



*East*s

RUGBY  
BRISBANE

# **EASTS RUGBY CLUB**

**UNDER 10S**

**BORN 2015**

**INFORMATION PACK**



Dear Tiger Family,

A warm welcome to Easts Rugby Union Club for the 2025 season! Thank you for registering to be part of the Tiger Family. As Queensland's largest participant rugby club, we are committed to providing a safe, inclusive, and enjoyable environment for all players. Our community is our greatest strength, and we look forward to welcoming you, engaging with you and your families, and sharing an exciting season filled with rugby and club events.

Our team is always here to help. If you need assistance, please don't hesitate to contact the club at 07 3843 1577 or visit our website at [www.eaststigers.com](http://www.eaststigers.com). Our Rugby Operations Administrator, Leticia Chapman, is also available to assist and can be reached via email at [rugbyadmin@eaststigers.com](mailto:rugbyadmin@eaststigers.com).

### **Training Schedule**

- Under 13 – 16 Boys and Girls Rugby kicks off on March 12
- Tiger Cubs training Friday Nights kicking off 14th March
- U6-U9 training Friday nights kicking off 14th March with games on Saturdays
- U10- U12 training Friday night kicking off 14th march with games Sundays
- Full age group details are available on our website: <https://eaststigers.com/junior-tigers/>

### **Get Involved**

Volunteers are the backbone of our club, and their efforts are essential to our success. Throughout the season, we rely on volunteers to assist with the canteen, match day setup/pack down, merchandise, and bar operations. If you can contribute even an hour of your time, we'd greatly appreciate it! Please fill out the form using the QR Code located in your pack.

We're excited to have you as part of Easts Rugby and hope this marks the beginning of a lasting connection between your family and our club. Let's make 2025 another fantastic season!

Tony McGahan  
General Manager  
Easts Rugby Club



# UNDER 10 INFORMATION PACK

## CLUB CONTACTS

**Club Administration** - Leticia Chapman  
[rugbyadmin@eaststigers.com](mailto:rugbyadmin@eaststigers.com)  
**U9 Age Group Coordinator** – Cara Beh  
**Office Hours:** Mon-Fri (9am – 4pm)  
**Phone Number:** 3843 1577  
**Address:** 31 Halifax St, Norman Park, 4170

We eagerly await the approaching 2025 rugby season and extend a warm welcome to both new and returning players, as well as their families! East's Rugby Union follows the Brisbane Junior Rugby Union (BJRU) competition which is held for these age groups during Term 2 and Term 3. We are excited to see all our juniors continuing to develop new skills throughout the season and grow their love for rugby!

Please feel free to contact us with any questions or concerns you have throughout the year #tigerforlife

## CLUB COMMUNICATIONS

Key club communications will be sent via Rugby Xplorer, while updates on rained-out training sessions and games will be shared on our social media stories. Important dates and draw details will be communicated through your coaches and managers. Your Age Group Coordinator is your first point of contact and can assist with most questions.

## VOLUNTEERING

In a community our size, the efforts of our volunteers play a pivotal role in the success of our club. Throughout the season we require volunteers for canteen, coffee support, merchandise and bar roles. Please scan the QR code and fill out the form otherwise please contact Leticia on the above information.

## MERCHANDISE

Our merchandise shop will open on Friday the 8th of March from 4:30-7:30 pm and all senior home games. All East playing kits and merchandise are available for purchase from our merchandise store.

## TRAINING

- Training is held on **Friday afternoons** @ Bottomley Park **6:00 pm – 7:00 pm**
- There are **NO** training sessions or games during the school holidays (keep an eye out for Holiday Camps!)
- Games are normally held at 8:30 am (this may vary between locations due to field availability)

## MEDICAL

Trained medical staff will be present at both training sessions and game days. Each field will be assigned one dedicated medical staff member, ensuring the utmost level of attention and care. They will be in bright colour bibs to identify them in the case you need medical assistance

## Facebook



## Instagram



## Volunteer today



## EASTS 2025 EVENTS

9/02/2025 - Junior Sign on Day

06/03/2025 - International Women's Day Breakfast

28/03/2025 - Season Launch

30/05/2025 - Ladies Day

TBC - Junior Presentation Day

## KEY DATES U10-U11

14/03/2025	Training
21/03/2025	Training
23/03/2024	Trial 1
28/03/2025	Training
30/03/2025	Trial 2
School Holidays	

24/04/2025	Training
26/04/2025	SKD 1
1/05/2025	Training
3/05/2025	SKD 2
8/05/2025	Training
10/05/2025	SKD 3
15/05/2025	Training
17/05/2025	SKD 4
22/05/2025	Training
24/05/2025	Rd 1
29/05/2025	Training
31/05/2025	Rd 2
5/06/2025	Training
7/06/2025	Rd 3
12/06/2025	Training
14/06/2025	Rd 4
19/06/2025	Training
21/06/2025	Rd 5

School Holidays	
18/07/2025	Training
13/07/2025	Rd6
25/07/2025	Training
20/07/2025	Rd 7
1/08/2025	Training
27/07/2025	Rd 8
8/08/2025	Training
3/08/2025	Rd 9
15/08/2025	Training
10/08/2025	Rd 10

## TEAM FORMATION POLICY

There is no sibling alignment from Under 10 - Under 16.

- Each team must have a min. and max. to ensure a viable experience for all players
- Easts reserves the right to allocate players to teams to ensure that the competition is viable

	Under 10s	Under 11s	Under 12-18s
<b>On Field Playing Nos</b>	12	12	15
<b>Team Min. Nos.</b>	14	14	18
<b>Team Max. Nos.</b>	18	18	23

\*Please note that squads may exceed 23 under the BJRU guidelines.

## UNDER 10 & UNDER 11

In U10 and U11, teams are 'graded' within the competition groups during the Skill Development Rounds by the competition management. Skill Development Rounds are used to focus on core skill areas within the teams. The club does not grade teams internally. Rather teams are balanced i.e. Teams must consist of an even distribution of forwards and backs based on an ability to pack a contested scrum. There is no sibling alignment in Under 10 or U11. Adjustments will need to be made in some teams due to the increase in required playing numbers, the registration of new players in 2025 and the departure of some 2023 players. Readjustments to teams will be made following consultation between coaches and the Junior Rugby Director and Rugby Manager to ensure that teams are balanced.

## REGISTRATION

- All player registrations are completed online via Rugby Explorer.
- Easts Rugby Union are in association with FairPlay. For more information on how to register visit the website below
- <https://www.qld.gov.au/recreation/sports/funding/fairplay/apply>

### REGISTRATION INCLUSIONS

- Affiliation fees and levies
- Training shirt
- Medical support at training and games
- Easts branded water bottle
- Field maintenance
- Club Administration
- Physical team photo

\* Shorts and socks are extra

### HOW TO REGISTER

- To register for 2025 you must use Rugby Xplorer.
- The app is available for download via the Apple Store or Google Play or you can access it via the web at <https://myaccount.rugby.com.au/>
- All participants can then sign up/login and activate your Rugby Account to allow registrations and user permissions to be granted to Admins.

### FIRST STEP

Once you Download or upgrade the App, or access via the web

- Sign-Up/Login using your email and password
- Login and click 'Register' in the left-hand side menu
- Click 'Find a Club'
- When asked 'Who would you like to register?' click on the correct identity to be registered. (Please note each player will need to be registered separately).
  - For new players click 'Link a new person'
- When asked 'Which Club you would like to register to?' type in either Easts RUC (Juniors)

### SECOND STEP

- Tiger Cub participants select "Get into Walla"
- Girls 7's; select "7s Junior Girls"
- U6-U7; Select "Get into Rugby - Tri Time"
- U8-U16 Players; select "XVs Juniors"
- U17-U18 Players; select "XVs Junior Colts"
- Modified Rugby Participants
  - MRP Juniors Select; select "All Abilities Rugby Program"

### FINAL STEP

- Next, update any personal details if necessary
- Upload or change your profile picture OR leave and click 'skip'
- Update or fill in any additional details if necessary
- Update or fill in any emergency contact details if necessary
- If you have a Blue Card complete the details or click 'no'
- Tick the box beside 'I have read and agree to the National terms and conditions'
- Pay registration when prompted at the gateway
- If wanting to register another player, when asked 'Would you like to add another registration' then click 'Next player to be registered' and repeat the process

The Rugby Xplorer customer service team is available Monday–Friday 9am-5pm AEDT.

Rugby Xplorer customer service team can be contacted on:

E: [customer.service@rugby.com.au](mailto:customer.service@rugby.com.au)

P: 02 8005 5555

W: <https://help.australia.rugby/s/>

# WHITE CLOUD

## TELE-MENTAL HEALTH SERVICE

# 07 3155 3456

Feeling depressed or anxious is not a weakness. It happens to most of us at some stage. The weakness is in ignoring it and letting it fester and grow. All problems have solutions... and sometimes you just need to talk them through.

The White Cloud Tele-Mental Health Service provides professional, multi-disciplinary treatment and support for depression and/ or anxiety via phone or video conferencing. Their team of psychologists, social workers, counsellors, dietitians, exercise scientists/ physiologists and other mental health clinicians will treat your symptoms holistically, from multiple angles.

White Cloud specialize in preventing depression from developing or worsening, restoring wellness and quality of life, and building resilience for the future.

The club has partnered with White Cloud to make this service available to all members, staff, volunteers, and family members over 12 years of age.

All you need to do is call the number above.

**No referral required.**

**No mental health plan needed.**

**No need to travel.**

**No cost to you.**



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\*Terms & Conditions apply