

COMMUNITY NEWS



SAINTS NETBALL CORNWALL

YEAR 4, 5,6 AND 7
NETBALL TASTER SESSIONS
MONDAYS 4.30-6PM

LYNHER SPORTS HALL TRURO COLLEGE

JULY 2ND 9TH AND 16TH



BALL SKILLS

MOVEMENT SKILLS

MINI SIDED NETBALL GAMES

WORK WITH TALENTED SAINTS AND TEAM BATH ACADEMY PLAYERS AND COACHES

£3 A SESSION

OPPORTUNITY TO JOIN THE SAINTS NETBALL FAMILY AND BECOME A SAINTS PLAYER

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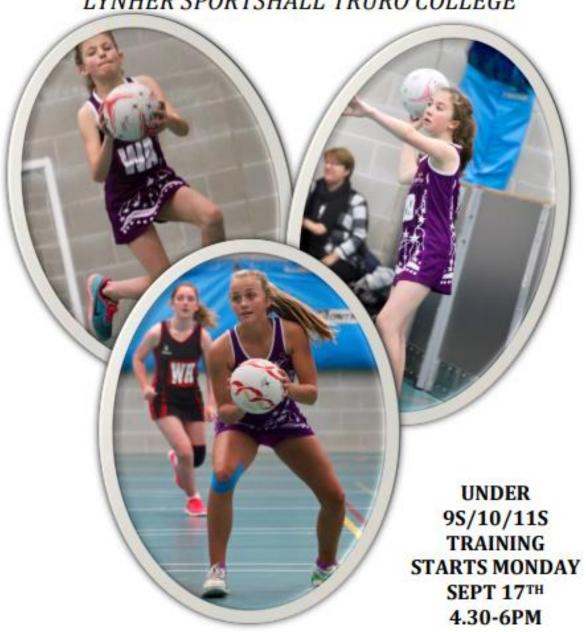
SAINTS NETBALL CORNWALL IS THE ONLY ENGLAND NETBALL GOLD CAPS CLUB IN CORNWALL.
IT HAS RECEIVED NETBALL SOUTH WEST AND ENGLAND NETBALL

OUTSTANDING CLUB OF THE YEAR AWARDS IT CATERS FOR PLAYERS OF ALL ABILITIES CONTACT JEAN DAVIES TO RESERVE YOUR PLACE

davnetball@aol.com 07971469608

SAINTS NETBALL CORNWALL JUNIOR SUMMER TRAINING SESSIONS STARTS

TUESDAY JULY 10TH U12S/U13S 5.pm-6.45PM WEDNESDAY JULY 11TH U14S/U16S 5.pm-6.45PM LYNHER SPORTSHALL TRURO COLLEGE



NEW AND RETURNING PLAYERS WELCOME CONTACT JEAN DAVIES FOR FURTHER DETAILS

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- Truro RFC Mini / Junior Section caters for all ages from 6 to 16 years, running successful annual age group teams from U7 to U16
- Tag rugby at U7/U8#; introduction of limited contact rugby# from U9
- Boys and girls are encouraged, with mixed teams up to and including U11
- Strong coaching and management teams support all established age groups
- Strong governance and child welfare structure, with extensive first aid provision, to ensure player safety is of paramount importance at all times
- Squads are encouraged to provide all players with equal training, development and playing opportunities – we welcome all players regardless of previous playing experience
- Training and matches run on Sunday mornings* for all age groups
 (*additional training may also apply for some older age groups, requirement varying by age group)
- The season runs from the first week of September to the last week of April
- For ages up to and including U12, September is a registration month with fixtures starting from the first week of October – try before you buy
- Junior membership also allows free match day entry to all senior Truro RFC home games for the junior member and two parents
- Junior membership also allows application for tickets to all England home international games, via Truro RFC's international ticket ballots
- Discounted membership for second and subsequent juniors



Contact details

Truro Rugby Football Club St. Clements Hill, Truro. TR1 1NY 01872 274750 www.pitchero.com/clubs/trurorfc/

http://twitter.com/TruroMJ



Truro RFC embraces the guidelines as set in the new RFU Age Grade Rugby framework (englandrugby.com/agegraderugby #AGEGRADERUGBY)

Point & Penpoll Quay Crabbing Competition 2018

The competition is for individual children under 13. Children of 7 and under may have the assistance of an adult when baiting their line but must be in control of their line when landing the crab.

An adult or a responsible family member must accompany all entrants under the age of 12.

Rulesi

Entry fee: £1.

The competition will consist of one 30 minute session starting at 4.15 pm.

One hand line per competitor and no hooks or nets.

You have xx minutes to catch your three largest/heaviest crabs

The Judges' decision is final.

Look Out for the golden crab - there's a special prize

Anyone found cheating is in big trouble.

Make sure you register at the signing-in shelter on the quay and take your crabs back there to be counted/measured.

Please look after your crabs and return them very gently back to the water.

Prizes will be awarded at about 5.00 pm or earlier if we've finished counting and judging .

Do's and Don'ts

Don't put too many crabs in one bucket. Stick to 10 per pail

Do add rocks and seaweed to the bucket to help replicate the crab's natural environment and reduce stress

Don't keep them all day long - return them gently to the sea

Do change the water every 10 minutes to avoid asphyxiation. Only use sea water.

Don't store your bucket in the sun

Don't use a line with a hook on.

Do hold your crab correctly - gently hold it either side of its shell or pick it up with one finger on top of the shell and one finger underneath - avoiding the claws thought

Do remove any crabs which are fighting - male crabs tend to be more aggressive than the ladies.

Happy crabbing!





