProActive Reporting system (<https://proactivereporting.com/>).

We request that any visiting teams that have serious injuries and require visits to hospital or enactment of concussion protocols are reported to our First Aid Co-ordinator Lindsay Digweed at LDigweed@googlemail.com.

VOLUNTEERING

Vees a community that relies on volunteers.

All the people you interact with, coaches, kitchen staff, shop assistant, etc are all volunteers. Most people find volunteering, especially in the kitchen, is a great way to get to know your fellow parents – and it's out of the cold!

By registering your child with Vees, you are agreeing to the terms of membership. One of the terms of membership is for each child registered, an adult is to cover at least 2 Sunday volunteering sessions in the season.

It is only by the efforts of the volunteers that Vees can continue to thrive as a club, so we rely on everyone to do their bit. Sunday volunteer tasks include; Kitchen duties, Car-parking duties and manning the shop.

If you would prefer a role outside of a Sunday morning, or are able to give a little bit more time, please get in touch as there are always plenty of roles needing fulfilling.

KIT

Pop along to the Sunday Shop where there is a range of new & second hand kit available.

This is where you will also get a warm welcome and free advice.

Premium Force is our long established and valued kit supplier. Please visit their website for a full range of kit and accessories

[HTTPS://WWW.PREMIUMFORCE.CO.UK/CLUBS/RUGBY-CLUBS/VRHC/](https://www.premiumforce.co.uk/clubs/rugby-clubs/vrhc/)



**Please Ensure boots are removed
before entering the clubhouse.**

Thank you



BRING YOUR MUG TO THE CLUB

25% OFF
all hot drinks

Help us to reduce waste

OUR PLEDGE

WE WILL ALWAYS:

- Treat others with respect and dignity, including all officials, spectators, coaches, and players, whether from the club or visitors.
- Be magnanimous in victory and gracious in defeat.
- Work together to create a positive and welcoming club environment.
- Encourage a healthy environment, where skill development, enjoyment and teamwork are promoted.
- Take ownership in ensuring that we are up to date with all club rules, policies, and procedures, and that they are in keeping with the values of the club.

WE WILL NEVER:

- Tolerate abusive, threatening, or intimidating behaviour and instances of this behaviour will be challenged and reported.
- Challenge, or encourage others to challenge, the decision of any match official.
- Enter the field of play, unless instructed otherwise by match officials.
- Use inappropriate language towards people at the club.
- Tolerate cheating or manipulation of competition.

DISCLAIMER

On occasion the club would like to use first names and photos of people involved with the club for marketing purposes, on our website or in local press.

We respect the right for individuals to protect their privacy so please make a coach or child protection officer aware if you do not wish your child's first name or photos to appear in any way or form.



2025-26

**WE HOPE YOU ENJOY
THE SEASON WITH
US!**

