



Naas RFC Minis / Youths Season 2018-19 Information

Key Points

Registration

Saturday 1st September, 10.00 am – 12:30
U7 to U12 will require a copy of birth cert or passport
No photos needed
Existing members will have pre-populated forms at club

Training Starts

Saturday 01st September 10:00am

Get Involved

Help wanted both on and off the pitch.
Coaches wanted at all levels. Car parking help for
Saturday mornings.

Coaches

Richard Brophy	086 6013030	Youths
Joanne King	083 8583063	Girls
Conor Brophy	086 8596345	Minis

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September 2018

1. Introduction

Welcome to the 2018/19 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

Richard Brophy
Joanne King
Richard Brophy
Conor Brophy
Susan McKeown

Youths and Mini Rugby Committee

Richard Brophy (Chair)
Philip Lawlor
Karl Alexander
Susan McKeown
Conor Brophy
Keith Sothern
Mick Cahill

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.

Richard Brophy has overall responsibility for Youths & Minis Rugby this season. Richard Brophy co-ordinates the Youths (U13's to U18's respectively) and Conor Brophy co-ordinates the Minis (U7's to U12's). Joanne King is the chair of Ladies Rugby.

The Naas Senior XV will once again play in Division 1B of the All Ireland League this season. Our Senior Side consolidated their position in 1B last season and overall hope to push on this year. 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 2016-2017 season, we had 500 registered Junior Players:

Age Group	Registered Players		Age Group	Registered Players
U07	38		U13	52
U08	24		U14	37
U09	32		U15	28
U10	34		U17	46
U11	48		U18	21
U12	42		Girls	98
Minis	218		Youths	282

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>

Susan McKeown is the new Club Welfare Officer and is pulling together a team to support child welfare requirements within the different sections of the club – see posters around the club for details. We recognise that increasing demands are being put on coaches and volunteers to comply with child safeguarding regulations – **THE CLUB WELFARE TEAM IS HERE TO HELP** and ensure the safety and welfare of all at Naas RFC.

Just to be clear! – all coaches, managers and regular volunteers must be Garda vetted (every 3yrs) and sign a 'Declaration of intent form' (each year). All coaches and managers must attend Safeguarding 1 training (training will be provided & can be completed online – lasts 3yrs – is transferable to other sports).

Please don't hesitate to contact the CW team with any queries. They will be available at the club on Saturday mornings during September and as required from then on.
SUSAN MCKEOWN – cwonaas@hotmail.com 0857355738

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 and the Naas RFC website, 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 coordinator 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 1st September at 10:00am-12.30 noon 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 2008, you are considered to be age 10 at the start of the 2018-2019 season and will be playing in the U11 age group. Those born in 2009 are U10 and so on.

IRFU Registration – U7 to U12

Note that U7 to U12 players, or any new players not registered before from U13 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

- Naas RFC Registration Form (everyone completes and signs this in 3 places)
- IRFU Registration Form (U7 to U12 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**
 - 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. The Café at the Club will be open every Saturday for training and matches

- **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 for the North Midlands for 2018/19 is as follows:

GAME	DATE	HOME		AWAY	VENUE	KO
1	Sat 22 Sept 2018	Naas	v	Cill Dara	Forenaughts	10:30
2	Sat 29 Sept 2018	Naas	v	Portarlinton	Forenaughts	10:30
3	Sat 13 Oct 2018	Clane	v	Naas	Clane	10:30
4	Sat 20 Oct 2018	Portlaoise	v	Naas	Portlaoise	10:30
5	Sat 27 Oct 2018	Naas	v	Athy	Forenaughts	10:30
6	Sat 10 Nov 2018	FREE		FREE		
7	Sat 17 Nov 2018	Naas	v	Newbridge	Forenaughts	10:30
8	Sat 01 Dec 2018	Blessington	v	Naas	Russborough	10:30
9	Sat 08 Dec 2018	Nth Kildare	v	Naas	Kilcock	10:30
10	Sat 12 Jan 2019	Naas	v	Clane	Forenaughts	10:30
11	Sat 19 Jan 2019	Cill Dara	v	Naas	Kildare	10:30
12	Sat 26 Jan 2019	Portarlinton	v	Naas	Portarlinton	10:30
13	Sat 09 Feb 2019	Naas	v	Portlaoise	Forenaughts	10:30
14	Sat 16 Feb 2019	Athy	v	Naas	Athy	10:30
14	Sat 02 Mar 2019	Naas	v	Nth Kildare	Forenaughts	10:30
16	Sat 09 Mar 2019	Newbridge	v	Naas	Rosetown	10:30
17	Sat 23 Mar 2019	Naas	v	Blessington	Forenaughts	10:30
18	Sat 13 Apr 2019	FREE		Free		

Training areas – Saturday Morning:

Team	Location	Time
BOYS		
U7	Middle Pitch	Saturdays 10.00-11.00
U8	Top Pitch From	Saturdays 10.00-11.15
U9	Beside/on 3 rd 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
GIRLS		
U10	Middle Pitch	Saturdays 10.00-11.30
U12	Middle Pitch	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

Role	Contact	Mobile	Email
Head of Youths	Richard Brophy	086 6013030	richard@goffs.ie
13-18s	Richard Brophy	086 6013030	richard@goffs.ie
7-12s	Conor Brophy	086 8596345	conor@bostonaccess.ie
U7 – Boys	Conor Brophy	086 8596345	conor@bostonaccess.ie
U8– Boys	Jack Keegan	087 2717727	info@naturalflooring.ie
U9– Boys	Joe Mullins	086 8325514	mullinsjoseph@hotmail.com
U10– Boys	Stephen Bourke	087 9087551	sfbourke@yahoo.co.uk
U10 – Girls	Roger Parrow	087 2719007	rogerp@ymail.com
U11– Boys	Keith Flynn	086 8209730	kliflynn@eircom.net
U12 – Boys	Mike Forde	087 2301844	michael.forde@electrolux.com
U12 - Girls	Fiona Carroll	085 7293775	fn.carroll@gmail.com
Memberships	Robert Brickell	086 6037847	regforms@naasrugby.com
Child Welfare	Susan McKeown	085 7355738	cwonaas@hotmail.com
Child Welfare – Mini Rep	Lucinda Browne	087 6836313	lucindabrowne2013@gmail.com

11. Details Form

Name	
Address	
Mobile	
Email	

I am interested in getting involved in:

Coaching	
Car Parking	
Clubhouse Events	
Club Shop	
Catering for visiting teams	
Communications	
Finding out more	
Other (please specify)	

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

Anytime – the club is my life	
Weekly	
Monthly	
Occasionally for special events or on a rota	
I can't commit until I find out more	
Other (please specify)	

Please email this page to secretary@naasrugby.com , or post to Richard Brophy, Naas RFC, Forenaughts, Naas, Co Kildare.

12. Core Values of Irish Rugby

Value	Definition	Living the Values
RESPECT	Discipline and respect are cornerstones of our game. Participants show respect both on and off the pitch for team mates, opponents, match officials, and all those involved in the rugby family.	Professional players are role models. Respect for all players. Respect for referees. Respect for all coaches and volunteers.
INTEGRITY	Integrity is the foundation of the game. It is generated through honesty, transparency, ethical (drug free) and fair play.	Strong link between amateur and professional game. Code of Conduct / Charter and education for Players, Coaches, Volunteers and Supporters.
INCLUSIVITY	Irish Rugby celebrates camaraderie and teamwork which transcends gender and cultural, racial, geographic, political and religious differences.	Opportunity for all the family to be part of rugby. IRFU / Province to promote Rugby as game for all. Provide for all forms of rugby while maintaining the values and traditions of the XV's game.
FUN	Rugby generates enjoyment, passion, pride, excitement, emotional attachment and a sense of belonging to the Irish Rugby Family.	Clubs and Schools to ensure that players have a lifelong and, more importantly, enjoyable experience of the game. Reform competition models to maximise camaraderie and ethos associated with the traditional club games and derbies.
EXCELLENCE	Irish Rugby aspires to be a Leader in sport and in the community, which achieves success at all levels through being transparent, innovative and forward thinking. Irish rugby prides itself in doing things well and in a professional manner.	IRFU and Provinces to have transparency in decision making and cascade of information to clubs and schools. There is a responsibility for all to show positive leadership at all levels. Rugby players are role models to all in their community and their performance on and off the park confirm and promote our values.

13. Pitch Layouts – Saturday Morning

