

2021 SEASON 1

PLAYER WELCOME PACK



**BRIGHTON & HOVE
RUGBY LEAGUE**

BHRL

Brighton & Hove Rugby League is a club founded in 2021, reflecting a return of open Rugby League to the city for the first time since 2017. Our vision is to build a sustainable Rugby League club, culture and community in Brighton & Hove and the wider Sussex area.

OPEN AGE RL

This document is for players and potential players, to give you an idea of who we are, what we're trying to achieve, and how we can support you in your own Rugby. We're planning on running Men's & Women's teams.

OUR PHILOSOPHY

- We aim to harness to the skills of our coaches and other volunteers to make each session and match enjoyable.
- We want to be a successful team and we believe that the best way to achieve this is to help every player to improve their skill, game-knowledge and fitness.
- We understand that we're in an area which doesn't have a strong Rugby League background, so we are here to help players who have never played the game before.
- We want to all of our players to fall in love with the game and we want existing players to love it more than ever.

OUR 2021 GOALS

01

To maintain a "Player First" environment that allows all players the chance to improve themselves and play fixtures.

02

To build two resilient squads with enough numbers to fulfil a full League programme (April - Sept) from 2022.

03

To build two squads that are focused on improvement over results.

04

To create a fantastic culture off the pitch.





KEY PEOPLE

GRAEME SARJEANT

HEAD OF RUGBY

Graeme is a former Great Britain Student International with vast experience in both codes of rugby within both the professional and community game.

He was previously Head of Rugby at Leeds Akkies, a Rugby League club that played in the Rugby League Conference. The club was well renowned for its combination of competitive success but also for building a strong culture across men's and women's teams, allowing new and experienced players alike to thrive.

"RUGBY LEAGUE. 'THE GREATEST GAME' OR SO MANY SAY. WHY NOT TEST THE THEORY FOR YOURSELF? BACK IN BRIGHTON & HOVE, WE WANT YOUR EXPERIENCE OF THE GAME TO BE THE GREATEST ONE IT CAN BE. TO DO SO, WE AIM TO PLAY AN OPEN AND COMMITTED BRAND OF RUGBY WHILST MAINTAINING A WELCOMING AND SUPPORTIVE ENVIRONMENT"

PHIL WARD

CLUB CHAIR

Born in Brighton, Phil played Rugby Union at Hove from the age of seven, first taking up Rugby League at Warwick University in 2005. Apart from a couple of games for Coventry Bears while at university, he didn't play club RL until the Sussex Merlins was set up in 2009.

He has a career background in digital marketing and website development along with a long history of sports volunteering, both in Rugby environments, but also in sports administration. This included a year on the board of Warwick Sport and working with Brighton & Hove City Council on the Lead Up & Legacy of the 2015 Rugby (Union) World Cup.

"ONE OF THE BEST THINGS ABOUT PLAYING RUGBY LEAGUE IS THAT IT'S 'EVERYONE INVOLVED.' THAT MEANS THAT EVERY PLAYER HAS PLENTY OF CHANCES TO CARRY THE BALL, TO PASS AND TO TACKLE.

WITH THE 2021 RUGBY LEAGUE WORLD CUP BEING HOSTED IN ENGLAND, IT'S A GREAT TIME TO GET INVOLVED WITH THE SPORT."



TRAINING

TIMINGS & LOCATIONS

Thursdays 6:30pm - 8pm

Newman College (BHASVIC pitch)

Our sessions are designed to last 90 minutes. Not only do we feel this is a pretty optimum time for a training session, but it's also about respecting your time.

Coaches will be on-site at least fifteen minutes before a session and possibly earlier for players who want to come down and work on skillset before training. We're also happy for players to stick around afterwards for skills work or a game of touch, but the coaching part of the session will only be 90 minutes. This should help players to plan their training around other commitments without the fear of a training session over-running.

Saturdays 11am - 1pm

Hove Recreation Ground (North West corner)

We encourage all players to also participate in our weekly X-League sessions until 12:30 and then 30-45 minutes of skills/team specific work afterwards.

CONTENT OF TRAINING

What to expect at sessions

Although our sessions are designed to prepare players for matches, we also believe that training should be an enjoyable experience in its own right - there's nothing worse than a session that drags on.

Our goals for every session are:

1. That every player feels that they got something useful out of the session
2. That every player enjoyed the session

We believe that the best transfer to matches is through game-play, with the associated pressures of a live opposition. This means that most of a training session will be in conditioned game formats, which we feel gives the best balance between technical and tactical development. That said, we will also do isolated practice to help develop initial movement patterns and confidence, especially around the contact area.

Our training sessions are mixed-gender. We've found that this helps to create an enjoyable environment and challenges all of our players. Contact elements will be separate.

We expect players to take the lead in their own development. As a coaching team, we will pose problems and challenges, but we believe that players should know their individual "work-ons" and should be deliberately seeking feedback around their own game.

FIXTURES

MEN'S TEAM

Target: ~6 friendlies

With a view to entering the London League in 2022, our intention is to pick up around 6 friendlies. Due to the ongoing COVID restrictions, we're not planning on playing our first game until after changing rooms and bars are reopened, which is currently scheduled to be 22nd May. We're anticipating playing one game every two weeks. We will likely finish games at the end of July.

If enough players are interested, then we may seek additional friendlies in August. We don't want to take on any fixtures that we're unable to fulfil so this decision will happen later.

WOMEN'S TEAM

Target: 1-2 friendlies or festivals

With only a small number of clubs in the South East of England, our fixture opportunities are sometimes limited. A number of clubs are planning to start women's teams or have already started that process. Because clubs are still unsure of their numbers (as are we!) then fixtures may be 13-a-side or they may be smaller-sided formats.

We are currently working with the RFL to put in place a competition structure for Women's Rugby League and we hope that there will be a proper League within a couple of seasons.

We are likely to try to play these games in June & July and will be trying to avoid the major Rugby Union 7s tournaments.

There are also teams further afield (e.g. Bath & Bristol) and if enough players are interested in that level of travel, then we will also approach them for friendlies.

SELECTION

Because we're just playing friendlies, there's unlikely to be any scenario where we have to leave players behind.

Our intention is that anyone in the squad gets to play at least half a game (unless you tell us you don't want to for whatever reason - injury, fitness, hangover etc). You can't learn if you don't play!

MEMBERSHIP

MEN'S TEAM PLAYER FEE

£40 for season or £10 per game

As a new team, we are conscious of trying to keep the cost as reasonable as possible while still being able to afford the costs of putting Rugby on.

The whole season cost covers any and all games that we play. If we play the 6 games as intended, then this will represent a £20 saving on the per-game fee and is therefore the best option for players who want to play as many games as possible. The per-game fee is available for players who only want to play occasionally.

Discounted price for Supporters: £20

Discounted price for Owners: FREE

WOMEN'S TEAM PLAYER FEE

Free

Because of the difficulty in guaranteeing fixtures against other Women's teams, we are not planning to charge a base fee for Women's Rugby League this year, especially if there is the chance of longer-distance travel.

MEMBERSHIP

Supporters & Owners: Optional for Players

We operate a Membership System for the wider club, the proceeds of which help us to grow the sport within Brighton and Sussex. This is a monthly or yearly amount that allows you to support the club. Owners are also entitled to vote on club business (e.g. at the AGM).

Membership is not required to play for the club but helps us to cover the club's operating costs and fund new projects to get more people involved in the sport. If you wish to support the club in this way, it is hugely appreciated - and includes a discount on your playing fees. Full information available at our website.

KIT & STASH

Thanks to being funded by the RLWC CreatedBy Fund, both men's and women's teams have playing shirts provided on game-day. These will be kept centrally by the club and washed between games.

We're planning on putting together a Stash order sometime in April/May which will include playing shorts & socks and some other training items.

There will be a deadline to order and we'll be taking payment before an order is confirmed . There is a minimum order quantity on some items - if we don't reach the minimum, you'll be refunded for any items we can't order.

We won't be replacing the kit or stash in the 2022 season, so anything you buy this season will still be good in our first full league season!

COMMS

For this season, we're initially going to use WhatsApp for all our comms and you can find the group here:

<https://chat.whatsapp.com/EWgwhMbuAxBAXynmeMHeAX>