

Forthcoming Events

The club's first **pre-match Lunch** will be on 12th September, Ipswich vs Chelmsford. Book your tickets at the club office, cut off date for tickets is noon on Thursday 10th September. Tickets cost £15 per head.

A **Casino Night** at the club is to be held in November. Watch this space...

STOP PRESS! Mr Goldsmith the Mayor of Ipswich will be guest of honour at the first match of the season.

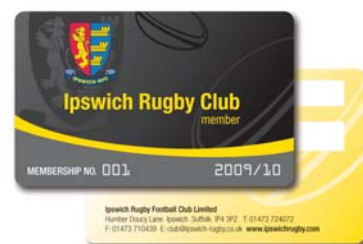
President's Cocktail Evening Friday 11th September

On Friday 11th September Karl King will be hosting a drinks party before the first game to welcome Vice Presidents back for another season.

Update...

New IRFC Membership Card

Introducing the new Ipswich Rugby Club membership card; each new and renewing Vice President will receive one. It entitles the holder to 10% off drinks from the club bar, eligibility to purchase international tickets and other club related benefits.



Help For Heroes

Ipswich Rugby Club's chosen charity for 2009/2010 season is Help for Heroes. Help For Heroes does wonderful work for soldiers and other servicemen and women both directly and through its support of other service charities.



Watch this space for information on events that we will be holding on behalf of Help for Heroes. www.helpforheroes.org.uk

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www.ipswichrugby.com

Contact: If you have any questions or comments regarding the content of this newsletter or wish to contribute please contact Kate Hughes on 07740 554418 or email: kate.a.hughes@btconnect.com

Ref's Corner

You are always saying the ref never sees the other team breaking the laws, but do you know what the new laws are? Below is a list in simple terms of the new adopted laws this coming season.

ELVs Adopted into Law

Law 6. Assistant Referees able to assist Referees in any way the Referee requires.

Law 19. If a team puts the ball back in their own 22 and the ball is subsequently kicked directly into touch there is no gain in ground.
Law 19. A quick throw may be thrown in straight or towards the throwing team's goal line.

Law 19. The receiver at the lineout must be two metres back away from the lineout.

Law 19. The player who is in opposition to the player throwing in the ball must stand in the area between the five metre line and touch line and must be two metres from the line of touch and at least two metres from the lineout.
Law 19. Lineout players may pre-grip a jumper before the ball is thrown in.

Law 19. The lifting of lineout jumpers is permitted.

Law 20. Introduction of an offside line five metres behind the hindmost feet of the Scrum.

Law 20. Scrum half offside line at the Scrum.
Law 20. The corner posts are no longer considered to be touch in goal except when the ball is grounded against the post.

I hope to bring you all a little bit of wisdom in each edition, so read and learn all you experts. Stu Hudson



In Touch

IPSWICH RUGBY FOOTBALL CLUB

Welcome!

Welcome to our first edition of *In-Touch* the fortnightly newsletter that will feature all the club news, match results and forthcoming events. Every edition will feature an interview with a member of the committee. In this edition Ipswich Rugby Club's President and former player Karl King talks about his hopes for the new season.



Welcome to the new season.

This is now my third year as President of Ipswich Rugby Club and I am excited about our prospects for this new season.

After gaining promotion to London Division 2, I am very keen that our first XV team aim for promotion right from the start, as this new league will be very competitive. I feel that there is nothing between the different teams and that it will

be a close regional league which is why it is crucial that we have a positive start to the season to ensure promotion next year. Our first XV has the right blend of young and experienced players so there is no reason why we can't be promoted again at the end of this season. I am really pleased to see youngsters breaking into the senior side in numbers, youngsters that demonstrate true Ipswich grit. Along with the continuing support of our main sponsor Call Connection I am sure this is going to be another successful season.

As well as gaining promotion I would like to see more people come and support our first XV on a Saturday afternoon, whether just to watch the match or to join me and other members at the pre-match lunch. The club is a friendly club and has a good atmosphere so please come down and cheer our lads on.

Off the pitch we are introducing a number of new initiatives such as a membership card which will entitle members to various benefits, the web site is also being re-launched and we are planning a series of events over the coming months. Also the on-line shop has now gone live where you can buy various items of club kit.

So all in all both on and off the pitch 2009/2010 promises to be an exciting season for Ipswich Rugby Club and I look forward to seeing you all at Humber Doucy lane on 12th September for our first match against Chelmsford.

Karl King

Club Shop

The Club Shop is open from 10:00am on Sundays for the sale of sportswear including replica shirts, club shorts, socks, studs and leisurewear.

The club office is manned Monday to Thursday 9am - 5pm for enquiries. Alternatively telephone the club office on **01473 724072** and leave a message or email club@ipswich-rugby.co.uk

Online Shop

We are pleased to advise that we have now launched the new ONLINE rugby club shop ready for the new season. Not only do we offer our familiar Black and Gold kit, but also additional rugby items, plus selected clothing for the ladies as well!

We continue to stock gum shields, socks, studs, ties etc in the club shop plus a small selection of other items for immediate purchase or to view.

Visit www.ipswichrugby.com and follow the link to the online shop.

Source: Alison Young



English Clubs Championship

Fixtures - London League Two North East

DATE	OPPOSITION	VENUE	DATE	OPPOSITION	VENUE
12 Sep 09	Chelmsford	Home	19 Dec 09	Norwich	Home
19 Sep 09	Norwich	Away	9 Jan 10	Thurrock	Away
26 Sep 09	Thurrock	Home	16 Jan 10	Mersea Island	Away
10 Oct 09	Mersea Island	Home	23 Jan 10	Braintree	Home
17 Oct 09	Braintree	Away	30 Jan 10	Sudbury	Away
24 Oct 09	Sudbury	Home	13 Feb 10	Harlow	Home
7 Nov 09	Harlow	Away	20 Feb 10	Romford and GP	Away
14 Nov 09	Romford and GP	Home	6 Mar 10	Enfield Igns	Home
28 Nov 09	Enfield Igns	Away	20 Mar 10	Saffron Walden	Away
5 Dec 09	Saffron Walden	Home	27 Mar 10	Colchester	Home
12 Dec 09	Colchester	Away	10 Apr 10	Chelmsford	Away

Interview with Aaron Brown

Every issue we will be featuring an interview with a member of the senior squad.

In this edition we spoke to Aaron Brown the club coach.

This season will be Aaron's third as team coach. Aaron comes from Christchurch in New Zealand where he played both professional rugby for Canterbury B team and cricket for Canterbury Cricket Club.

Aaron started coaching at the age of 18 whilst playing full time rugby. Unfortunately due to a serious problem with his spine, he gave up playing at the age of 27. His first full time coaching job was with a team on the Gold Coast of Australia. Prior to coaching Ipswich Aaron was head coach for Hadleigh Rugby Club.

Aaron has high hopes for this season as this year's team is full of quality players who have a positive hard working attitude towards rugby and are ambitious for further success. Aaron's goals for this season are player development and promotion.

Aaron can be contacted at the club on **01473 724072** or email Ipswich Rugby Club: **club@ipswich-rugby.co.uk**



We put a number of questions to Aaron.

Q. What clubs have you previously played for?

A. Sydenham (NZ), Breakers (AUS)

Q. What position did you play?

A. Utility Back

Q. Who is your favourite player?

A. George Nepia

Q. What was the best game you ever played in?

A. Canterbury B vs Wellington B 48 - 45

Q. What was the best game you ever watched?

A. Western Samoa vs Wales 91 RWC

Q. What was the best Ipswich game of 2008/2009 season?

A. Dagenham Away

Q. What are your goals for the club for the new season?

A. To develop a group of players who play with skill, passion and intelligence.

Q. Coaching and playing, what are best bits of each?

A. Coaching - Watching hard training hours turned into reality for 80 minutes each game day.

Playing - Putting on the shirt. It meant for me a sense of pride and belonging.

Youth & Juniors news

Welcome to Ipswich Youth Rugby, where fresh air, fun and fantastic rugby are the name of the game.

If you would like to join us, all you have to do is give us a call. Just give the appropriate head coach, team co-ordinator or myself a ring (our numbers are available below), or pop along to the club one Sunday morning. Training is held from 10am - 12noon. There you can meet the teams and their coaches, join in and quickly become part of the thriving youth section at Ipswich Rugby Club.

If you are unsure whether you will like it or not, do not worry, as we offer two free taster sessions for you to give it a try. You can then decide whether you would like to join and become part of the team on a regular basis (most normally do!). The Youth section will be running every Sunday until May 2010. We look forward to seeing you and wish everyone another enjoyable season.
Stu Hudson and Dave Edwards

Training is held every Sunday at Humber Doucy Lane from 10am - 12noon.

Fixtures - U18's/Colts

DATE	OPPOSITION (VENUE)
06 Sep 09	Registration/Training
13 Sep 09	Colchester (A)
27 Sep 09	Youth cup (RHS)
04 Oct 09	BSE (A)
11 Oct 09	Shelford (A)
01 Nov 09	Woodbridge (A) 12.30pm KO
08 Nov 09	Sudbury (H)
22 Nov 09	Training / SC?
06 Dec 09	Sudbury (A)
13 Dec 09	Training / SC?
20 Dec 09	Shelford (H)
27 Dec 09	Christmas
17 Jan 10	BSE (H) SC?
07 Feb 10	Woodbridge (H) SC?
14 Mar 10	Training / SC?

SC = Suffolk Cup dates

Leadership Team: The Youth section is supported by a leadership team, led by Chairman Dave Edwards, who work behind the scenes to ensure that everything runs smoothly.

POSITION	NAME	TELEPHONE	MOBILE	EMAIL
CHAIRMAN	Dave Edwards	01449 780020	07843 051425	david.a.edwards64@btinternet.com
YOUTH AND JUNIORS CO-ORDINATOR	Stu Hudson	01473 890939	07803 737743	stu.hudson@btinternet.com

Head Coaches: Each year group consists of a Head Coach, Assistant Coach and Support Coaches. Together they focus upon nurturing individual players and developing the overall team, supported by Directors of Rugby (Mini, Midi & Youth).

TEAM	HEAD COACH	TELEPHONE	MOBILE	EMAIL
U17	Malcolm Lane	01394 410197	0799063291	laneymp@aol.com
U16	Martin Gordon	01473 719757	07826 890108	m.gordon@allianz.com
U15	Johnny Breedt	01474 277068	07866 588905	machinewest@yahoo.com
U14	David Dodds		07764 898677	david.dodds@sackers.co.uk
U13	Dave Edwards	01449 780020	07843 051425	david.a.edwards64@btinternet.com
U12	Stuart Hudson	01473 890939	07803 737743	stu.hudson@btinternet.com
U11	John O'Donoghue	01473 271415	07711 640464	j.j.odonoghue@btinternet.com
U10	TBC			
U9	Paul Roland	01473 836930	07766 686565	paul.roland@taskerpartners.com
U8	Dale Mayhew	01206 233105	07970 785676	dale@thorogood.co.uk
U7	Dave Norval	01394 279959	07719 936749	davenorval.ursalimited.com

Team Co-ordinators: Team Co-ordinators and Assistant Co-ordinators support the Coaches, making sure everything runs smoothly, supported by the leadership team.

TEAM	CO-ORDINATOR	TELEPHONE	MOBILE	EMAIL
U17	Baljit Sarpal		07740 098784	baljit.sarpal@bt.com
U16	TBC			
U15	Alison Young		07810 435273	
U14	TBC			
U13	Martin Taylor	01473 434754	07548 511791	martin.taylor11@ntlworld.com
U12	Sue Bell	01986798713	07833 730075	suebell1@hotmail.com
U11	Tamzin Ferrell	01473 729518	07515 891672	tamzin.ferrell@talk21.com
U10	Jenny Johnson	01473 832138	07940 364028	hobbsjohnson@aol.com
U9	Clare Bunyan	01473 435806	07817 980236	clare.bunyan@ntlworld.com
U8	Zoe Philpott	01473 630993	07710 486149	Zoe.philpott@hotmail.co.uk
U7	Clare Norval	01394 279959	07887 617557	ipswich.under7s@googlemail.com