

Rainey Old Boys' Rugby Football Club

## **Rainey Mini Rhinos Rugby Welcome Pack 2019-2020**



*Our aim is to have fun and make great friends!*

**Facebook: Rainey Mini Rhinos**

**[www.raineyoldboysrffc.com](http://www.raineyoldboysrffc.com)**

**Mobile: 074 8380 9723**

**Welcome to the new season of mini rugby at Rainey Old Boys' RFC. We hope this information booklet gives useful information about mini rugby at the club.**

## **Training**

**Who is it for?** Primary school aged children in P1 through to P7.

**When:** Friday evenings, 6.30-7.30pm.

**Where:** On the 3G pitch located beside the Rugby Club carpark.

**What to wear:** Shorts, t-shirt, moulded boots (not blades), gum shield (a must for players in P3 and upwards). When the weather is cool, please add layers.

Players in P3 and above should not wear clothing with hoods and zips to help avoid injuries during play.

## **Matches**

**Who plays matches?** P4-P7

(P3 after Christmas, depending on opposition availability and competence of our players).

**When:** Meet at 9.30am for 9.45am kick off, regardless of whether games are home or away.

**Where:** Home and Away fixtures are mainly played against clubs in the Ulster Branch 'Northern Region.'

**What to wear:** Team colours, NO tracksuits, hooded or zipped clothing to be worn during games – if cold dress in layers.

Playing kit is available to order through 'stashshop' (see page 3).

## **Sports Goggles**

Children in P4 and above who need corrective eye wear are unable to wear their glasses during training or matches. Sports goggles, typically available through opticians are unsuitable for rugby. Contact lenses may be worn.

The 'Raleri' brand are the **ONLY** goggles permitted to be worn for contact rugby.

For more information click on this link:

<http://playerwelfare.worldrugby.org/goggles>



## Clothing

Our team colours are red and black. We encourage all players to wear the team playing shirt once they start playing matches (mid-season of P3 onwards).

Club clothing is supplied through Marx Corporate, via their online ordering system [www.stashshop.co.uk](http://www.stashshop.co.uk)

All clothing items are available to order online from:

Link - <https://stashshop.co.uk/collections/rainey-ob-minis>

Password - ROB2019



Our playing range of clothing is the Canterbury brand and includes:

- Match shirt (as featured above)
- Team rugby shorts and Team cap socks bundle
- Waterproof Pro contact top (red back print)
- Thermoreg base layer, long sleeve, (black with white sleeve print)
- Team Dry t-shirt (red with white back print)

Additional off-field items include:

- Team quarter zip mid-layer top (black with red back print)
- Stretch tapered pant
- Grey hoodie with red tick detail or pink tick detail

Payments will be made directly to 'stashshop' and the goods will be delivered free to the Rugby Club for collection or a home delivery payment option can be selected.

The Bar Steward on duty will distribute the clothing, but parents will need to bring a note of their order number at time of collection.

Adult sizes of the clothing are available to order through the 'Supporters' section of the online shop.

To allow collation of orders the 'shop' will open/close throughout the season and the dates for such will be posted on their website and shared through our Facebook page. A small starting stock of match shirts has been ordered as these take 12-15 weeks to manufacture through Canterbury. All others items, if in stock should take in the region of 4 weeks from the shop 'closes' to delivery. Plan ahead for Christmas or birthday presents for players and parents too!



## Registration

Registration forms must be completed at the same time as the payment arrangements for club fees are being set-up.

The Club uses the sports site: **loveadmin** to collect payments.

Fees remain at £25 registration and £50 training = £75 per child

<https://app.loveadmin.com/ThirdpartyRegistration.aspx?clubID=cc3666e791e8a70ded7f49f0594e346a>

Fees can be paid over five direct debit collections or as a single payment through by **loveadmin**



An electronic copy of each player's birth certificate must be supplied. A copy of the birth certificate should be emailed to **raineyminirugby@gmail.com**

This will be logged with the IRFU to generate an IRB player number. This number remains with the player throughout their rugby careers.

## Rainey 200 Club

If a parent is a member of the 200 Club; the £200 paid covers all family member registrations so they will receive a £25 reduction per mini player (leaving a balance of £50/player to pay) or a reduction of £30 per youth player.

Additionally 200 Club members:

- Are entered into a draw at each All-Ireland-League (AIL) Senior home fixture for the chance to win £1 000 or an electrical appliance
- Have the opportunity to apply for Ireland tickets through the Club
- Get free use of the Clubhouse for parties and functions
- Receive discount on bar purchases

## The Clubhouse

During training sessions and on match days the Clubhouse is open. The toilets are located on the ground floor while the function space and bar are upstairs. Please use the Clubhouse to meet and catch up with friends over a warm or refreshing drink. The Clubhouse is also available to book for adult birthday parties, family celebrations, work functions, meetings space or team building activities – just talk to the Bar Steward on duty.



## Our volunteer coaches

Year group	Coaches
P1	Stacey Stewart Ryan McGuckin
P2	Melvyn Stewart Kyle Campton
P3	Ian Hutchinson, Glenn Millar, Kevin O’Kane, Mark Allen, Ailin Johnston
P4	Charlie Simpson, Neal Suiter, Hamilton Walker, Nik Patton, Karl Warner
P5	Carey Henderson, Noel McNulty Earl Glasgow, Simon Andrews, Ben Brown
P6	Graeme Stevenson, Thomas McGoldrick, Paul Gormley
P7	Brian Doyle, Robert Paul, Leon Martin, Paul Morriss
U12	Cahir McCann Club Community Rugby Officer

As our numbers of players increase we can always do with more adults to assist our coaches. You don’t have to be a rugby expert to get involved! The more hands we have available to assist the less pressure we put on our volunteer coaches.



Our coaches complete the IRFU Stage 1 Rugby coaching programme. It’s a two-day course specifically designed for mini rugby coaches to introduce rugby for the first time and participate in games (up to 12-a-side) to players up to U12. The focus is on safety and enjoyment with the coach acting as 'guide' in a player-centred process. Our coaches are Access NI vetted and sign a 'Declaration of Intent' annually.

## Training and Match Schedule 2019-20



Date	Activity	Date	Activity
30/08/2019	Coaches/volunteers meeting	03/01/2020	No training
06/09/2019	Training	10/01/2020	Training 6.30-7.30pm
13/09/2019	Training	11/01/2020	HOME match v Ballymena
20/09/2019	Training	17/01/2020	Training
27/09/2019	Training	18/01/2020	HOME match v Limavady
28/09/2019	AWAY match v Limavady	24/01/2020	Training
04/10/2019	Training	31/01/2020	Training
05/10/2019	AWAY match v Coleraine	07/02/2020	Training
11/10/2019	Training	08/02/2020	HOME match v Coleraine
12/10/2019	AWAY match v City of Derry & Omagh	14/02/2020	Training
18/10/2019	Training	21/02/2020	Training
19/10/2019	AWAY match v Randalstown	22/02/2020	AWAY match v Dungannon
25/10/2019	Training	28/02/2020	Training
26/10/2019	AWAY match v Ballymena	29/02/2020	HOME match v Randalstown & City of Derry
01/11/2019	No training	06/03/2020	Training
08/11/2019	Training	13/03/2020	Training
15/11/2019	Training	14/03/2020	HOME match v Ballymoney
22/11/2019	Training	20/03/2020	Training
29/11/2019	Training	27/03/2020	Training
06/12/2019	Training	03/04/2020	Training
07/12/2019	HOME match v Letterkenny	10/04/2020	No training
13/12/2019	Training	17/04/2020	Training
14/12/2019	AWAY match v Ballymoney	24/04/2020	End of season
20/12/2019	No training		
27/12/2019	No training		Festival dates to follow

**After HOME fixtures** all players will receive a hot dog and drink. We ask that parents volunteer to help with distributing food in the Clubhouse.

*Schedule for serving:*

Letterkenny: 7<sup>th</sup> December 2019 – u12 parents  
 Ballymena: 11<sup>th</sup> January 2020 – P7 parents  
 Limavady: 18<sup>th</sup> January 2020 – P6 parents  
 Coleraine: 8<sup>th</sup> February 2020 – P5 parents  
 R'stown & CoD: 29<sup>th</sup> February 2020 – P4 parents  
 Ballymoney: 14<sup>th</sup> March 2020 – P3 parents



**ALL players are encouraged to attend match days – teams are NOT selected.**



Seven away fixtures and six home fixtures have been set up for Saturday mornings. Most of the home fixtures are after Christmas to maximise the availability of games using the 3G pitches. By the spring Rainey P3 players may be ready to play a few of these games.

On match days where numbers are not restricted we adopt a rolling subs system to ensure all our players get adequate game time to encourage them and develop their skills. Usually the children to arrive last are substitutes first to allow them time to warm up.

### **'Team or Festival' selection policy**

The philosophy behind mini rugby is to develop an ethos of fun and participation.

On occasions, we may be invited to participate in a game or a festival, which limits the number of players taking part. The process of the decision as to who to play needs to be clear.

We DO NOT select players on the basis of their ability, rather we apply the following criteria to make up a 'team':

- Child of a parent volunteer within the minis or youth
- Highest attendance at training sessions (in the current season)  
And in the event of a 'tie'
- Length of time playing at the Club

If we receive a number of invitations to attend festivals, to ensure all players experience the days we will ask each child to select one/express availability to attend and then the points above will be applied.

Please ensure you respond to **Heja** messages or texts re availability to play games.



## Looking out for each other – Club Welfare

### We expect our players to:

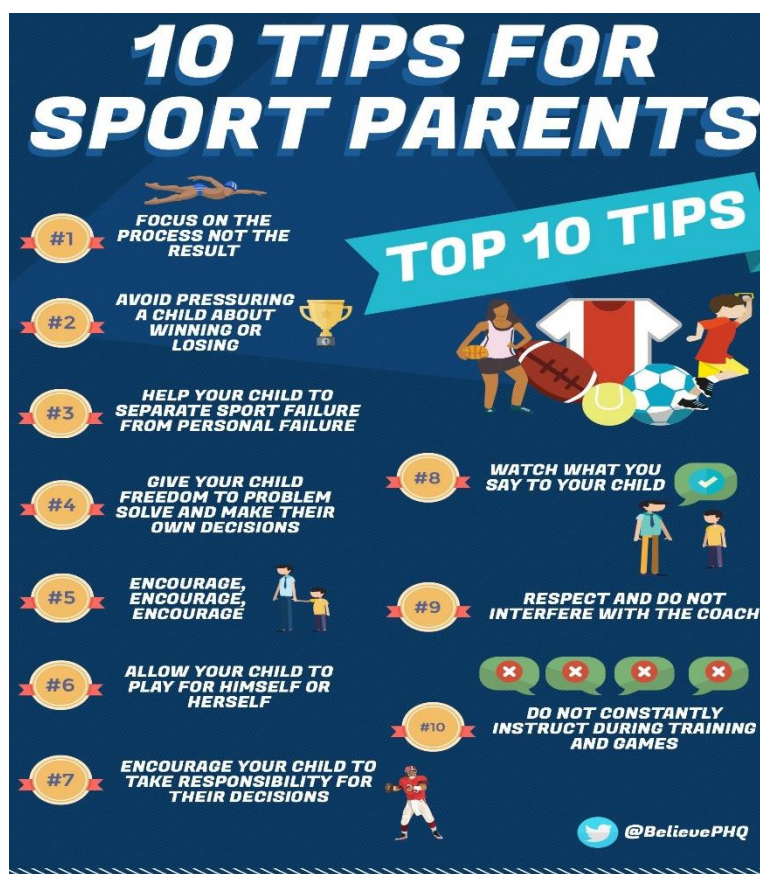
- Play for enjoyment and become part of the rugby family.
- Respect the game and play within the laws of the game.
- Accept the referee's decision and let your captain or coach ask any relevant questions.
- Play with control. Do not lose your temper.
- Always do your best and be committed to the game, your team and your club.
- Be a 'good sport'. Applaud all good play whether by your team or the opposition.
- Respect your opponent. Treat all players as you would like to be treated. Do not 'bully' or take advantage of any player.
- Rugby is a team sport and make sure you co-operate with your coach; teammates and members of your club.
- Remember that the goals of the game are to have fun, improve your skills and feel good.
- At the end of the match thank your opponents and the referee for the match.
- Always remember that you owe a duty of care to your opponents. Tackle hard but fairly, do not intend to hurt your opponent.
- Winning and losing is part of sport: Win with humility – lose with dignity.
- As part of the team it is important that you attend training regularly and listen to your coach and help your team.
- As a team sport it is important to understand that all members are important to the team!
- Remember you are representing your team, club, family and the game of rugby.





## We expect our parents to:

- Remember, Age-Grade players play rugby for their enjoyment, not only yours.
- Encourage your child always to play by the laws of the game.
- Teach Age-Grade players that honest endeavour is as important as winning, so that the result of each game is accepted without disappointment.
- Help Age-Grade players to work towards skill improvement and good sportsmanship.
- Set a good example by applauding good play on both sides.
- Never ridicule, humiliate or shout at Age-Grade players for making a mistake or losing a match.
- Do not place emphasis on winning at all costs.
- Do not force an unwilling child to participate in the playing of rugby. If the child is to play, he/she will do so in good time through your encouragement.
- Support all efforts to remove verbal and physical abuse from rugby.
- As a spectator do not use profane language or harass referees, coaches or players.
- Do not publicly question the referee's judgement and never their honesty.
- Recognise the value and importance of volunteer referees and coaches.
- Identify and acknowledge the good qualities of the game of rugby and uphold these values.



**Our coaches, as parents too will be acting 'in loco parentis' and will have a duty of care to all your Age- Grade Players.**

**We expect our coaches to:**

- Always follow professional medical advice in determining when an injured Age-Grade player is ready to play again.
- Adhere to policies for our club to agree procedures regarding discipline, injury prevention, treatment, team selection etc.
- Be reasonable in their demands on the Age-Grade players' time, energy and enthusiasm.



**Club Welfare Officer:**

Heather Thornton

Email: [raineybcwo@gmail.com](mailto:raineybcwo@gmail.com)

Tel: 07825 141 758

## Rugby is a contact sport!



**You MUST read the IRFU's - A guide to concussion in rugby union**  
<http://www.ulsterrugby.com/rugby-in-ulster/resources/player-welfare.php#.W1dTnrCovIU>

The IRFU has a handy wallet guide to concussion which can be downloaded from the link above and saved onto your phone.

### **What are the visible clues of a suspected concussion?**

Players, coaches, healthcare professionals and referees should be familiar with the visible clues of a suspected concussion.

- Lying motionless on ground
- Slow to get up
- Unsteady on feet
- Balance problems or falling over
- Grabbing/clutching head
- Dazed, blank or vacant look
- Confused/not aware of plays or events
- Suspected or confirmed loss of consciousness
- Loss of responsiveness

If a player has ANY ONE of the visible clues they MUST be immediately removed from activity and MUST NOT return until they have completed the graduated return to play (GRTP) protocol.

### **IRFU concussion guidelines**

Age group: U6s-U20s

23 days (3 weekends missed) before contact activities are resumed as long as symptom free.

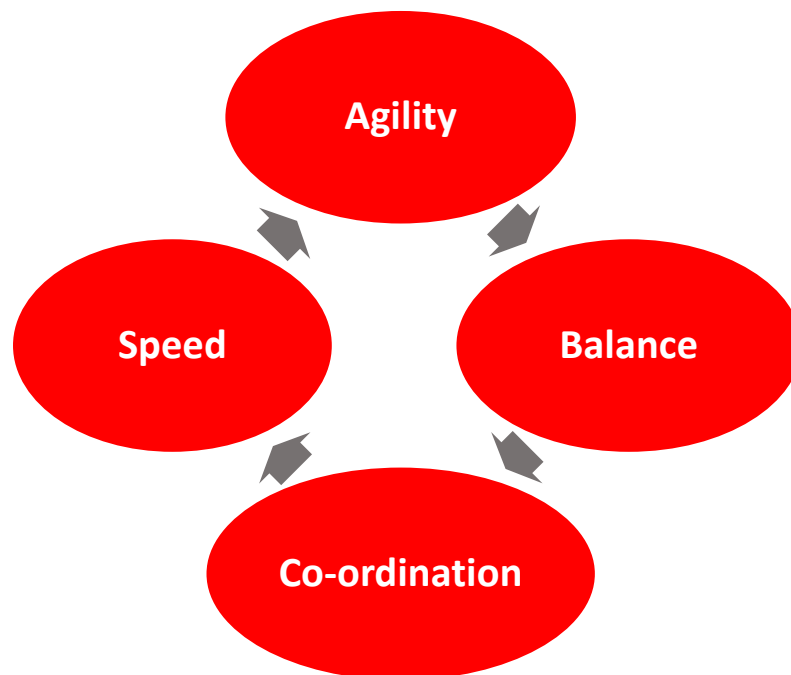
Players may not return to play until:

1. All their symptoms have subsided.
2. They have followed the GRTP protocol.
3. They have been medically cleared to return

**Scrum caps** are a great way to help alleviate some of the nicks and abrasions that come with playing any contact sport. Scrum Caps are NOT meant to prevent concussion. There is no medical evidence to suggest the use of a scrum cap will prevent concussion.

HT: 2019-2020

## IRFU - FUNdamentals of Mini Rugby – ABCs!



### THE PLAYER - PLAYS

Players in this category are Age-Grade players (5-12 approx). The capacities of young players dictate that most learning activities are best promoted through the medium of play. This theme does not just apply to modified games but also to reduced exercises and drill activities. Specific techniques and corrections can be integrated throughout the activity while still maintaining maximum participation and enjoyment. This will also ensure that players receive a positive and motivating experience.

### THE COACH - GUIDES

To facilitate the needs and capacities of younger players the coach should act as a guide, providing the environment for players to explore in a safe and exciting way. Corrections and guidance should be subtle and simple, dealing with issues in a broad rather than detailed perspective.

### THE GAME - FUN

The end product should be a fun and safe experience. The emphasis is placed on open play (general movement) with all players running, passing and tackling. Younger players will continue to participate in activities that are enjoyable and rewarding. As players mature and develop greater capacities their needs and the demands of the game will also change.

## What your child will learn at mini rugby?

### MINI 1: Fun and enjoyment developed through structured play

#### EVASION SKILLS

- Change of pace

#### HANDLING SKILLS

- Throwing
- Catching
- Lateral passing
- Picking ball off the ground
- Placing the ball on the ground

(Under 8 - P4)

#### CONTACT SKILLS

- Confidence in contact

#### SCRUM SKILLS

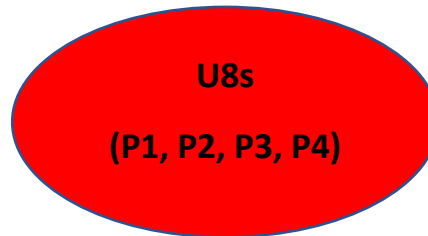
- Individual body positions - safety
- Feeding the scrum
- Striking the ball

#### LINEOUT SKILLS

- Throwing
- Jumping and catching
- Delivery of the ball

#### BACKLINE ATTACK

- Alignment
- Running and passing





## **MINI 2: Fun, safety and basic skills – consolidate and develop stage 1 skills**

### **EVASION SKILLS**

- Side step

### **HANDLING SKILLS**

- Lateral pass/decision making (2v1 and 3v2)
- Pick and pass
- Sweep pass

### **CONTACT SKILLS**

- Side tackle
- Front tackle
- Falling and placing the ball
- Getting back on your feet – rejoin the game



**U9s and U10s**

**(P5 and P6)**

### **MAUL SKILLS**

- Ball carrier – stability and ball presentation
- Link player – body position, secure and deliver the ball
- Support players – bind and protect

### **RUCK SKILLS**

- Ball carrier – ball presentation
- Link player – body position and ball protection
- Support players – blind and drive

### **SCRUM SKILLS (up to 5 players)**

- Formation and engagement
- Striking and challenging
- Delivery

### **LINEOUT SKILLS**

- Formation – supports and catcher
- Support and protect the catcher

### **BACKLINE ATTACK**

- Re-alignment
- Support running

## **MINI 3: Basic skills and understanding – consolidate and develop stage 2 skills**

### **EVASION SKILLS**

- Swerve
- Hand-off

### **HANDLING SKILLS**

- Switch
- Loop
- Decision making – creating space



**U11 and U12**

**(P7 and Y8)**

### **CONTACT SKILLS**

- Tackle from behind
- Pass out of the tackle
- Gaining possession in the tackle

### **MAUL SKILLS**

- Support players – bend, bind and drive

### **RUCK SKILLS**

- Ball carrier – drive and place
- Link/support players – bend, bind and drive

### **SCRUM SKILLS (5 players)**

- Individual body positions - stability
- Develop co-ordination of the unit
- Safety – managing a collapsed scrum

### **LINEOUT SKILLS**

- Catcher and supports – lineout to maul

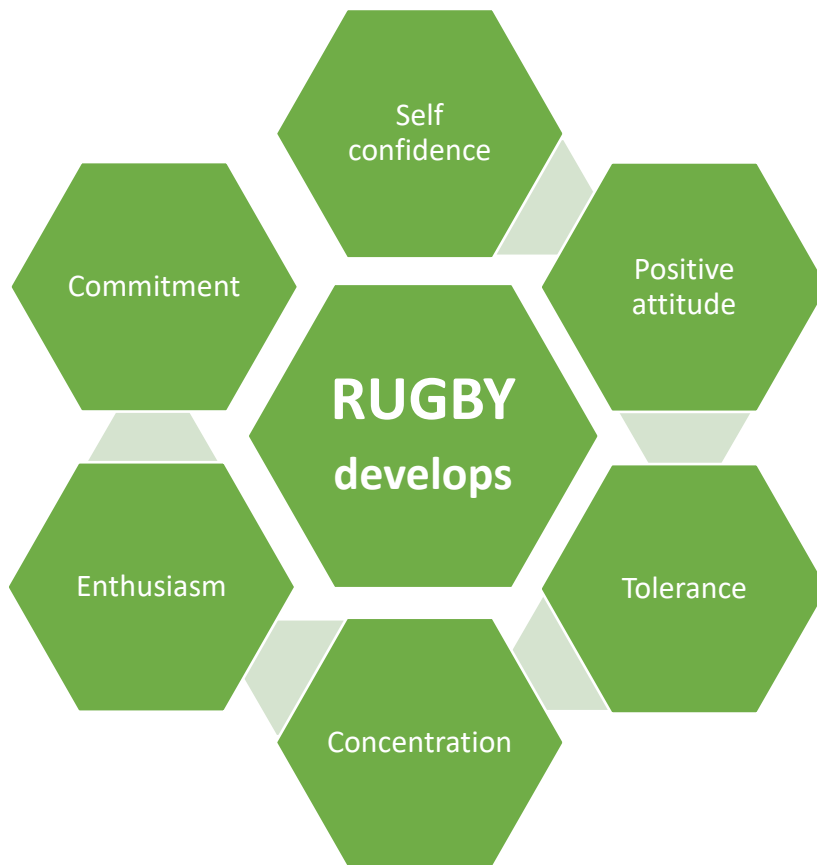
### **BACKLINE ATTACK**

- Identify and attack space
- Using patterns of attack

### **KICKING AND CATCHING**

- Grubber
- Chip and punt
- Fielding of the ball in the air

## But it's not all about the game!



## Co-operation & sharing

Fairness

Self control

Creative thinking

Communication skills

Teamwork



© Can Stock Photo

## **We'll leave you with this which circulated on Facebook from a rugby parent:**

One of my friends asked "Why do you pay so much money and spend so much time running around for your son to play rugby?"

Well I have a confession to make: I don't pay for my son's rugby training or his kit, pads, gum shield or boots. Or even his hundreds of rugby balls. So, if I am not paying for rugby, what am I paying for?

I pay for those moments when my boy becomes so tired he feels like quitting but doesn't.

I pay for the opportunity that my boy can have and will make life-long friendships.

I pay for the chance that he may have amazing coaches that will teach him that rugby is not just about game plays but about life.

I pay for my child to learn to be disciplined.

I pay for my boy to learn to take care of his body.

I pay for my son to learn to work with others and to be a proud, supportive, kind and respectful team member.

I pay for my child to learn to deal with disappointment, when he doesn't get that try he hoped for, or dropped the ball despite having practiced a thousand times, but still gets up and is determined to do his BEST next time.

I pay for my boy to learn to make and accomplish goals.

I pay for my son to learn that it takes hours and hours and hours and hours of hard work and practice to create a champion and that success does not happen overnight.

I pay so that my son can be on the pitch instead of in front of a screen...

I could go on but, to be short, I don't pay for rugby; I pay for the opportunities that rugby provides my child to develop attributes that will serve him well throughout his life and give him the opportunity to bless the lives of others. From what I have seen, I think it is a great investment! **#rugbyfamily**