



Welcome to Linlithgow Rugby Club

This handbook gives you QR code links to all aspects of Linlithgow Rugby Club, from how it is run to what you need to know to get the most out of what we do. Many of the links here will take you to pages in our Club website. These will be regularly updated, so the links will always give you access to current information.



www.linlithgowrugbyclub.co.uk
01506-845087



A Community Club



Since we were founded back in 1970, the Club has focused on being an active part of our local community and over the years this has extended beyond the boundaries of Linlithgow, with members coming from a wider area spanning South Queensferry, Winchburgh, Bathgate, Armadale and other communities in the north of West Lothian. We have developed our Club's Vision and Objectives to help shape our future.

We are a Charity

And that brings responsibilities which we take very seriously. While we want to make rugby fun for all, we always looking to run our Club to the highest standards in line with the values of our sport and the guidance of our governing bodies - Scottish Rugby and OSCR, the charity regulator in Scotland. We have a whole page on our website which pulls together all aspects of the governance of our Club, which is overseen by a Board of Trustees.



Safeguarding children and vulnerable adults is just as important as ensuring a strong and sustainable financial base for our Club and you can access all our Club Policies, in addition to reviewing our business performance through this page.

Clear Values are part of our DNA



Rugby is a game for everyone; all ages, levels of experience and body types. Children can prosper through rugby in an environment where having fun, learning and building confidence are prioritised. Linlithgow Rugby Club has developed a simple "Reds Code of Conduct" to articulate how we will seek to apply these values across all our key stakeholder groups – Players, Coaches, Parents and Supporters.

Last season, one of our youth coaches undertook a piece of work with players from our U18, U16 and U15 teams. The purpose behind this was for the Club to engage more with our older youth players and give them an opportunity to learn more about the Club and to have a "voice" within the Club. This work identified a set of 8 values specific to the club & its position within the local Linlithgow community, and these were assigned to 2 acronyms: REDS & AURA.

Reds reflects the club in on the playing field:

Respect, tEamwork, Determination & diScipline

Aura reflects the position within the community:

engAgement, commUunity, home-gRown & pAssion

Our Aim - Rugby for All

We look to provide opportunities for everyone to be involved in our Club, both on and off the field. On the field we start young at age 2 and run programmes up to age 70+. Our male pathways are well developed and we are in the process of building our female programme.



Developing Young Players



We put a big emphasis on helping players to “be the best they can be” - rugby is so much more than just a sport, it helps to develop teamwork and leadership skills both on and off the pitch. By focusing on people and on supporting youngsters through various transitions we have been active in developing young players, with great success.

Staged Development

We follow a staged development process to introduce young players to the game and to keep things fun. Our many volunteers (for example we have over 35 qualified volunteer coaches) guide our young players on a year by year development process.



You can find out more about each age group, our coaches, training and playing times, plus the relevant Age Grade Rules that apply, by following one of the QR Code links below:



WEE REDS



Micros (P1-3)



Minis P4



Minis P5



Minis P6

Minis P7



YOUNG REDS



S1 / u13



S2 / u14



S3 / u15



u16

u18

Girls Rugby

There are now an increasing number of options for girls to play rugby at Linlithgow.

Pre-School

Girls of pre-school age (2 to 5) - **Tiny Reds**

Primary School

Primary School age - **Wee Reds** Micros (P1 to P3) and Minis (P4 to P7)

Secondary School

Following the success of the Girls' sections of the Schools of Rugby at both Linlithgow and Armadale Academies, plans are now in hand to establish a girls' section within the Rugby Club this season, meeting and training on Sunday afternoons.



Member and Community Events



Over the course of the season the Club hosts a number of member and community events. This all contributes to fundraising to keep member costs down and support rugby across all the ages. We use social media extensively to promote upcoming events, but you can view the main events planned for this season using this link. Please support your Club by attending and enjoying!

Keeping you informed and involved



Instagram



Facebook



Key Contacts

GREENFOX
ENERGY

