

KIT ADVICE

A quick input covering the equipment required ..if you have not already got them

Scrum Hats

I'm all in favour of them. It is a personal thing. Some people find them uncomfortable. My only advice is that you try it one before you buy. Get a reputable make and if possible get some to fit it who knows what they are talking about.



Shoulder Pads

Very much the same as scrum hats. It is a matter of personal taste. It can give players greater confidence. Just make sure they comply with the RFU standard.



Shirts.

We will be using the same shirts as last season. If there are new players to the squad then they will be supplied with match shirts. **They are not to be worn for training.**



Shorts.

Please ensure you have clean and un-faded shorts which are available from the club shop. Again I suggest that you don't wear them to practice sessions. (**Mums:** the advice that has been given to me is that it better not to use fabric conditioner on the shorts as it makes them fade.)



Undergarments

I will not accept the wearing of underpants. All players will either wear a tight fitting swimming costume or a jock-strap (preferable). The reason is simple. If hadn't already noticed, Rugby Union Football is a hard physical contact sport. You can't always legislate for where a knee or stray boot is going to make contact with you. On that basis it safest to keep your 'valuables' tucked away. Comprenez?



Socks

. Not blue, not red, not pink with purple hoops.....Club Socks are available from the club shop. They will always need proper tie ups. The best thing for this is 1 cm wide strips of material cut to the right length or electrical tape.



Shin pads

All players will wear shin pads when they play. No pads no play. The theory is simple. If you get a hard kick on the shins and you are not wearing pads them you will be out of the game for a period of time. If you are wearing shins pads you are still in the match. As it was often said to me, Once you cross the whitewash, rugby is not a game for spectators. Don't be a spectator rolling around the floor in agony, wear suitable protection instead.



Boots

Boots can be an expensive purchase. Ideally each player should consider the position they play. My suggestion is that forwards should wear full rugby boots with adequate ankle support. They sometimes come with a little extra protection for the toes. For backs football boots are quite adequate but there are also boots designed for backs. What you always have to remember is that you must have kite marked studs fitted they usually made of aluminium. At the moment it is still legal to wear blades. I personally am not a great fan of them. Unlike with studs you don't have the ability to adjust your choice of studs to suit the conditions. Jim Hall Sports in Bramhall will give you a small discount if you mention that you play at Stockport RUFC.



Gum shield

My advice is that not to try and save pennies on a cheaper gum shield. Get one from your dentist is the only option. Unless you really fancy the future with comedy dentistry then at least go for a 'shock doctor' guard which the best of the rest.

