

## Seaton Enter Second Open Age Team

**SEATON RANGERS  
HAVE FIRST TEAM  
AND 'A' TEAM  
ENTERED INTO  
LEAGUE**



**SELLAFIELD  
COMMUNITIES FUND  
GIVES £5000 TO HELP  
WITH FENCING**



**LAKES FIRST AID  
FIRST AID COURSE  
TAKES PLACE**



**CLUB LOTTERY GETS  
A REVAMP**

# NEWSLETTER



## Welcome to the First Edition of Seaton Rangers Newsletter

Dear Seaton Ranger/Ranger Parent

Welcome to the first edition of the new Seaton Rangers Newsletter.

The newsletter will be published every month and distributed via e-mail/ WhatsApp and there will hopefully be some copies around the club.

Hopefully this will help keep people up to date with what's going on within the different team ages and parts of Seaton Rangers and get as many people involved as possible to help where they can.

One of the biggest issues and comments facing Seaton Rangers as a club is the lack of unity and communication between the different age groups. Hopefully in the coming months and years as a club we can address this and give the club a healthy future going forward.

This first edition is quite long winded to explain where we currently stand as a club and what we are trying to achieve .Future editions should have more input from each team going forward and hopefully give a more up to date schedule of what is coming up in the coming month to enable people to plan weekends. (Always check dates and times with your coach)

As every year a HUGE shout out to the sponsors who have agreed to sponsor the different teams this year. Please see a full list on the back page and use their services where possible

This is a trial newsletter so let us know if it is worthwhile or not all honest feedback positive or negative welcome. Dom Smallwood banned from feedback.

If you have any news items, pictures or ideas of what you would like to include please e-mail Neil ([year1controls@yaho.co.uk](mailto:year1controls@yaho.co.uk)) who will welcome any ideas and news. In addition feel free to use this platform as a way of getting questions, answers and issues raised to the correct people and we can pass it on.

## 'Don't get involved you will never change Seaton Club'

As a parent whose lad has played since Under 8's, and has just started playing open age, bringing your kid to a club like Seaton you expect everything to run like clockwork. Like many others I thought a successful club like Seaton Rangers runs itself, it doesn't. To that point a couple of years ago some of us tried to look at ways we could assist the lads who done the day to day graft in the teams, trying to make a few improvements and helping where possible. It has been an eye opener how hard it is and has been but we will get there, we welcome ideas and want to keep people informed. Our first conversation with a coach about helping years ago was 'don't get involved you will never change Seaton Club' .....And here we are.

We are currently working to a ten year plan of improvements including;

- A full 25 year lease of the pitch & the adoption of the bottom pitch for youth training (both owned by CISWO)(coal board) and looked after by the village hall committee. We don't own the pitch!!
- Fencing round the pitch to stop dogs and rabbits which has recently been agreed by the village hall committee and helped in partial funding from Sellafield Communities fund
- Entry into the National Conference League for the First Team
- Charity Status as a foundation for improvement of facilities for all age groups a CIO is now formed and we are called Seaton Rangers ARLFC Foundation.
- Improve playing surface and install modern efficient floodlighting

Volunteers are key to making this work (things already happen such as a parent rota on food after games, cleaning kit, cleaning the change rooms after training and games).

Thanks to everyone who currently helps, the club is going places.

## Seaton Rangers Lottery goes live.



**Take a look at the revamped Seaton Rangers lottery, essential to pay for ongoing works at the club and some Great monthly and yearly prizes £100 every month and £500 at Christmas for £2 a week. Please ask your coach for details.**

**Players, parents, grand parents, dogs, anyone you know is invited to play.**

***P.S Sorry Andy McGlasson it was a test run.***

## Change Rooms

Knocking lights and showers off is a massive help to the club and coaches and is hugely appreciated.

The change rooms are the biggest complaint between teams and the club that often they are left uncleaned, it would be great if a few parents would check the rooms after training and games and oblige with a hosepipe brush and shovel if needed and empty bins.

A board will shortly go up to check in and out that the room is clean before and after use for each team and we are hoping to fit boot brushes near the pitch to keep the dirt up there and another set outside the changeroom doors. **Please help keeping them tidy.**

## Team News

### New Open Age Team

The 17's League has had the worst possible start whereby Kells pulled out of the league which left four teams. This was still achievable until the eleventh hour when Egremont pulled out of the league due to low numbers and the day before sign up the league folded. Players aged 16-18 are critical for RL survival as they feed the open age teams and it is essential they are kept, as a result of this a decision was made to field two teams in the CARLA league this year first and second teams the second team would be formed by the bulk of the lower end lads



Mixed 1<sup>st</sup> and 2<sup>nd</sup> Team Open Age Friendly against Aspatria Hornets

### Under 8's Team

Seaton rangers u8's.... coached by paul lowery and Ryan campbell, both qualified coaches and both represented Seaton at open age, we train on Seaton rugby pitch at 5-6 on a wed night, we have roughly 15 players signed on all of mixed ability, we always welcome new players to come and play for us and try their hand at rugby league, we try to keep all our sessions fun but at the same time get the necessary basic fundamentals skills a u8's player needs. The season starts in April and it's a mix of festivals (where you can play up to 5 games around 10 mins per match on the same day) or an arranges fixtures (where u play 1 local team for 2x 20 mins half's) there is refreshments after all matches for the children

### Under 9's Team

Seaton rangers u8's... have been training indoor for 6 weeks and aim to back to Seaton rugby pitch at 5-6 on a wed night. We have a squad of 18 players so far and our new kit should arrive anytime.

### Under 10's Team

Under 10's Have started Training on a Friday night at Maryport all weather 6-7pm. New players are welcome. In May the under 10's are off to the Rhino's Challenge in Skegness.

### Under 11's Team

Under 11's Have started Training on a Saturday Morning on the rugby field once light nights are with us training will be Wednesdays 5.30pm until 6.30pm. New players are welcome. In May the under 11's are off to the Rhino's Challenge in Skegness to represent Seaton and hopefully bring back a few medals.



Seaton Rangers Under 11's

### Under 16's Team

The under 16's Team had a very hard national cup home game against a very good Stanningley side who fielded several academy players. Players would be welcome for the new season and coached by Mark Walker and Nicky Williamson the lads train on Wednesday Nights at Maryport all weather.

## First Aid Course

This season the rules have changed slightly and although all our first aiders were normally registered nurses etc This season each First Aider either has to be accredited or qualified. Over the weekend several volunteers successfully completed the first aid for sport accreditation via Lakes First Aid

Congratulations to;

Laura O'Nions, Lyndsay Fleet, Joanne Walker, Tom Boag, Lesley Illey, Korban Illey, Ryan Campbell, Paul Lowery & Sir Duncan Moyle.

The hope is that a pool of First Aiders can be formed and if any team has not got cover for a game a first aider can assist which ever age group is short staffed.

### MAROON and GOLD LACES AWARD

Vote at the end of next month for player of the month over all the age groups, the player should show the most help, commitment and best attitude .Final nominees voted for on FB and winner announced in the next newsletter and be awarded Maroon and Gold Laces for the April.

## Social Club News

Membership forms are available behind the bar and anyone over 16 and parents are encouraged to join. Cost is a fiver a year and the card gives you discount behind the bar. It also gives us more clout to vote on issues that matter regarding rugby and keeping the club a RUGBY CLUB and support the club. PLEASE JOIN ONLY £5

Gym memberships are available to any member at a cost of £120 a year there is currently an offer to any players training for open age of £60 a year.

Function Room is available to hire contact Keith Pearson Tel 07759 559375 for details.

## Useful Contacts

Under 7's	Duncan Moyle	Tel 07703 539855
	Peter Gilmour	Tel 07478 654646
Under 8's	Paul Lowry	Tel 07787 572316
	Ryan Campbell	Tel 07734 580661
Under 9's	Lee Wordsworth	Tel 07725 642631
	Lee Hunter	Tel 0000 000000
Under 10's	Mark Walker	Tel 07835 044386
	Nicky Williamson	Tel 07843 690751
Under 11's	Paul Bell	Tel 07540 734181
	Rod Turnbull	Tel 07533 709837
Under 12's	Steven Ostle	Tel 07841 161050
	John Broughey	Tel 07811 350809
Under 14's	Paul Bell	Tel 07540 734181
	Ben Nixon	Tel 07793 649739
Under 16's	Mark Walker	Tel 07835 044386
	Nicky Williamson	Tel 07843 690751
Open Age	Dean Wright	Tel 07368 218894
Open Age	Matthew Tunstall	Tel 07896 978513
Rangers Secretary	Peter Gilmour	Tel 07478 654646
Rangers Treasurer	Duncan Moyle	Tel 07703 539855

Rugby Social Club

Keith Pearson

Tel 07759 559375

## Upcoming Game Timetable

### Under 12's

#### Sunday March 10<sup>th</sup>

Broughton Red Rose v Seaton Rangers u12 11.00am

#### Sunday 7<sup>th</sup> April

Maryport v Seaton u12's 11.00am

#### Sunday April 14<sup>th</sup> (Cumbria Cup)

Seaton v Lowca 11am (check time clash with 14's)

### Under 16's

#### Sunday March 17<sup>th</sup>

Seaton v Hensingham 11.00am

#### Sunday March 24<sup>th</sup>

Dalton v Seaton 11.00am

#### Sunday March 31<sup>st</sup>

Seaton v Wath Brow 11.00am

#### Sunday 7<sup>th</sup> April

Kells v Seaton 11.00am

### Open Age

#### Saturday March 9<sup>th</sup>

Wath Brow v Seaton 14.30pm

#### Saturday March 16<sup>th</sup>

Seaton v Cockermouth 14.30pm

#### Sunday March 23<sup>rd</sup>

Seaton v Lowca 14.30pm

#### Saturday 29<sup>th</sup> March

Hensingham v Seaton 14.30pm

### Under 14's

#### Sunday March 24<sup>th</sup>

Seaton v Hensingham 11.00am

#### Sunday 7<sup>th</sup> April

Seaton v Kells 11.00am

#### Sunday April 14<sup>th</sup> (Cumbria Cup)

Seaton v Askam 11am (clash 12's)

### Open Age 'A' Team

#### Saturday March 9<sup>th</sup>

Seaton A v Glasson 14.30pm

#### Friday March 15<sup>th</sup>

Egremont v Seaton A 14.30pm

#### Sunday March 23<sup>rd</sup>

Cockermouth v Seaton A 14.30pm

#### Sunday 30<sup>th</sup> March

Kells v SeatonA 14.30pm

## Sponsors

Without the help of the following people and companies the club could not operate, please try and use their services wherever possible.



The Window Outlet

Tel.01900 873555



Kowloon Chinese Take away

Tel.01900 604081

Hot Woks Chinese Take away

Tel.01900 605600



Michael Heron and Sons Building Services Tel.07720 252506



AFM GAS SERVICES LTD

Tel. 01900 871396



West Coast Thermal LTD

Tel.01900 65327



Mike Dowling Contracting LTD

Tel. 07785 536789



Monkey Madhouse

Tel. 01900 64222



Mire Services

Tel. 07712517420

Joe Sandwith Roofing

Story Homes

Absolute Storage

ERIKS

Flow Control Solutions

Crafty Workshop

NW Total

Pure Touch Cockermouth.

Apologies for any missing sponsors details this will be added to in next months edition.