



Buckinghamshire Rugby

Developing lifelong participation in rugby



BUCKINGHAMSHIRE GIRLS U16 DEVELOPING PLAYER PROGRAMME HANDBOOK 2022-23



WE PLAY
RUGBY



Foreword

Your daughter is now part of the “England Rugby Development Player Programme” (ERDPP) which is run in each Constituent Body across England. The aim of the program is to provide development opportunities for girls in addition to the excellent training and coaching they receive from their club.

There will be matches, but the aim is to develop the players across a range of skills and so they may be playing different positions to usual, play alongside different teammates, or even play in different formats.

The ERDPP is set up to take on players with great potential as well as those that are already experienced in playing.

We’d love to support every player in the County, but inevitably, we need to balance this with the number of coaches available and ensure players receive good quality feedback/support. Therefore, we will keep the group to around 40 players through the season. This means the group will also be dynamic with some girls coming into programme through the year.

What is the DPP?

The CB Under 16 ERDPP sits within the Explore phase of the pathway, it has a focus on understanding and recognising potential, delivered through skill development and acquisition, game understanding and the physical components that help a player unlock their potential.

Every journey is unique as no two players are the same, therefore this framework is designed to be just that, a framework. The experiences and input required for each person will vary; nevertheless, we expect that the central pillars highlighted here will form the basis for implementation by those who are involved in the planning, organisation and delivery of the programme.

Squad

The initial Buckinghamshire Girls U16 DPP squad for the 2022/23 season is:

Name	Club
Amy Grace-Tshuma	Buckingham
Arabella Carruthers	Buckingham
Ava Rees	Buckingham
Ayla Watkins	Chesham
Beth Anker	Aylesbury
Elisabeth Buxton	High Wycombe
Eliza Hudson	Buckingham
Ella Higley	High Wycombe
Ellie Gibbard	Buckingham
Eve Lock	Aylesbury
Georgia Barham	Buckingham
Harriet Squire	Aylesbury
Harriet Gillson	Aylesbury
Hattie Bostock	Aylesbury
Immy Smith	Buckingham
Imogen Thornton-Smith	Buckingham
Imogen Vernon-Stroud	Buckingham
Isabel Williams	Buckingham
Isabella Gilgil	Buckingham
Jamie Hart	High Wycombe
Jasmine Baxter	Buckingham
Jessica Combe	Buckingham
Kathryn Nagy	Buckingham
Leah Wilson	Buckingham
Libby Murray	Buckingham
Lucy Sheridan	Buckingham
Maisie Masquelier	Fullerians
Maisie Olding	Maidenhead
Max Sartin	Aylesbury
Melissa Burnett	Buckingham
Niamh Kavanagh	Beaconsfield
Olivia Cody	High Wycombe
Rosie Siggs	Buckingham
Saskia Regan	Buckingham
Seren Forrest	High Wycombe
Tillie Czakan	High Wycombe
Xaynab Ahmed	Chesham
Zara Pickwick	Buckingham

Contacts

The Bucks ERDPP is headed up by our Director of Rugby, Andy Blake.

We are lucky for our DPP to be run by a true legend of Women's Rugby; England's most capped player of all-time – Rocky Clark. She is also supported by a very experienced lead coach in Alban Barnes who is backed up by a great group of assistant coaches; Steph Neville, Josie Murray, and Ben Knight.

The main contacts for the programme are as below. However, we will bring in some guest coaches as needed.

Position	Name
Principal Coach	Rocky Clark
Lead Coach	Alban Barnes
Assistant Coach	Steph Neville
Assistant Coach & Safeguarding Officer	Josie Murray
Assistant Coach	Ben Knight
Girls Co-ordinator	Lynne Edhouse
Manager	Dan Lock
Physio	Aisling Ni Bhrolchain

For most day-to-day logistics you can email the team manager, Dan Lock (bucksrfucomms@gmail.com) or call/WhatsApp him on 07766 318309. He will try to triage questions to the various support team if he can't answer your question directly.

We will always take on feedback (good or bad) so please do let us know.

Hopefully it will not be needed but if you every have any safeguarding concerns, you can contact our safeguarding officer Josie Murray (07711 240127).

2022-23 Programme

The key dates for the programme are as below.

Date	Venue	Train / Match	Time
9 th September 2022	Aylesbury RFC	Assessment	7 until 8:30 pm
26 th September 2022	Aylesbury RFC	Assessment	7 until 8:30 pm
10 th October 2022	Aylesbury RFC	Training	7 until 8:30 pm
24 th October 2022	Aylesbury RFC	Training	7 until 8:30 pm
7 th November 2022	Aylesbury RFC	Training	7 until 8:30 pm
21 st November 2022	Aylesbury RFC	Training	7 until 8:30 pm
9 th January 2023	Aylesbury RFC	Training	7 until 8:30 pm
23 rd January 2023	Aylesbury RFC	Training	7 until 8:30 pm
6 th February 2023	Aylesbury RFC	Training	7 until 8:30 pm
20 th February 2023	Aylesbury RFC	Training	7 until 8:30 pm
20 th March 2023	Aylesbury RFC	Training	7 until 8:30 pm
3 rd April 2023	Aylesbury RFC	Training	7 until 8:30 pm
17 th April 2023	Aylesbury RFC	Training	7 until 8:30 pm
29 th January 2023	Aylesbury RFC	Match vs. Berkshire	3pm
TBC	TBC	Match 2	TBC
TBC	TBC	Match 3	TBC

We may need to make changes to these dates dependant on weather. If we do need to make any changes, we will contact you as soon as possible.

DPP Kit

We will provide each player with a new Bucks ERDPP specific training top, shorts and socks.

Please send size requirements for the training kit to Dan Lock by 7th October to bucksrfucomms@gmail.com.

Training Tops

Size	Chest (inch)	Chest (cm)
8	32	81
10	34	86.5
12	36	91
14	38	97
16	40	102
18	42	107

If you need anything smaller or larger than this, please just let me know the chest size required.

For shorts, please let me know the waist size in inches. For socks, please let me know which shoe size band they fit into: 2-4, 4-7, 7-9, 9+

Cost

There is a charge of £40 for the Bucks ERDPP programme which helps towards the costs of the pitch hire, physio costs, after match meals, equipment and kit.

Bank transfer can be made to:

Sort Code: 60-17-17

Account number: 87565595

Account Name: Daniel Lock

Please add the reference – 'GDPP – Surname'.

Behaviour

It is appropriate to remind all players that their actions, language and behaviour should be always exemplary when part of the Bucks ERDPP.

Inappropriate behaviour will not be accepted and will lead to removal from the programme.

Encouragement of players who may be newer to the game or less capable is actively encouraged.

Those girls demonstrating both ability and good attitude will have the best chance of being selected for the 3 playing opportunities.

The coaching staff are looking forward to seeing you all in the next couple of weeks where the hard work in developing the players begins.

TEAMWORK – RESPECT – ENJOYMENT – DISCIPLINE – SPORTSMANSHIP