

Welcome to the ARFC Weekly Update! As you know, we aim to bring you the Update most weeks in season and many weeks over the summer. So please keep your news coming & contact **Judy Youell** (secretary@altonrfc.club) with everything that you'd like to share via the next Update or the ARFC website (www.altonrfc.club). Website information can also be submitted at any time via website@altonrfc.club and remember that it is incredibly important to keep this fresh & up to date. Please contact website@altonrfc.club if you need help in adding Website information. **The season might have ended, but ARFC news is not!!**

If you don't want to receive the Update or other ARFC website communications (or hear of someone who isn't & wants to), let Judy know also. Up to date information on bar opening times, matches & events can be found on www.altonrfc.club at any time. You can also follow the Club via:

Facebook: AltonRFC or Twitter: @AltonRugby

News from the Executive Committee (EC)

The big item this week is our **forthcoming AGM**. Sure that you're thinking "but that's ages away??" Well it's not - **less than a month to go to** one of the most critical dates in the Club calendar - **Friday 12 July 2019** at 19.30 (Clubhouse open from 19.00). On timing, we are desperately trying to balance the needs of some people to get back from work (so don't worry if you're a few minutes late) and for some to make a timely departure (so we'll be running through the agenda as swiftly as we possibly can). What we want is for most members to be there and it play a real part in the running of the Club and, for those who can, to stay with us for a lovely social rest of the evening. Please be there!

Even more importantly for now, it's **just a week** to go before the **closing date for nominations for EC positions - 21 June 2019**. Club Rules 12.2 and 12.3 state that ARFC Club Officials (President, Chair, Treasurer & Secretary) + EC members (Junior Treasurer, Junior Chair, Coaching Co-ordinator & Clubhouse Chair) must be appointed annually via the AGM & **nominations** are required (for incumbents - who can stand for multiple terms - and new candidates) at least **21 days before the AGM (so that is by 21 June) (via Club Secretary secretary@altonrfc.club)** - with proposer / seconder & written consent of candidate.

Despite the fact that the **Clubhouse Chair position is vacant**, and not all of the current EC have confirmed that they will re-stand, we've not yet have had a sniff of interest or a single nomination! Is it because you think someone would be 'put out' & that it would imply that the job wasn't currently well done? Absolutely not! We are sure that Tom Mills does not want to cover both the President's role & the Clubhouse Chair role forever - it is too much for anyone (even someone as dedicated as Tom) to cover two highly demanding roles. And we are equally sure that most other EC members do not want to remain in position forever - it isn't fair on them or healthy for the Club.

So, we ask every adult ARFC member to **NOW** think of standing (or nominating others) for any of the EC positions & to contact the Club Secretary **by 21 June**. (Better still before 19.30 on 20 June and before the start of the EC meeting, see below.) Even if you simply say that you'd be interested in standing if (and only if) someone decided they didn't wish to re-stand (or if the 'right' position was available), it would be extremely helpful to know - but we need you to act fast and let us know before the looming deadline. If we don't have all the EC positions filled, it will be very hard to continue as a Club and to progress in the way we all want to.

Succession planning is going to be a 'big item' on this year's AGM agenda. So, if you're not quite ready to put yourself forward formally, could you at least think about putting in an '**expression of interest**' in a future EC position - ideally before 21 June but otherwise asap. The EC is Incredibly

keen to bring in and bring on new Club talent - and that is what will allow the Club to grow & thrive. People have busy lives and we all know that it isn't easy to combine sometimes conflicting demands. However, like all organisations, we know that we will only get the best people if we are flexible and try to meet their needs. It might be we could do some swapping round or even offer a meaningful 'role share' for one of the EC roles? And we'd be delighted to arrange role shadowing or mentoring to support someone in standing for roles into the future. As they say, 'don't delay; do it today' and contact Judy Youell (via secretary@altonrfc.club) or any of the current EC members to talk things through. **Please!**

And, if an EC position doesn't 'grab' you, let us know if there are other ARFC roles that you'd be interested in considering. We have many opportunities covering membership to clubhouse bookings to catering support and every point in between - and we also desperately need a volunteer co-ordinator to make it all happen. There must be some role on our extensive list and that would fit with your own interests & commitments! Think about it - there is something fulfilling & of value available for every member of every age! Even tell us what we could do to make volunteering at ARFC more appealing. Just don't remain silent!! And, while we're on the subject of volunteering, can anyone offer a few hours over the summer to run the **Clubhouse Bar**? It is usually only for a handful of people and training can swiftly be provided. However, it's just not economical to put on paid staff for (often) small numbers - and it will be a real shame if our brilliant bar has to remain mostly closed through to September. Contact Tom Mills (t.p.mills@outlook.com or 07887 596816) or Estelle Dawson (estelle.dawson75@hotmail.com) if you can help.

Returning to the AGM: Formal papers (including the agenda for the AGM, Minutes of the 2018 AGM & the Financial Statement for the preceding year) & other papers will – as required - be made available to you 14 days before the AGM (**by 28 June**). The form of the AGM agenda is largely determined by the ARFC Rules but we'd be happy to receive details of anything that you'd like considered (via secretary@altonrfc.club) by **23 June at latest (just 10 days away!!)** so that the final agenda goes out 14 days before the AGM. (No requests for alterations to Club Rules or for motions to go to the AGM were received by the deadline of the 30 April 2019).

And another big event coming up even more imminently (**Saturday 22 & Sunday 23 June**) is **NatWest RugbyForce Weekend**. The focus this year will be on continuing our **pitch improvements** and general clearing up / maintenance / improvements in and around the Clubhouse. To deliver on all the ambitious plans, we need a **100 volunteers**. Will you be one of them? There's a role for everyone young and old - with skills or few skills (everyone can make that much needed cup of tea, sort the kit or pass the hammer!). Please help us make this a hugely successful weekend and make some real progress on the Clubhouse and on our all-important pitches? A few hours from everyone would make a tremendous difference so come down to Anstey Park to help either or both days - and bring the kids too. If you haven't been before, we promise that it's a lot of fun & you'll have the chance to get to know all sorts of people at the Club that you mightn't have come across previously. It is really useful (though not essential) to know who, when and how long, you will be able to help out over the NatWest RugbyForce Weekend. Just drop an email to **website@altonrfc.club**. Alternatively, go to the event on the website and click 'attending'. We will start at 09.00 and finish around 16.00 both days. Food & drinks provided for all volunteers! And, during that weekend, we will also be looking for volunteers to attend Alton Town Council (ATC)'s **Community Fayre** which is being held in the Public Gardens (from 11.00-15.00) on Saturday 22 June. It'll be an opportunity for many of the town's sports (& other) clubs to 'showcase' what they do and bring in new members. Why not volunteer to help &, while you're there, take a look at what our colleagues are up to?

Other things to think about this week are:

The next **EC Meeting** will be held on **Thursday 20 June** (re-scheduled from Monday 10 June). Please let Judy Youell (via secretary@altonrfc.club) know if you have any points that you would like raised or considered.

Our Ladies Rugby is one of Alton Waitrose's chosen charities for June so we ask all members to remember to get a green token every time they shop there. (Maybe several small shop to get a token every time?) And get **Friday 5 July** in your diary now. That's the night of ARFC's Ladies Awards' Night Meal and you are cordially invited to join them for the evening programme including a race night event. More details to follow, but plan to be there - it'll be huge fun and all proceeds will go to supporting our Girls' squads.

Take a look at the **RFU Community Game Update**: available on the ARFC Website (via <http://www.altonrfc.club/news/rfu-community-rugby-update-2434982.html>) with many interesting & relevant articles covering 'game on' regulations, transgender policy, rugby injury surveillance survey & much more.

A Young Match Official Day has been announced for Saturday July 27. If you are aged between 14 and 24 & interested in refereeing, get yourself booked in (details on the ARFC website <http://www.altonrfc.club/news/young-match-official-information-day-2434499.html> more in next section).

Highlights for the coming week

Saturday 15 June - Clubhouse Bar open from 16.30-19.00. (From 09.00-16.00 on both Saturday 15 & Sunday 16 June, the Clubhouse will be in use for a ERRA referees meeting.)

Tuesday 18 June (+ every Tues night): Rugby Sessions for Girls - (18.00-19.00 - through to July) – everyone aged 10-18 years is very welcome (including complete novices) Then, **from 19.00**, we have our **Ladies' sessions - starting with Touch** and, then for those who wish - progressing to **Contact from 20.00**. All welcome - lack of experience, fitness, skills, understanding of rules not a problem!!! Just come and have a go!

*Note: Ladies Touch on Tuesday nights will continue throughout the summer. And who knows, maybe, **the bar** will be open after???? Can you volunteer to help??*

Wednesday 19 June - we have three quite different options for you next Wednesday evening:

Summer Touch Programme: This will run every Wednesday until 10 July (assuming no more severe weather warnings!!) & is open (free) to all - from over 12 to 112, all genders, experienced or absolute beginner - come, enjoy and get fit! We hope to have the bar open after.

D3W3: Come and enjoy a great night of live music at the Clubhouse (19.30-10.00). The bar will be open and admission is free. Another great evening of great entertainment at ARFC - with good music, good friends and good beer. This month, we'll have the enchanting Tamsin Quin, the excellent Ian Roland and one of our favourites, Slack Maverick, to make a terrific evening. Come and join us for the last D3W3 before our Summer Holiday Break - we'll be back in September!

ANTS Trials: We all love rugby, but (hard to believe!) it's not everyone's game (and you can, of course, enjoy both!!). So, if there's anyone in the family who's a keen netballer, do alert them to these trials for the adult section (15 years +) which will be held at the Anstey Park Netball Courts from 19.00-21.00. Further information (including on the junior section, can be obtained from: antsnetball@gmail.com.

Thursday 20 June - ARFC EC Meeting: Clubhouse from 19.30. Let Judy Youell (via secretary@altonrfc.club) know if you have any points that you would like raised or considered.

Other Forthcoming Events

Saturday 22 & Sunday 23 June - NatWest RugbyForce Weekend: The focus will be on continuing our **pitch improvements** and general clearing up at the Club - we need a **100 volunteers**. Are you ready to be one of them? (More details in previous section.)

Wednesday 26 June - Wednesday 28 August - Age Grade Summer Pre-Season Programme: Run by our partners Lions Sports Academy every Wednesday from 18.30-20.00 - ages 11-16 years. A great opportunity to improve rugby skills and take part in speed training, strength training and fitness work. To book, go to www.lionssports.academy

Friday 5 July - ARFC's Ladies Awards' Night (featuring Race Event): ARFC Ladies are generously opening up their celebrations / meal at the Clubhouse to other ARFC members & offering a special 'race night' event within this. All proceeds will go to our Girls' squad. Get it in your diary & watch out for further details - it's going to be a great night!!

Saturday 6 July - Open Air Cinema in Anstey Park: 'The Greatest Showman' will be shown by Silent Summer Screenings in Anstey Park & the Clubhouse will be open for food & drinks. Tickets available from <https://www.silentsummerscreenings.com/locations/alton/> from Sunday.

Friday 12 July - ARFC's AGM: from 19.30 (Clubhouse open from 19.00). Be there! And make sure that any nominations are in by 21 June - and do alert us to any issues that you'd like considered by 23 June. Papers to follow on 28 June.

Sunday 14 July - 2019 Hampshire Coaching Conference: This will be held at Oasis School, Lordshill, Southampton, SO16 0XN. It will be a fantastic day at which coaches can learn a great deal. There are also age grade CPD evenings on Wednesdays 1 & 8 May. The Club will do all it can to support attendance at conferences and CPD events - please see our Website for full details & speak to Steve Jenkins if you'd like to attend.

Saturday 20 July - Mixed Touch Tournament at Eastleigh from 10.00 (details to follow)

Sunday 21 July - Bus Rally in Anstey Park: Details available from local press and Bus Rally website (<http://www.altonbusrally2015.com/>). The Clubhouse will be open for food & drinks.

Monday 19 / Tuesday 20 August (09.30-15.30): London Irish Summer Camp at ARFC: now booking! Open to everyone from U7-U14 - boys & girls! See our Website for further details - or www.london-irish.com/rugbycamps

Saturday 27 July - Young Match Official Day: Aged between 14 and 24 & interested in refereeing? An information day is being run by Hampshire Rugby Referees at HMS Collingwood Sports Pavillion, Newgate Lane, Fareham, PO14 4AS from 10.00-13.00. Why not go along & find out more about becoming a rugby referee? There will be lots of information & Adam Leal (Premiership Referee) will be there to chat about his journey from Hampshire to the top end of Refereeing in England.

Friday 6 September - Open Air Cinema in Anstey Park: 'Bohemian Rhapsody' will be shown in Anstey Park by <https://www.silentsummerscreenings.com/locations/alton/> & the Clubhouse will be open for food & drinks. Tickets to be announced.

Remember: The ARFC Clubhouse can be hired (by members & non-members) for parties / events / meetings throughout the year - including some Saturday evenings – at great rates!! To book, contact Judy Youell via: secretary@altonrfc.club and think about **Xmas!!** We are already taking party bookings!! Would you or your company like to use the Clubhouse for your celebration??