



# ACTION PACKED FUN

**New to Bristol, Mojo Active has a children's party theme to suit everyone including sports skills and military assault course challenges.**

[www.mojoactive.co.uk](http://www.mojoactive.co.uk)



Just supply the birthday boy or girl (and some energetic friends) and we'll do the rest to ensure a unique and memorable celebration. All activities and obstacles are supervised by fully trained, experienced staff who know just how to make everyone feel like a hero.

**We're taking bookings for new recruits aged 8+ so enrol today.**

Mojo Active, Over Court Farm,  
Over Lane, Almondsbury,  
Bristol BS32 4DF  
T 01454 660075  
M 07770 925022  
E [info@mojoactive.co.uk](mailto:info@mojoactive.co.uk)

**Hydrock**



**St Brendan's RFC are very grateful to the continued support of our sponsors**

## St Brendan's Old Boys R.F.C. Limited



# Club Ethics and Expectations of Players, Parents and Coaches.

members of the Bristol Rugby Combination  
affiliated to the R.F.U. and S.C.R.F.U.

**[www.stbrendansrfc.co.uk](http://www.stbrendansrfc.co.uk)**





# CODE OF RUGBY

Everyone involved in rugby in England, whether as a player, coach, referee, administrator, parent or spectator is expected to uphold the Core Values of our sport.

**Teamwork · Respect · Enjoyment**  
**Discipline · Sportsmanship**

•  
Play to win - but not at all cost.

•  
Win with dignity, lose with grace.

•  
Observe the Laws and regulations of the game.

•  
Respect opponents, referees and all participants.

•  
Reject cheating, racism, violence and drugs.

•  
Value volunteers and paid officials alike.

•  
Enjoy the game.

**THIS IS  
RUGBY.**

## St Brendan's Old Boys R.F.C. Limited CLUB ETHICS AND EXPECTATIONS

St Brendan's RFC are a friendly club with a great reputation for fair play, honesty and integrity. We encourage player development and understand that players mature at different speeds and at different ages. We positively encourage parent help.

Whilst we all like to win, we do not win at any cost. We aspire to the highest standards and insist on these throughout the club. Rugby is not just about the time on the pitch – it is about the team bonding, friendships, about hosting our visitors and referees, and being gracious guests when we're away. It is about the core values you see on the opposite page.

### Everyone at St Brendan's commits to:

- Respect for team mates, coaches, the referee and opposition. We want to be the club with the loudest 3 cheers at the end of the match!
- Be gracious in defeat (Congratulations to opposition when we lose) and humble in victory (thank them for the game).
- The Code of Rugby (see opposite)

### Our Coaches commit to:

- The highest standards of Player Welfare (Safeguarding)
- Communicate with their players and parents in an open and honest way
- Rotate players through the squad so that all players get fair game time over the season
- Provide training and matches (subject to bad weather) – including for those not selected for matches
- Respect injury recovery periods and return to play protocols
- Maintain an up to date website – especially important for fixtures
- Setting an example by acting as good hosts to visiting teams and the Referee

### Players commit to:

*(with help from Parents, where appropriate)*

- Keeping your coach informed of your availability
- Turning up to games and training on time
- Wearing full (and clean) club kit for all matches
- Supporting the rugby camaraderie by remaining after matches (usually for free food!) and being good hosts or thankful guests
- Arriving and leaving matches wearing Number Ones (according to age group standards)
- Thanking your opposition, your coaches, your referee and those who support you

### Parents commit to:

- Volunteering assistance to the coach so he she doesn't have to beg favours of help. Examples – food distribution, team shirt washing *(where appropriate)*

**THIS IS  
RUGBY.**

**Teamwork Respect Enjoyment Discipline Sportsmanship**