

Ealing Rugby – One Club – One Extended Team

What Ealing Rugby expects...

Pre-Match

Be pro-active...

- 🚫 If you do not receive an availability request by Sunday evening, then **CONTACT RICKY**...
- 🚫 Submit your availability by clicking on the e-mail link promptly, and by the very latest before training on Tuesday...
- 🚫 If your availability subsequently changes, **CONTACT RICKY** promptly to explain...
- 🚫 If you become unavailable after teams have been published, **CONTACT RICKY** promptly to explain...
- 🚫 If you anticipate transport difficulties or need a lift, **CONTACT** the **TEAM MANAGER** and **CAPTAIN** BEFORE match-day...
- 🚫 If you have kit issues, **CONTACT RICKY** BEFORE match-day...

Training Week

Be professional...

- 🚫 Arrive promptly for a 19.30 start on Tuesdays and Thursdays...
- 🚫 Retain focus and participate in the whole session. Train as you intend to play...
- 🚫 Take the initiative concerning kit, water and keeping the playing area and changing rooms tidy...

Match Day

Be prepared...

- 🚫 Ensure that you arrive at or before the allotted time and **CONTACT** the **TEAM MANAGER** and **CAPTAIN** if you have a problem...
- 🚫 Prepare individually and then participate fully in the formal warm-up...
- 🚫 If you are on the bench, watch the game, run water on and be physically / mentally ready to take to the field...
- 🚫 Take the initiative concerning kit, water and keeping the playing area and changing rooms tidy (Home AND Away)...
- 🚫 If you haven't yet paid membership seek out your team manager to pay match fees...

Post Match

Be part of the extended team...

- 🚫 Even if you have other plans, stay and have a chat with team-mates, opposition and management...
- 🚫 Appreciate everyone who has contributed; the team is wider than the playing squad...
- 🚫 Read the post-match review and feedback notes and address any issues with your Coach...