



Welcome to the 2023 season. I have penned a short note, for mostly the new players, but also an update for everyone to where we are at. This is by no means an extensive list but just a dot-point of some things I think you should be aware.

*** WE HAVE A BOY'S AND GIRL'S TEAM – WE SUPPORT EACH OTHER - WE ARE AN EXCLUSIVE CLUB ***

- 1) Boy's season is 14 rounds from 1/4 to 29/7, there is 3 spare rounds - 2 wet weather rounds on 13/5 & 15/7 (if rounds before are washed out – we will play on either of these days) and a Bye round on 10/6 (long weekend).
- 2) Semis are 6/8 + 13/8 respectively
- 3) Grand Final 20/8 - * these are all Boy's dates.
- 4) Girls Tournaments generally start late April/early May and run roughly every 3 weeks until September.
- 5) No new players can be register after R8 (boys).
- 6) There are still COVID protocols that we need to adhere: -
 - DO NOT ATTEND TRAINING/GAME IF FEELING SICK OR SHOW ANY SYMPTOMS – DO NOT ATTEND TRAINING/GAME IF FEELING SICK OR SHOW ANY SYMPTOMS.
 - IF YOU CONTRACT THE VIRUS – LET US KNOW AND STAY AWAY TILL CLEAR.
- 7) Training is proposed to be on Weds. Nights at 6.30pm for boys. Girls tba. Training normally is for 1 hour – sometimes extends an extra ½ hour.
- 8) Fees = Existing Players - \$140. New Players- \$200. These need to be paid by Round 2 for boys. Girls have different rego. procedure (see Trish) fees need to be paid prior to playing (same price as boys).
- 9) What do I get for Rego (Boys):-
 - Shorts, Playing Socks, Training Socks, Mid-Layer long sleeve top.
 - New Players will also get a Polo and either a training shirt or spare a pair of shorts
 - New Players will additionally receive a Dress Shirt & Tie (once played 4 games).
 - Players Cap after Comp. debut.
 - New Front Rowers will receive a FRC (Front Row Club) Pin as part of Front Row Club Membership.
 - Strapping Tape.
 - Paid Physio at all home games and majority of away games.
 - Subsidised Bus Trips for majority away games.
 - Subsidised Merchandise.
 - Subsidised Social Events.
 - Subsidised Presentation Cocktail Night.
 - Insurance + NSW Rugby Affiliation.
 - Social Membership to Southern Districts Rugby Union Club* (*to be confirmed)
- 10) What do I get for Rego (Girls):-
 - Shorts, playing socks, training socks, training shirt, mid-layer top.
 - New Players will also get a Dress Shirt after playing 3 tournaments.
 - Players Cap after Comp. debut.
 - Subsidised Bus Trips for some Tournaments.
 - Subsidised Merchandise.

- Subsidised Social Events.
- Subsidised Presentation Cocktail Night.
- Insurance + RUGBY AU affiliation.

- 11) You are also default members of North Cronulla Surf Lifesaving Club via your registration to the Sea-Lice. The Surf-club has a proud tradition & maintains a certain standard it expects from its members. Whilst players are bound by NSWRU or RUGBY AUSTRALIA Code of Conduct, the Surf-club also has a Code of Conduct which members are required to comply.
- 12) Home games will mostly be on Foreshaw No.2 at Southern Districts, we occasionally might be able to play on the main field. We all assist in packup. We always clean our Dressing Room whether away or home, this duty is rotated among the team.
- 13) Girls play in Tournaments which are linked via a Point-score. Venues are throughout Sydney.
- 14) We are a community club – so everyone needs to pitch in with fundraising and general jobs throughout the season.
- 15) You are expected to turn to a game in a club shirt – it generally will be agreed at training which one it is. See Messenger group if you are not at training, wrong shirt will result in a heavy fine by the appointed Sergeant-at-Arms.
- 16) Discipline – NO FIGHTING/PUNCHING – immediate RED. Anything above chest-high is a YELLOW, if malicious or intentional – RED. We have a club threshold of 1 RED per year, beyond that we are in trouble. NO TALKING BACK TO THE REF – RED CARD. Captain only to talk to him.
- 17) Games generally start at 3.15pm. Saturdays 40 mins each way for Boys. Girls Tournament start time vary but normally mid-morning start on mostly on a Sunday.
- 18) It is tradition to have a beer or soft drink with the opposition after the match (boat race). Even if you are not drinking – it is expected that you hang around for a little while.
- 19) Socials - Fundraising – stay tuned.
- 20) Support our Sponsors – all are listed via our Webpage. Google Sea-Lice Rugby (it is linked to North Cronulla Surf Club site). Our Rego. Fees (for what you get) are the cheapest in Sydney. All because of our wonderful Sponsors please consider them if you need any of the services they provide.

CONTACTS =

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