



CRFC NEWSLETTER ISSUE 7

16th of September 2022



Welcome to this issue!

I am sure that you are as excited as I am. The first competitive games of the season are here!

Our men will host Eastbourne in Crawley: the 1st XV in their opening game of the season and the 2nd in a friendly match against their 2nd XV. Our ladies will be facing Uckfield at home Sunday the 18th in the RFU National Junior Cup 1st round

With the co-captains for all 3 teams announced during the week, the teams finished their preparation in full strength with two very well-attended sessions.

Our club is modernising with the Spond app as the tool to organise training sessions and loads of admin.

Don't forget to complete your membership and what it is even more critical is: pay for it!

This is how the club can self-sustain and do more for us.

The links in the newsletter will take you there with only one click.

We also have a new kit provider with a shiny new stash that can be ordered.

Let's wish them all the best to the teams taking the field this weekend and support them from the touchlines and the balcony.

See you at the Field of Dreams.

Sergio Rodríguez



THIS WEEKEND

1ST XV



17/09/2022

15:00

HOME

1ST XV



18/09/2022

14:00

HOME

2ND XV



17/09/2022

15:00

HOME





Clayton Saunders

Men's

Head Coach

Why co-captains?

Crawley head coach Clayton Saunders takes us through his reasons for using co-captains this season.

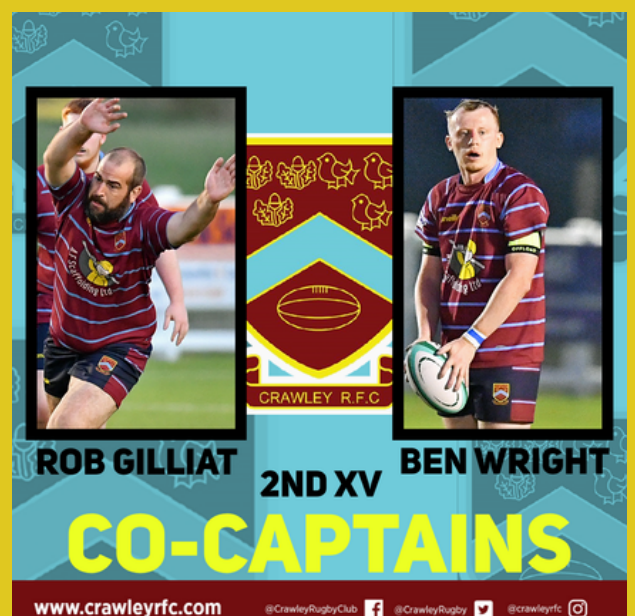
Rugby has always had co-captaincy. It was just under a different name: vice captain. However, with co-captaincy, there is no divide between the two roles, as they both share the same responsibilities and deserve the same respect.

Responsibilities are the main reason for choosing co-captains this season. As of now the responsibilities that come with the role can be divided up between the two. Coin toss, pre-game warm-up, on-field communication, decision-making, post-match speeches, and the list goes on. Instead of all that responsibility falling on a single player, it is now shared. As sometimes too much responsibility can affect one's enjoyment of the game. And I am a strong believer that enjoyment is a fundamental part of everyday life. If you're not having fun. Then why do it?

Then there's the natural divide. In each team one captain is a forward, the other a back. And all four captains (1st & 2nd XV's) are not only natural leaders, but they are also naturally talented players. And will lead from the front, and by example in every game they play. On top of that, they all hold a very strong connection to Crawley RFC.

However, Leadership is far more complex than just two talented players leading by example on the field. There are leadership roles all over the place. lineout leaders, set piece leaders, defence leaders, warm-up leaders, etc. These aren't allocated roles, as more times than not leadership is a natural progression. Meaning individuals take on responsibility within their own roles, and through that process, natural leaders develop. For example, Coby Coy, Harry Hickmet, and Josh Rodwell all lead at different times. These three players epitomise the meaning of leadership within our club! Coby Coy is always demanding more of himself at lineout time. And has dedicated hundreds of hours to improving his craft. He then brings that commitment level into the training environment, and in return demands more of his peers. Harry Hickmet is one of the best defenders I have seen play the game. And as his teammate you know he's going to put his body on the line week in and week out! That on-field commitment inspires others around him to also do better. Then there's Josh 'the warm-up king' Rodwell. No one likes a warm-up. We all just wanna get out and play. But every week without a doubt Josh always steps up. Whether it be training or on game day. And the beautiful thing is...the players always follow him.

So there are leaders all around us. Some don't even know they are. But on game day, especially the 80 minutes. It's all about respect & discipline. And I strongly believe that the four men chosen to lead the two senior Crawley men's teams this year will do us all proud.





CLUB NEWS

Kit shop now open

The Kit shop is now open on Sunday mornings or emails can be sent to kitshop@crawleyrfc.com. As we had a remaining stock of O'Neills branded kit we've been selling those at the old prices for the first couple of weeks. A new branded Akuma kit is now on order and will be in the kit shop within 3 weeks but it looks very similar and will, unfortunately, be slightly more expensive.

In addition, The online store is also now live and can be accessed at <https://akumashops.com/crawleyrfc.com/shop>. You, therefore, have a choice of whether to order yourself for delivery to your home or from the kit shop on Sunday mornings.

NOW OPEN

NEW ONLINE SHOP
akumashops.com/crawleyrfc

#AkumaFamily

Coby's United Networking Tournament

by Clayton Saunders

1st team hooker Coby Coy organised his annual golf tournament on Saturday at Ifield Golf Club.

Twenty Crawley RFC members attended including club President Paddy Constance and senior coaches Clayton Saunders, and Andy Evans. The lads were well looked after by Ifield Club pro Jon Earl, who generously donated some lovely gifts towards the prizes. After the golf everyone headed back to the club for a drink and a truly delicious curry which was made by the club chef Andy Ronaldson.

Prizes included the 'Bandit' award, which was awarded to the player with the highest handicap, matched with the highest Stableford points. This award was won by Paddy 'The Bandit' Dean. The longest drive was won by Crawley scrum-half Sven Dahlmann.

And the Coby United Networking Tournament Champion (and closest to the pin) award goes to long-time club man Steve Wilson. Who was actually more excited that he beat his good friend and another long-time club man Andy Miller for the first time...ever!

Special thanks to Coby Coy for organising such a great day!



Membership renewal time

The 1st of September marks the start of the new season and Club Membership. This year we are doing ALL membership (new and renewing) using an online form. This allows us to easily track contact detail changes and manage payments etc.

The link to set up membership should have been provided to you via your team manager or is available via the SPOND app.

For payment, we would prefer that if people want to spread payments monthly that they set up our new Go Cardless Direct Debit system, again instructions to do this are on the SPOND app. We prefer this direct debit approach as it gives us much greater flexibility than via standing orders. If you have standing orders set up already we'd really like you to cancel those and set up a direct debit if possible.

For age grade parents - please affiliate your children using this link:
<https://gms.rfu.com/gms>

500 Club winners for August 2022



August Winners

£100 Elaine Wilson
£50 Deron Croft-Webb
£20 Ian Thurloway
£5 Ralph Read

Congratulations Guys!
Enjoy your winnings!

**JOIN OUR 500 CLUB, AND YOU TOO COULD
BE ONE OF OUR MONTHLY WINNERS...**

What is the 500 Club?

The 500 Club is a lottery style club to raise funds for the club. Monthly winners are drawn, and all profits go back into the club. It's simple to join, just set up a S/O (CRFC: 13855562, 20-24-00) with "500 + your name" for your desired amount. (Typically, £3, £5 & £10) Every £1 is an entry. Currently four monthly prizes are drawn, with prizes of £100, £50, £20 & £5 which is placed on your CRFC club card to spend. Only open for CRFC members.



Crawley Comedy Club

Crawley Comedy Club is back indoors with another great show on Friday 7th October with Raymond Timpkins, Mike Cox Comedian, Dom Ltr, Nicole Harris & Matthew McAlone hosting!

[Grab your tickets now](#)





SPONSORSHIP

We have opportunities for local businesses to get involved and benefit from the positive messages that rugby extols while getting access to our membership as well as to the many visiting clubs playing matches throughout the season.

MAIN CLUB SPONSOR



CLUB SPONSOR



WEELCHAIR SQUAD



SCHOOLS DEVELOPMENT COACH SPONSOR





VOLUNTEERS

Following the successful launch of the WhatsApp "CrawleyRFC volunteers" group. This is reminder for anyone interested to help the club and join the group. This is something that is 100% voluntary, we will not be putting people into the group (unless they ask us too) but we really need your support and willingness to join. Without members support we simple can't run any activity we have planned, many hands make light work for everyone.

Please use the link below to join the group

<https://chat.whatsapp.com/KR9rQ2IjbGSKeYViJeDaRh>

Upcoming events that need your help:

Saturday 29th of October Crawley RFC Fireworks night





FIREWORKS NIGHT

The club will again be running the annual firework display, this time moving to a Saturday rather than the normal Friday evening. Please put the 29th of October in your diaries. Online tickets will be on sale soon and a call for volunteers to assist with setup and running will also be made. The mini squads run the scare rooms and take all proceedings, the youth teams can run stalls to do the same. It's a great opportunity for everyone to have some fun and make a little money for your teams.





CRAWLEY RUGBY

JOIN US!

recruitment@crawleyrfc.com



**Kris Dean
&
Kieran Gosling
1 XV's Co-Captains**



After what feels like an eternity, the boys are all looking forward to getting back to competitive rugby again...

We've had a lot of new faces appear throughout the summer, so Saturday will be their first experience of a proper game day at CRFC! Looking forward to sharing that experience with them. Hopefully, all of our hard work over the summer pays off, and we bring home the W!!



Let's get to know...

Coby Coy

What position do you prefer to play and why?

Hooker, because I'm the best in the business. I like the pressure and the importance of the role that the hooker brings to the team.

When did you join CRFC and why?

I joined Crawley rugby club in 2013 when I was 15. I joined Crawley because I played for my school since I was 11 and I moved right next door to the club.

What are you most looking forward to this season?

Playing as much as possible and the chance of beating East Grinstead. Mainly because my good friend and old Crawley player Aaron Boczek now plays for them.

What is the strangest food combination you enjoy?

Salad cream on a roast dinner.

What is your go-to karaoke song?

Take Me Home, Country Roads Song by John Denver

Who is the funniest teammate?

ME. But in the second place has to go to Corey.

What do you think it would be a great improvement for the club?

More resources. Please email me for a list.

What is your favorite CRFC memory?

Stu Mckenzie's dad karate chopping Rob Gilliat's shoulder at "port and pork@ on Christmas Eve.



JOIN US!

WE ARE LOOKING TO EXPAND OUR TEAM
TRAINING TAKES PLACE TUESDAYS AND THURSDAYS 19 00-20 30
NEW OR EXPERIENCED YOU ARE WELCOME!
WILLOUGHBY FIELDS PAVILION I FIELD AVE CRAWLEY RH11 7LX



Crawley
Borough Council

TEAM OF THE YEAR 2022



NATIONAL
RUGBY
AWARDS

CLUB OF THE YEAR 2019



**Kim Roberts
&
Steph Barnett
Women's Co-Captains**



Good evening, these are your captains speaking!

On the back of a successful first season, winning the league, we have been working hard in pre-season to build on what we started last year.

We have recruited a number of new players for this coming season to add to a squad who are desperate to get back out on the pitch.

We had a pre-season game against Pulborough recently which was a great challenge as they have just been promoted to the league above us. This gave our squad an idea of what standard we are competing against this season and gave us some points to work on leading up to our first game this coming weekend.

On Sunday we take on Uckfield in the RFU Junior Cup. We look forward to hosting them at Crawley RFC and getting the season started. We had great support at the games last year and we would love to see that level of support this year!

We are always looking to expand our squad, we train Tuesday and Thursday evenings and would love to see some new faces.



Let's get to know...

Kim Roberts

What position do you prefer to play and why?

Fly Half. When I joined I'd never played rugby before and I was told that's where I should play. I knew no different so that's where I ended up.

When did you join CRFC and why?

I joined in the summer of 2020. After lockdown my friend asked if I wanted to come rugby training so I thought I'd give it a go

What are you most looking forward to this season?

So much! My first season in rugby had so many great memories, achievements and proud moments both individually and for this team. I look forward to doing it all over again and facing the challenges this season is going to bring us.

What is the strangest food combination you enjoy?

There isn't really any as I'm a picky eater. I eat pasta and cheese with a lot of things which I've been told is weird.

What is your go-to karaoke song?

You won't catch me on karaoke!

Who is the funniest teammate?

There's so many but for me it has to be Steph.

What do you think it would be a great improvement for the club?

As a club just to keep growing and getting people involved in this amazing sport

What is your favorite CRFC memory?

Winning the league is up there but my favourite memory was our first win of the season that year away to Havant. The atmosphere after that game and the happiness and boost it gave the team was amazing



CRAWLEY JETS

JOIN US!

recruitment@crawleyrfc.com



Robert Groves Crawley Jets

Crawley Jets will be sharing the stories of the team. Today I share Jack's Story written by his parents and I have not changed a single word. It shows not only the courage of his parents but Jack's courage and determination never to give up.

.PS: I am sure this will bring a tear or two but it shows how this young man, our youngest player, has come so far. From myself and the rest of the team: thank you!

Without the help of clubs like you we the disabled community could not survive be proud of what you all give and do for the Crawley jets



Jack was diagnosed with Spina bifida and severe hydrocephalus antenatally at 24 weeks gestation.

After being referred to a specialist hospital for further scans his diagnosis was very bleak and his parents were advised to terminate as he would have no quality of life unable to talk, walk, sit up or feed himself, and was unlikely to survive the pregnancy.

Despite this Jack's, mum decided to continue with the pregnancy believing where there was life there was hope.

Jack was born a week early at St Georges hospital in London and had complex surgery to close the hole in his spine at just 40 hours old, it was advised he had a shunt fitted to drain excess fluid from his brain into his stomach as a precaution but his Dad decided on not putting him through unnecessary surgery until it was required and luckily he has never needed it done.

Jack was discharged from the hospital at 24 days old and daily medications and physio became part of family life. Being the youngest of 4 children Jack received lots of encouragement and was always keen to want to explore. Jack began rolling over at 4 months, sitting up at 6 months and commando crawling at 7 months. He began using a walker at 14 months and was able to walk short distances in the house and garden. Although slightly delayed he achieved every milestone he was destined not to and all with the cheekiest smile on his face.

Jack underwent numerous surgeries and never once complained just stipulated he had a stack of profiteroles when he woke up and always shocked the nursing team by how quickly he recovered

As Jack grew and became taller and heavier his muscles were too weak to support his weight and The effort needed to mobilise became frustrating for him so we explored the possibility of Jack getting his first wheelchair at just 4 years old.

Jack instantly knew what to do and took off in the wheelchair and was soon pulling wheelies and exploring the world at a whole new speed!

From then on Jack grew in confidence and despite not being able to walk he still managed to access most things with his peers including horse riding and swimming.

He has traveled extensively and has swam with dolphins, ridden a camel across the desert, snorkeled in the red sea, been to the top of the world's tallest building, and even climbed the O2!!

whilst enjoying a fun-filled life Jack still struggled with anxiety with new situations and would be introverted in group settings and lacked confidence in meeting new people.

After trying a few sports Jack was invited to have a trial session with the Crawley Jets Wheelchair Rugby team, Right from the first session he knew this was the sport for him and at just 16 he became the youngest member and suddenly went from a shy, polite people pleaser to a team player with a determination to win.

He has grown in confidence and strength both physically and vocally and he has a desire to compete even when it is against fully grown men with beards and tattoos!

Every single member of the team brings their own dynamic and character and they have all encouraged and guided Jack despite the blisters and bruises his enthusiasm to be part of the team grows weekly!

Jack has set his goal in competing in the Paralympics one day and we all hope he fulfills his dream.





Michael Whiltshire Youth Chairman

Crawley U15's

After a great season last year finishing in league B and culminating in a successful tour to Minehead, Team manager Chris Flack and the coaching team (Tank, Scottie, Andy and Ant) have high expectations for this season.

The team has maintained its cohesion throughout the summer with attendance at pre-season activities/training being consistent.

Expectations are that the full squad will return now that the cricket season is drawing to a close and following active recruitment by the boys over the summer, an additional three players have expressed an interest in joining Crawley RFC, bringing the squad numbers to in excess of 30.

The players represent five secondary schools in the Crawley / Horley district and are from a variety of backgrounds, but have all bonded together creating what is one of the most exciting and diverse teams in the club, supported by a truly excellent set of parents.

Training times for the U15's

Tuesday's 18:15 till 20:00

Sundays 10:00 till 12:00





Chris Jones Minis' Chair

Minis Section

Following a lot of activities over the summer (as detailed in previous Newsletters)

the Minis season has got off to a good start – with an influx of new players arising from the Summer Camp and schools activities, etc.

Registration Day on 4th September went very smoothly with a sign-up desk for every Minis and micros team set up in the clubhouse. We have had a very good number of players joining/rejoining.

The Minis teams are all now busy training ready for the Chichester festival on 2nd October. Preparations are also well underway for our own traditional Mid October festival (on 16th October), for Under 10s and Under 11s, with 23 teams already booked in. Under 7s,8s and 9s will be going to the Eastbourne festival that day.

There has been a good uptake of RFU coaching courses by our coaches - and a well-attended series of First Aid courses held at the club during July and August.

We are holding another 'Autumn Rugby Camp' at the club in October as well as two 'Schools' days on 26th September and 6th October. Nick Warren, as CRFC Schools Development Officer, has begun his programme of work within local schools and all in all - I'm confident that we will see a continuous influx of new players into the Minis teams, going forward.

Meanwhile, off-pitch, plans are underway to organise a Minis end-of-season tour, and new Youth Chairman, Michael Wiltshire is coordinating plans for a Halloween Fund Raiser!



Youth Section

MINIS SUMMER TRAINING

Will be held on Sunday mornings between 10:00 and 11:30 AM starting on the 10th of July for **U7, U8 and U9 squads.**

U10 and U11 teams will train on Thursdays between 18:30 and 20:00 from Thursday 7th of July



COACHES

All our coaches are DBS checked.



Junior Section

Girls' Rugby is recently been restructured to be U12, U14 and U16, we will be starting with the U12/U14 training as a combined squad on Tuesday evenings from 6-7pm.

All interested girls are welcome to attend to give Rugby a try. We have experienced coaches from the current Ladies' team and youth setup and a manager offering their time to start this important new venture at Crawley RFC.

If you have any questions please contact **youth@CrawleyRFC.com** for more information.



CRAWLEY YOUTH

JOIN US!

recruitment@crawleyrfc.com



CLUBHOUSE & KITCHEN Opening hours

Monday

Bar 19:00 to 23:00

Kitchen CLOSED

Tuesday

Bar 19:00 to 23:00

Kitchen CLOSED

Wednesday

Bar 18:00 to 00:00

Kitchen 19:00 to 22:00

Thursday

Bar 19:00 to 23:00

Kitchen 19:00 to 22:00

Friday

Bar 16:00 to 00:00

Kitchen (A selection of Rolls behind the bar will be provided)

Saturday

Bar 12:00 to 00:00

Kitchen 13:00 to 19:00 (depending on home senior matches)

Sunday

Bar 10:00 to 22:00

Kitchen 10:00 to 14:00





DO YOU KNOW WHAT CRAWLEY RFC OFFERS?

Venue Hire

If you'd like to host an event, whether a party (excluding 18th/21st birthdays), wedding, wake or work do (meeting or social) contact Events@CrawleyRFC.com

Social bar

If you'd like to become a social member of Crawley RFC (enjoying 10% discount with our club card) contact Membership@CrawleyRFC.com

Play

We have 3 senior men's teams, a league-winning ladies team and a Wheelchair rugby team, if you're interested in getting involved contact Recruitment@CrawleyRFC.com

CRAWLEY R.F.C.

Juniors

We have youth rugby from U7 to U18 (with little Micros from 4 years old), if you know someone who might want to join a team contact Youth@CrawleyRFC.com

Sponsorship opportunities:

If you'd like to sponsor the club, where we have a wide range of partnership options.

Please contact
Sponsorship@CrawleyRFC.com

**If you have any other
questions please
contact
Info@CrawleyRFC.com**





JOIN US!



@crawleyrfc



@crawleyrugbyclub



@crawleyrugby

**Willoughby Fields, Ifield Avenue
Crawley RH11 7LX
01293533995**

**Rugby Club of the Year
Guinness Rugby Club
Awards 2019**

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