

Parent HANDBOOK



Parents guide for
CMRL Community
Rugby League

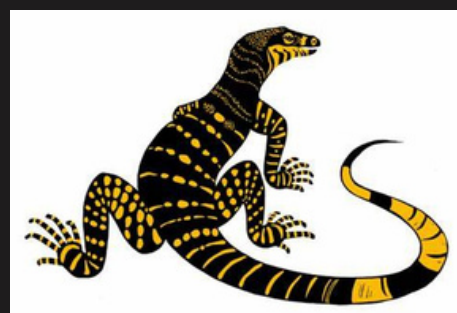


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Welcome

MESSAGE

Welcome to the Cessnock Minor Rugby League Club!

Firstly, I want to thank all our parents for giving their children an opportunity to enjoy the greatest game of all. You are the true champions behind the scenes, juggling schedules, driving to and from training, and waking up early for every match day rain hail or shine. Your hard work does not go unnoticed, and we really appreciate you.

As parents supporting your child in Rugby League, you are not just spectators from the side-lines. You are their role models, showing them important things beyond winning or losing, like always demonstrating teamwork, fairness, and respecting everyone within the sport.

Here in NSW, Rugby League is much more than just a game of football. It is a platform that teaches us even when we try our best, we might not always win. But what truly matters is enjoying the journey, the hard work, the competition, and doing our best. These lessons aren't only for the game; they are for life. It's about learning that in sports and in life, giving our all and never giving up is what really counts.

At CMRL, we are not just about making players; we are here to help kids become strong and ready for life's challenges. Welcome to our team, where we love the game and teach values that will stay with your child forever.

Dan Ebert - Club President

Non-NEGOTIABLES

Welcome to CMRL Club, where safety, sportsmanship, and the sheer joy of play take precedence. Please understand that this is not the NRL – this level of football is run by dedicated volunteers, often still finding their footing and learning the ropes. The focus here is not solely on wins or losses; it's about nurturing young players, helping them build **confidence, competence, character** and **connection**.

Our players, coaches, and referees are all mums, dads, sons and daughters. Mistakes are going to happen and are a useful and inherent part of the learning journey. As a parent you now represent the CMRL community. Showing respect and upholding integrity are paramount to the club's reputation.

Any form of abuse towards opponents, ground staff, referees or officials is completely unacceptable. Our core values revolve around creating an atmosphere that everyone can enjoy.

Upon registration, adherence to the National Code of Conduct is mandatory. Violating these principles could have repercussions for you, your child, their team, and our club. Please ensure compliance with the National Code of Conduct at all times.

[The National - Code of Conduct](#)

The NRL Positive Environment Program

The NRL Code of Conduct provides all participants – players, parents, coaches, referees, spectators and officials with some simple rules that assist in delivering a safe and positive environment to everyone involved in the game.

Within that safe environment, every Rugby League participant has the best chance to enjoy the game. By accepting the standards of behaviour in the Code, we provide opportunities for young boys & girls to grow on the field, we build good players, good citizens and good communities in which Rugby League is a social asset. It is strongly recommended that everyone connected with Rugby League adopts these rules as an essential part of the way they contribute to our great game.

According to the general principles of the code, participants are encouraged and expected to:

- show positive acts of sportsmanship,
- demonstrate the greatest levels of respect
- lead by positive example
- celebrate the “good news” stories
- accept that the integrity of the sport is of paramount importance.

Creating the right ENVIRONMENT

Safe

Our top priority is everyone's well-being, both in how we play the game and how we treat each other. We will make sure the games and practices are physically safe, with proper equipment and a safe environment. Equally important, we'll create a space where everyone feels respected and comfortable. That way, everyone can enjoy their footy, knowing they're physically and emotionally safe while being part of our team.

Enjoyable

Rugby League is all about FUN! We will make sure training and match days are enjoyable for everyone! We will bring energy and creativity to our sessions, and give our players the chance to try and work things out for themselves making sure that playing Rugby League at CMRL is something everyone looks forward to and enjoys.

Positive

Maintaining a positive attitude is a non-negotiable in our rugby league community. Positivity means approaching training and games with enthusiasm and optimism, regardless of challenges or setbacks. It involves encouraging teammates, offering support, and believing in each other's abilities. Positivity on the field means staying resilient, focusing on solutions rather than dwelling on mistakes, and fostering a constructive atmosphere where everyone feels motivated to give their best effort. It's about creating a team culture where every player contributes to a supportive and uplifting environment.

Player Development FRAMEWORK



Tackle Ready Program - Tag Rugby League (Ages U5-U7)

Under 5 & 6:

U5's & U6's participate in a Tag Rugby League competition, focusing on a non-tackle format. During U5 & U6 training sessions, emphasis is purely on making friends, having fun, and gaining a basic understanding of the game.

Why?

A gradual learning environment is proven to be superior for the development of young players. Introducing contact too early at this age can be detrimental to a high percentage of players confidence. The phased approach gives everyone a chance to understand the game and build confidence without the immediate concern of contact, allowing for a more supportive and positive introduction to the sport.

Under 7:

Players continue within a Tag competition on game day but concurrently introduced to safe tackling techniques during training. Tackling training is conducted by an accredited Tackle Specialist from the NRL's Game Development Team, working alongside the team's coach. After every U7 team and player in the league completes six sessions of Tackle Ready training, they begin to transition into a Tackle Rugby League competition, having acquired essential skills in a controlled and supportive environment.

Why?

The phased approach ensures all players securely acquire essential tackling skills before entering full-contact play. This leads to increased retention and a significant rise in participation. Beyond fostering confidence, the program creates an equitable playing field for development. Development is prioritised regardless of physical or mental maturity, ensuring a fair and inclusive introduction to the sport.

Player Development FRAMEWORK



Development Competitions: No Premierships Until U13

Purpose: Development Competitions are designed for ages U5–U12 to prioritise skill development, learning, and a positive sporting experience without the undue pressure of winning premierships.

Holistic Skill Development:

Kids are in the early stages of learning. Development Competitions help them grow into well-rounded athletes for a successful future.

Emphasising Learning, Not Just Winning:

Prioritising learning and improvement. Lets kids focus on honing skills, understanding the game, and nurturing a love for sports.

Inclusive and Positive Experience:

Welcoming all skill levels. Ensures no one feels left out, fostering a positive attitude towards sports.

Positive Social Interactions:

Creates a space for positive connections. Playing for fun encourages friendship, teamwork, and good sportsmanship.

Reduced Performance Stress:

Takes the pressure off always winning. Allows kids to enjoy the game, explore their abilities, and build a healthy relationship with competition.

Long-Term Athletic Development:

Focusing on growth for the future. Develops a strong foundation of skills, fitness, and mental toughness.

Exploring the Game:

Introduces various aspects of the sport. Encourages trying different roles, playing styles, and strategies.

Pathways

Aspiring the Rugby League Journey

Ages U5–U12: Sampling Phase

Kids explore different positions without pressure to win the championship. No scoreboard or finals; focus is on fun, giving it a go and team growth. Emphasis is on every players' development, not just the advanced players.

Turning 13: Entering Divisions

Teams move into different divisions based on experience and growth. Online ladders available; teams compete for top spots.

RISE Program (Ages U13–U15)

For aspiring young players. Helps develop technical, physical, and emotional skills. This program is owned by the NRL and rolled out by NSWRL.

Age U15 and Up: Representative Sides

NRL clubs and their Feeder Clubs will now recruit for Representative players. Top talent competes in U17, U19 or NSW Cup representative competitions. Open trials will be held locally toward the year's end via the Newcastle Knights Pathways.

Fair Opportunities – Cessnock Rugby League Seniors

Cessnock Rugby League Seniors do not show any favouritism in regards to representative selection. If your player aspires to go higher through the pathways as a Rugby League player, irrespective of their team or division, they will all have the same opportunity to join the RISE program and/or try out for representative squads.

Female **PATHWAY**



Under 13	Under 14	Under 15	Under 16	Under 17	Under 18	Under 18	Under 19	SENIORS
CESSNOCK MINOR RUGBY LEAGUE						CRLFC		
RISE DEVELOPMENT				LISA FIAOLA CUP	LISA FIAOLA CUP	TARSHA GALE CUP	HARVEY NORMAN CUP	NRLW

Male **PATHWAY**



Under 13	Under 14	Under 15	Under 16	Under 17	Under 18	Under 19	SENIORS						
CESSNOCK MINOR RUGBY LEAGUE					CRLFC								
KNIGHTS ACADEMY		ANDREW JOHNS CUP	HAROLD MATTHEWS CUP	<table border="1"> <tr> <td>Laurie Daley Cup</td> <td>SG Ball Cup</td> <td>Jersey Flegg Cup</td> <td>NSW Cup</td> <td>NRL</td> </tr> </table>					Laurie Daley Cup	SG Ball Cup	Jersey Flegg Cup	NSW Cup	NRL
Laurie Daley Cup	SG Ball Cup			Jersey Flegg Cup	NSW Cup	NRL							
RISE DEVELOPMENT													

Team Volunteer

REQUIREMENTS

Each season, our teams rely on the support of parents to fill crucial roles that enable our players to take the field every week.

Without these dedicated volunteers, our kids wouldn't have the opportunity to enjoy the game they love.

The following positions are essential for our teams:

- Coach/s
- First Aid Officer
- League Safe Officer
- Team Manager

If you're interested in taking on any of these roles, please discuss it with your assigned Coach or age group Co-ordinator.

Additionally, our Club has other volunteer opportunities available:

- Canteen Volunteer - we need parents or guardians above 16 years to assist with canteen duties during home games. Each home game requires two or three volunteers from each team to cover the designated time slot, typically an hour before or after your child's match.
- Ground Manager - for every home game, we need a parent or guardian to volunteer as a Ground Manager. This role involves monitoring spectator behaviour from the side of the field, ensuring a safe and respectful environment for our players and officials.
- Weekly Raffle Night - each week our club hosts a raffle night at a local establishment. These nights are a fantastic way get to know your team whilst raising funds for our Club. Why not get your team involved and volunteer to sell tickets at one of the nights?
- Monthly Committee Meeting - the committee meets once a month to discuss all matters relating to our Club, details of the proposed meeting date and time is published on our social media page. Everyone is welcome to attend and the Club values feedback and assistance in decisions that make our club great!

The above roles play a vital part in the success of our Club, all funds generated are reinvested into player equipment, presentation nights, and more. Each Coach will oversee the volunteer requirements for their team, so don't hesitate to reach out to them if you're keen to get involved and make a difference.

Websites

Stay connected with the pulse of Cessnock Minor Rugby League! Get the latest updates, club news, and essential registration information. www.cmrl.net.au

Play Rugby League

The one-stop shop for all you need to know about community Rugby League! Access the game's rules, development framework, as well as a wealth of educational resources covering first aid, coaching techniques, League Safe practices, and a heap of invaluable information. www.playrugbyleague.com



Play Rugby League: The official website of the National Rugby League for Participation

Find your nearest Rugby League Club or Program and get involved as a player, referee or volunteer today!

MYLEAGUE app

The NRL MyLeague App is back and sharper than ever for another season of Rugby League. Players, Coaches and team supporters can keep track of their teams draw and progress with our new fixtures and ladder display, it's never been easier!



MyLeague App - The official App of Grassroots Rugby League.

Find your teams fixtures, ladders and results or build custom training sessions from our library of coaching videos.

nrlmyleague.com

Contact US

We value your enquiry, whether you have questions, specific queries, or need detailed information.

Depending on the topic, enquiry or concern, in the first instance please contact your Team Manager or Coach.

If you have a concern you believe the Coach cannot resolve, please contact your age Co-ordinator.

If your concern is of a more serious allegation, please contact the Complaints Officer who will direct to the Club's relevant area.

President – Dan Ebert

Senior Vice President – Graham Bailey

Secretary – Kristi Case

Ass. Secretary – Kim Fullbrook

Treasurer – Damian Bultitude

Ass. Treasurer – Kim Fullbrook

Registrar – Kristi Case

Ass. Registrar – Belinda Blain

Mini Co-Ordinator – Naomi Stevens

Mod/Int Co-Ordinator – Belinda Blain

Female Co-Ordinators – Deb Swift / Cat Boorer / Fiona Callaghan

Coach Co-Ordinator – Matt Ambrum

FAO Co-Ordinator – Ed Harriden

Welfare, Development, Complaints Officers – Dan Ebert / Bridgette Burgess

Complaints Officer – Graham Bailey

Gear Steward – Chris Sharpe

Pathway Development – Jamie Perrin

Merchandise – Nicole Newsome & Kate Sharpe

Canteen Co-ordinators – Jess Fairlie, Cat Boorer, Fiona Callaghan

Social Media Officer – Michelle Schreiber

Grants – Damian Bultitude

3,2,1 – Fiona Wallace

Email

Secretary: secretary@cmrl.net.au

Website

www.cmrl.net.au

Address

197 Mt View Park, Mount View Road, Cessnock NSW 2325, Australia

Club **SONG**

We are the boys/girls from Cessnock town,
we wear the black and gold.

We don't care how tough it gets,
because we will never fold.

We play it hard, we play it tough,
and then we give some more!

Because that's how winners play the
game, regardless of the score.

UP TO GOEYS!!

Notes:

