

About Jamie Albinson - Tarleton RUFC's community rugby coach

- Been playing rugby since age 9
- Represented County at every Age Group
- Represented North England U16s
- Received Rugby Scholarship from Kirkham Grammar at age 16
- Represented England at U18s
- Got into England U19s Training Squad
- Got a full-time Contract to play for Bristol Shoguns Academy
- Now Sedgley Parks first team scrum-half in National 1
- Employed as CRC in January
- Work 15 hours per week on the clubs behalf



Jamie's own take on his involvement

Primary Schools:

I have been coaching Tag Rugby in the local Primary schools to Tarleton Yr5 & 6. In June I ran a Tag Tournament in which 10 schools attended that's over 100 new children at the club. I am repeating this Tournament 9th Nov with 13 teams included this Year as well as getting the local press involved. Club volunteers have assisted me in the coaching of some schools in the build up to the Tournament and preparation on the day. The work at these age groups in the primary schools will be ongoing and there will be another larger Tournament held next Febuary.

In order to recruit players for our mini section (Yr3 & 4 Primary

School) I have been running Tag Taster Days at local primary schools for all children at this age. With the help of a club volunteer at each session we have promoted the club by handing out fliers and Letters to potential players.

High Schools:

At High School level I have been targeting/coaching Yr7 boys at both Bishop Rawstornes and Tarleton High. From this coaching work both Schools have entered in the North Lancashire State Schools Competition as well as the Emerging Schools Tournament for the first year ever (both did really well). They also entered a 4 school Tournament that was held at the club on 21st June. I have set the PE Teachers up at these Schools with their Level 1 course on the agreement that they will continue to coach rugby, enter our tournaments and promote the club via our Schools Club Links. All schools I have entered have posters and information they need about the club this will provide ongoing recruitment over the years as both these local sides will be playing more rugby and will have the information needed to join the club.

I have recently agreed a School Club Link with Hutton Grammar School. I believe this will be extremely valuable to the club long term. No coaching will be done on my part at the School as it is not needed. However the School will promote its players here rather than to Preston Grasshoppers and have all promotional material to do this. In return I will invite Hutton's feeder Primary Schools to our Tag tournament in Feb and assist them with the coaching that's needed to prepare them. We have also offered the club as a venue for anything run by the School.

I am also running sessions for Girls Yr7-9 at Bishop Rawstorne and Tarleton High, they will be entering a Contact Tournament at Ormskirk on Dec 14th in which they will compete with 4 other schools. The results of this Tournament and a following one to be held at Tarleton in March will determine whether it is feasible to run a Girls U14s side at the club alongside the Girls U14s side at Ormskirk.

CRC Delivery Plan

Development Area	Objectives	Action	Responsible	Dates	Cost/ Resources
School/Club Links (SCL)	Establish sustainable Girls Rugby in Schools in West Lancashire.	Run After School Girls Rugby Clubs for Yr7-Yr9 leading on to a Tournament to be run on the 14 th Dec (Ormskirk RUFC) and in Feb (Tarleton RUFC). 7 Teams invited to Tournament	CRC, Club Coaching Co-ordinator, PE Teachers	Sept 06 - Dec 06	Time/Equipment
	Develop existing links and increase Tag Rugby participation levels in local primary schools.	Run a further Tournament at the Club for Yr5-6 boys and Girls on the back of last Seasons success. Assist schools in pre-tournament Coaching Delivery. Publish Tournament through local press.	CRC, Club Coaching Co-ordinator, Club Volunteers.	Sept 06 - Ongoing	Time/Equipment
	To further establish Rugby at Tarleton High and Bishop Rawstorne and continue recruitment from an ongoing schools fixture list.	Enter both schools in State and Emerging Schools RFU Competitions and provide Schools with contact details so as to continue fixtures. Aim to have all 3 Year Groups entered in both competitions by next season.	CRC, School Contacts, PE Teachers	Sept 06 (ongoing)	Time/Equipment, School Incentive Packs
	Recruit Yr3 & Yr4 Schools Tag Rugby players to the Club to increase Squad sizes for the coming Season.	Run Tag Rugby Taster Days at Local Primary Schools on a weekly basis for Yrs3 & 4 Boys and Girls. Hand out club 'talent spot' letters and fliers at these events as well as posters and club information. (try to utilize a club volunteer where possible).	CRC, Club Coaching Co-ordinator, Club Volunteers	Sept 06- Dec 06	Time/Equipment

Coach/Volunteer Development	To provide Teachers with the opportunity to gain Rugby Coaching Qualifications, and help to improve their Rugby Coaching Knowledge.	Distribute School Incentive Packs to qualifying schools, provide Teachers with Information on all upcoming courses. Make sure Teachers are at my sessions to pick up any ideas. Incentive packs have been used for coaches at Tarleton High and Bishop Rawstornes.	CRC	Ongoing	Time, School Incentive Packs
	To increase & develop student volunteers.	Holding a Young Leaders Course at Bishop Rawstorne to increase number of potential club volunteers/coaches. And to assist me with Delivery Plan	CRC, RDO	14 th -21 st March 07	Time, Course Costs
	To recruit new club volunteers and to enforce the link between current volunteers.	Utilise current club volunteers to assist in the running of my Tournaments. Recruit school volunteers by providing information on upcoming courses, and making the club a welcoming place.	CRC, Volunteers	Ongoing	Time
Club Management	To promote and advertise the club so as to encourage young people and volunteers to join via School/Club Link.	Provide teachers & volunteers with all Club press releases/training times/contact details. Run all possible school events at the Club.	CRC	Ongoing	Time
	To keep club up to date with all CRC progress and any events.	Place CRC Monthly highlights sheet onto clubs Website. Circulate all relevant e-mails. Also attend club meeting where necessary.	CRC	Ongoing	Time