



# Naas RFC Minis / Youths Season 2016-17 Information

## **Key Points**

### **Registration**

Saturday 27<sup>th</sup> August 2016 10:00-12:00  
U7 to U10 will require a copy of birth cert or passport  
No photos needed  
Existing members will have pre-populated forms at club

### **Training Starts**

Saturday 3<sup>rd</sup> September 10:00am

### **Get Involved**

Help wanted both on and off the pitch.  
Coaches welcome at all levels, especially U7.  
No experience necessary

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# August 2016

## 1. Introduction

Welcome to the 2016-2017 season at Naas Rugby Football Club

Junior rugby in Naas has seen considerable growth in recent years, in line with or possibly even ahead of the growth in the game at a national level. This growth has led to considerable success on and off the field, and we now have a very strong Junior Section which is well respected by the Irish Rugby community.

This note is intended for parents and children interested in Rugby at Naas RFC. If you are new to Naas RFC this year, we want to set out some key points about how we are organised and how we approach running mini and youth rugby in Naas RFC. If you are already familiar with Naas RFC, this will give you the key contacts, pitch locations and other useful information.

One point to emphasise – Naas RFC is a voluntary club. Help is always especially welcome, necessary and appreciated in any form. The incredible growth in numbers of children of all ages participating in the club is fantastic – but it does mean that more mums and dads need to get involved to ensure that we deliver on our aims to benefit our kids. There are many ways that you can help, and the more people that get involved the easier it is for everyone. More on this below...

On behalf of everyone involved both on and off the pitch at Naas RFC, we would like to welcome you to the new season and wish you and your children a rewarding year

Chair of Youths and Mini Rugby  
Chair of Ladies and Girls Rugby  
Youth Coordinator  
Minis Coordinator  
Child Welfare Officer

Mick Cahill  
Susan McKeown  
Mick Cahill  
Conor Brophy  
Ciara Doyle

## 2. Club Structure

The club is structured as follows:

### Junior Rugby

Mini Rugby U7's to U12's

Youth Rugby U13's to U18s

### Senior Rugby

U20s

Senior Firsts XV,  
Seconds XV, 3rds, and 4ths.

An Executive Committee runs the club on a day to day basis on behalf of the long term Trustees and the wider membership. The Executive Committee includes representatives for Rugby and Youths Rugby, and the supporting functions such as Finance and Facilities.

Mick Cahill has overall responsibility for Youths & Minis Rugby this season. Mick Cahill co-ordinates the Youths (U13's to U18's respectively) and Conor Brophy co-ordinates the Minis (U7's to U12's). This year we also have a Chair of Ladies Rugby, Susan McKeown, as the number of girls taking up the sport is growing year on year.

The Naas Senior XV will play in Division 1B of the All Ireland League this season. Our Senior XV had a fantastic season last year gaining automatic promotion after winning the Division 2A title. Most of the players involved in the Senior team are "home grown" and have come through the under-age teams at various levels, as indeed have many of the coaches. The Seniors set the standard of rugby for the whole club and we have seen the quality of rugby at all levels rise in line with the success of the First XV. The Senior players frequently join in to coach some of the under-age training sessions and to help run the Youths' social events. They have proven good example to the youngsters in terms of commitment, team-spirit and simple hard work.

At the end of the 2015-2016 season, we had 555 registered Junior Players:

| Age Group | Registered Players |  | Age Group | Registered Players |
|-----------|--------------------|--|-----------|--------------------|
| U07       | 35                 |  | U13       | 54                 |
| U08       | 51                 |  | U14       | 37                 |
| U09       | 61                 |  | U15       | 29                 |
| U10       | 54                 |  | U17       | 26                 |
| U11       | 60                 |  | U18       | 50                 |
| U12       | 56                 |  | Ladies    | 52                 |
| Minis     | 307                |  | Youths    | 248                |

### **3. Junior Rugby Fundamentals**

The following are underlying objectives (in order of importance) that we strive to achieve through Junior Rugby at Naas RFC:

1. Creating a safe and suitable environment for all participants.
2. Ensuring all participants enjoy their experience with Naas RFC.
3. Facilitating the players' Personal Development – primarily social skills, team-working and self-confidence.
4. Providing an opportunity for Physical Activity.
5. Development of core Rugby Skills.

It is important to note that while developing rugby skills is a key objective there are a number of other objectives that are given precedence at these age groups. This is a fundamental part of our approach to maximise the number of children who will benefit in the long term from participating in Naas RFC.

Note also that all adult participants – in non-coaching as well as coaching roles – are required to complete Garda Vetting prior to taking a position in the club. This is the same for all sports in all positions. We take the welfare of all children very seriously at Naas RFC and follow the IRFU Guidelines for the Safeguarding of Age Grade Players, which can be found on the IRFU website at <http://www.irishrugby.ie/playingthegame/development/safeguarding/policy.php>

Please contact the Child Welfare Officer, Ciara Doyle, for the Garda Vetting form.

Please consider arranging insurance cover for medical expenses appropriate to your needs. Rugby is a contact sport, entered into voluntarily, injuries can occur from time to time, Naas RFC cannot re-imburse for medical expenses or compensate for injury.

Please take time to explore the IRFU website, [www.irishrugby.ie](http://www.irishrugby.ie) and the Naas RFC website, [www.naasrugby.com](http://www.naasrugby.com)

On the IRFU site you will find much valuable information about Irish Rugby and the many perspectives on 'Playing the Game' including medical issues, anti-doping, concussion, fitness & nutrition. On the Naas RFC site you will find the Club Rules and links to other informative and interesting sites.

#### **4. Golden Rules**

There are a few “golden rules” that apply to everyone when participating:

- Adhere to the Club Codes of Conduct.
  - Players agree to a Players Code of Conduct both on and off the pitch.
  - All parents and club members are expected to follow the Code of Conduct off the pitch.
  - Essentially we are representing our club and are expected to treat other players, coaches, club members, referees, visitors and other clubs with appropriate respect and good manners.
  - Violations of the code are treated extremely seriously in all cases, and may result in expulsion from the Club.
  
- Mini-rugby teams are of mixed ability.
  - We do not stream or grade teams U7-U12 by ability.
  - This is in accordance with IRFU Best Practice. It also provides the best environment at these age groups to ensure the maximum number of participants benefit from the training programme.
  - Our approach is that winning is not everything, but trying to win is. We will not select teams to win all matches, but all players will be encouraged to play any individual match to the best of their ability within the laws of the game and in a spirit of good sportsmanship.
  
- Gender Equality
  - Boys and girls compete as equals.
  
- Subscriptions
  - All members are expected pay their club subscriptions in a timely manner.

## 5. Kit

Naas Rugby gear is available to purchase at Colgan's Sports (beside Jungle Den off the Monread Road).

If your child is just starting rugby (at any age) it's fine to hold off purchasing a full set of kit for 3 or 4 weeks if you have doubts about whether or not they will stick with it. However, please don't let it go beyond that – all players need to have the correct kit to represent the club.

Note that the most important piece of kit is the gumshield. **No gumshield = no play.** Parents as well as coaches need to insist that players use gumshields properly (i.e. keep the gumshield inside your mouth!!) during training as well as games.

## 6. Communications to Parents: Email, Text (Teamer) and Mobile

Each age group use email and text notifications to communicate with Parents to confirm training, fixtures and other club events.

A few points to note:

- If you can, please supply the club with a valid email address. Email is not as restrictive as using text i.e. the messages can be more detailed and include directions. Email is also free, whereas text, even on Teamer, is not free of charge.
- Log on to Teamer and keep your profile up to date. You can choose whether or not email is your primary mode of communication, and update your phone number and email address if required.
- Please do supply at least one phone number in case we need to contact you urgently.
- If you are receiving texts/emails that you don't want, please say so and we'll take you off the list.
- If you have a question, talk to the coach. There is usually a good reason for the approach the coaches take, but we can occasionally miss or just be unaware of something that may be an issue. If there is a potential issue, we are all interested in sorting it out so bring it up with the lead coach, coaching co-ordinator or Director of Youths rugby. (Please do this outside of the coaching session times).

## **7. Registration**

All players must register with Naas RFC.

Players who are not registered put the Club, the Coaches and other Club members in a precarious position with regard to insurance, child welfare legislation and IRFU policy.

To register, you must complete a Naas RFC registration form for the current season and pay the appropriate subscription (details are on the form).

### **Registration Day**

An Information / Registration day will be held on Saturday 27<sup>th</sup> August 2016, 10am-12.00pm at the Club. Coaches from each age group will be there to answer any questions you might have and to help you with registration.

### **How to Register**

You can pay at the club on Registration Day or at the club on the first 4 Saturdays in September. Please note – if you take the last option, please pay your subs to Robert Brickell at the club and NOT to the coaches. Robert is normally available in the Clubhouse (member's bar end) during September between 10am-11.30am.

### **Age Groups**

Junior rugby players are grouped by age based on calendar year. So, if you were born in 2004, you are considered to be age 11 at the start of the 2015-2016 season and will be playing in the U12 age group. Those born in 2005 are U11 and so on.

### **IRFU Registration – U7 to U10**

Note that U7 to U10 players, or any new players not registered before from U11 upwards, are required to register with the IRFU *as well* as with Naas RFC. This means that you have 2 registration forms – one for Naas RFC and one for the IRFU.

The IRFU registration requires a copy of a birth certificate or passport. If you provide the birth cert/passport and IRFU registration form, Robert will send it on to the IRFU for you.

### **Registration Forms**

Registration Forms are available on Registration Day, or via the team coaches, or request via [secretary@naasrugby.com](mailto:secretary@naasrugby.com)

- Naas RFC Registration Form (everyone completes and signs this in 3 places)
- IRFU Registration Form (U7 to U10 inclusive and new players at other age groups)



## 8. Club Ethos

Naas RFC is a vibrant and growing club. Any successful club depends on contributions from a wide member base. A club is not a leisure centre or a crèche where members dip in and out, using the facilities and resources without any further input. Many club members already give substantial amounts of their time to volunteer and contribute to the club, so do not be surprised if you are asked to get involved. There are many areas in which we welcome more member involvement. If you want to discuss what getting involved might mean in terms of time commitment, please contact us (Mick/Connor) to talk about it. If you are ready to get involved, let any of us know by text, email or fill in the form below. **The more parents that get involved, the more all our children will benefit from their time at Naas RFC.**

We would welcome help in the following areas:

- **Coaching**
  - New coaches are always welcome, at all age groups
  - We try to keep the player/coach ratio below about 8 to 1.
  - Previous coaching and/or rugby experience in a benefit but not a prerequisite. We manage the allocation of coaches and provide training to make it easier for a new coach to gather the relevant skills.
  - Mums are welcome too! We already have a number of ladies now involved in coaching, playing and other voluntary positions, but we could definitely do with more.
  
- **Clubhouse Saturdays**
  - Over the last few seasons, the Clubhouse has been open on Saturday mornings with teas, coffee, snacks and a club shop providing a social occasion as well as shelter from the elements. The facilities have been provided on a rota basis by a small group of dedicated volunteers.
  - We'd like to extend the facilities – and increase the number of people on the rota too.
  - Our teams regularly benefit from generous hospitality when visiting other clubs. We have managed to return this hospitality on many occasions for clubs that visit us from more than an hour's journey. Again, if enough parents are prepared to get involved (for example once or twice per season), this would not be an onerous task.
  
- **Car Parking**
  - The large numbers of kids at the club on Saturday mornings can be a logistical nightmare as well as a safety risk to your children.
  - In previous seasons, we had a group of parents who volunteered to turn up early for training, and control the arrival, drop-off or parking and exit of cars.
  
- **Communications**
  - We need volunteers to provide match updates for the website and Twitter feeds.

## 9. Fixtures and Training Times

From U10's upwards, we play in both the Metro and North Midlands competitions. This will give rise to fixtures on both Saturdays and Sundays, so a rotation system will be used to ensure a fair share of game time.

U7s to U9s will have Saturday fixtures, with occasional invitational blitzes on a Sunday.

The Fixture list will be finalised at the end of September and will be emailed to all parents.

| <b>Team</b> | <b>Location</b>                 | <b>Time</b>           |
|-------------|---------------------------------|-----------------------|
| U7          | Middle Pitch                    | Saturdays 10.00-11.00 |
| U8          | Middle Pitch                    | Saturdays 10.00-11.15 |
| U9          | Beside/on 3 <sup>rd</sup> Pitch | Saturdays 10.00-11.30 |
| U10         | Smurfits                        | Saturdays 10.00-11.30 |
| U11         | Smurfits                        | Saturdays 10.00-11.30 |
| U12         | Smurfits                        | Saturdays 10.00-11.30 |

Note:

- Training starts at the given time – please arrive early for an on-time start.
- If you don't stay to watch, please be back at least 15 mins before the designated finish time. Sometimes because of weather or other reasons, we may need to finish a little early and it is clearly not sensible to have young children wandering about looking for a lift home.
- Pitch locations may be revised during the season depending on wear and tear.

## 10. Key Contacts

| <b>Role</b>    | <b>Contact</b>     | <b>Mobile</b> | <b>Email</b>              |
|----------------|--------------------|---------------|---------------------------|
| Head of Youths | Mick Cahill        | 087 2500680   | mick.cahill@gmail.com     |
| 13-18s         | Mick Cahill        | 087 2500680   | Mick.cahill@gmail.com     |
| 7-12s          | Conor Brophy       | 086 6039722   | conor@bostonaccess.eu     |
|                |                    |               |                           |
| U7             |                    |               |                           |
| U8             | Stephen Bourke     | 087 9087551   | sfbourke@yahoo.co.uk      |
| U9             | Conor Brophy       | 086 6039722   | conor@bostonaccess.eu     |
| U10            | Walter Dickson     | 087 950 5757  | dicksongw@gmail.com       |
|                | David Martin       | 087 298 8727  | David_martin@eircom.net   |
| U11            | Wayne Kennedy      | 087 290 5584  | wayne_a_kennedy@yahoo.com |
| U12            | Alistair Finlayson | 086 850 3288  | ajfinlayson@eircom.net    |
|                |                    |               |                           |
| Memberships    | Robert Brickell    | 086 603 7847  | brickellnaas@gmail.com    |

## 11. Details Form

|         |  |
|---------|--|
| Name    |  |
| Address |  |
| Mobile  |  |
| Email   |  |

I am interested in getting involved in:

|                             |                          |
|-----------------------------|--------------------------|
| Coaching                    | <input type="checkbox"/> |
| Car Parking                 | <input type="checkbox"/> |
| Clubhouse Events            | <input type="checkbox"/> |
| Club Shop                   | <input type="checkbox"/> |
| Catering for visiting teams | <input type="checkbox"/> |
| Communications              | <input type="checkbox"/> |
| Finding out more            | <input type="checkbox"/> |
| Other (please specify)      | <input type="checkbox"/> |

My time is limited but I can commit to helping out:

|  |                          |
|--|--------------------------|
| Anytime – the club is my life                | <input type="checkbox"/> |
| Weekly                                       | <input type="checkbox"/> |
| Monthly                                      | <input type="checkbox"/> |
| Occasionally for special events or on a rota | <input type="checkbox"/> |
| I can't commit until I find out more         | <input type="checkbox"/> |
| Other (please specify)                       | <input type="checkbox"/> |

Please email this page to [secretary@naasrugby.com](mailto:secretary@naasrugby.com) , or post to Mick Cahill, Naas RFC, Forenoughts, Naas, Co Kildare.

## 12. Pitch Layouts

