

GIVE IT A TRY



Girls minis

Growing Girls Mini Rugby





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Introduction

What is “Give it a Try - Girls Mini Rugby”?

This document is to assist those who may be interested in developing a Girls Minis Rugby team and has been designed with club volunteers, current adult players and the parents of children who may wish to play rugby, in mind.

Mixed minis is thriving at club level and this document is simply a guide to help you understand how you might go about setting up a Girls Minis section in your local club, even if you are not currently involved with a club. Helping out will be incredibly rewarding – so why not ‘Give it a Try’.

The “Give it a Try-Girls Minis” initiative is part of the International Rugby Board’s “Impact Beyond” programme, which coincides with the 2014 Women’s Rugby World Cup, to put structures in place to facilitate the increased demand for girls’ rugby.

Why start a Girls Mini Rugby section?

The benefits of team sports to boys and girls are widely recognised – with lifelong friendships being formed in a fun and friendly environment which promotes values such as respect, inclusivity and integrity.

Currently most clubs encourage girls to join Mixed Minis Rugby but evidence has shown that when separate Boy and Girl sections are available more girls participate and continue to play and enjoy the game.

The kids will not be the only one to benefit – being involved in a local rugby club is rewarding, stimulating and a great way to meet people.

Where do I start?

By picking up this booklet (or being encouraged to do so by someone who thinks you would be great for this role!) you have already started – welcome to the rugby family!

Below you will find a step-by-step guide to developing Girls’ Minis – not every step will be relevant to you or every club and there will be lots of support along the way!

The IRFU and the IRB, have also developed a great Give it a Try – Girls Minis Resource Pack. If you help your local club sets up a Girls Minis section they will receive a kit bag full of balls, cones and bibs to help get started. These packs will be distributed by the Provincial Women’s Development Officer when your Girls minis are ready to start training.

Step by Step Guide

STEP 1: Contact your Provincial Women's Development Officer (WDO) or Female Rugby Officer (FRO)

We have people in every province that will be delighted to assist you. Our Women's Development Officers and Female Rugby Officers have extensive experience in assisting clubs with starting up new teams – after you read this document give them a call! They may also introduce you to Community Rugby Officers or Club Community Rugby Officers to assist you.

Contacts:



Munster Women's Development Officer

NAME: Amanda Greensmith
TEL: 00353 86 0218320
EMAIL: Amandagreensmith@munsterrugby.ie



Connacht Women's Development Officer

NAME: Wendy Hickey
TEL: 00353 87 2764810
EMAIL: wendy@cbirfu.com



Ulster's Women's Development Officers

	South Ulster	North Ulster & Southeast Ulster	Northeast
NAME:	Zoe Templeton	Glenda Mellon	Neal Johnston
TEL:	0044 7767 117937	00 44 7442 90459	0044 7767115764
EMAIL:	zoe.templeton@ulsterrugby.com	glenda.mellon@ulsterrugby.com	neal.johnstan@ulsterrugby.com



Leinster Women's Development Officer

NAME: Jennie Bagnall
TEL: 00353 86 3322136
EMAIL: jennie.bagnall@leinsterrugby.ie

STEP 2: Club commitment

Clubs are always looking for ways to grow their membership, so setting up a meeting with them to discuss your idea will be very welcome. Each club is different, so the Women's Development Officer (identified in Step 1) may even be able to give you the name of the relevant person in your local club, however, the Honorary Secretary, the Youth and/or Mini Co-ordinator are usually good places to start.

During this meeting you can identify:

- Structures within the club (eg: is there a youth or mini co-ordinator)
- Training days and times
- Pitch space availability
- Registration requirements

STEP 3: Appoint a Co-ordinator for Girls Rugby

Now that you are working with the club the next step will generally be to identify or appoint someone (perhaps you) who will take overall leadership in the process of setting up a Girls Mini Rugby section.

The roles and responsibilities of this person may be shared, and may include:

- Point of contact for parents whose children wish to play rugby
- Liaison with the Youth & Mini Co-ordinators
- and other club personnel
- Point of contact in a Club/ School link
- Promotional support
- Developing fixtures with other clubs
- Representing Girls rugby at club meetings



STEP 4: If applicable, establish a group to promote and organise the girls mini section

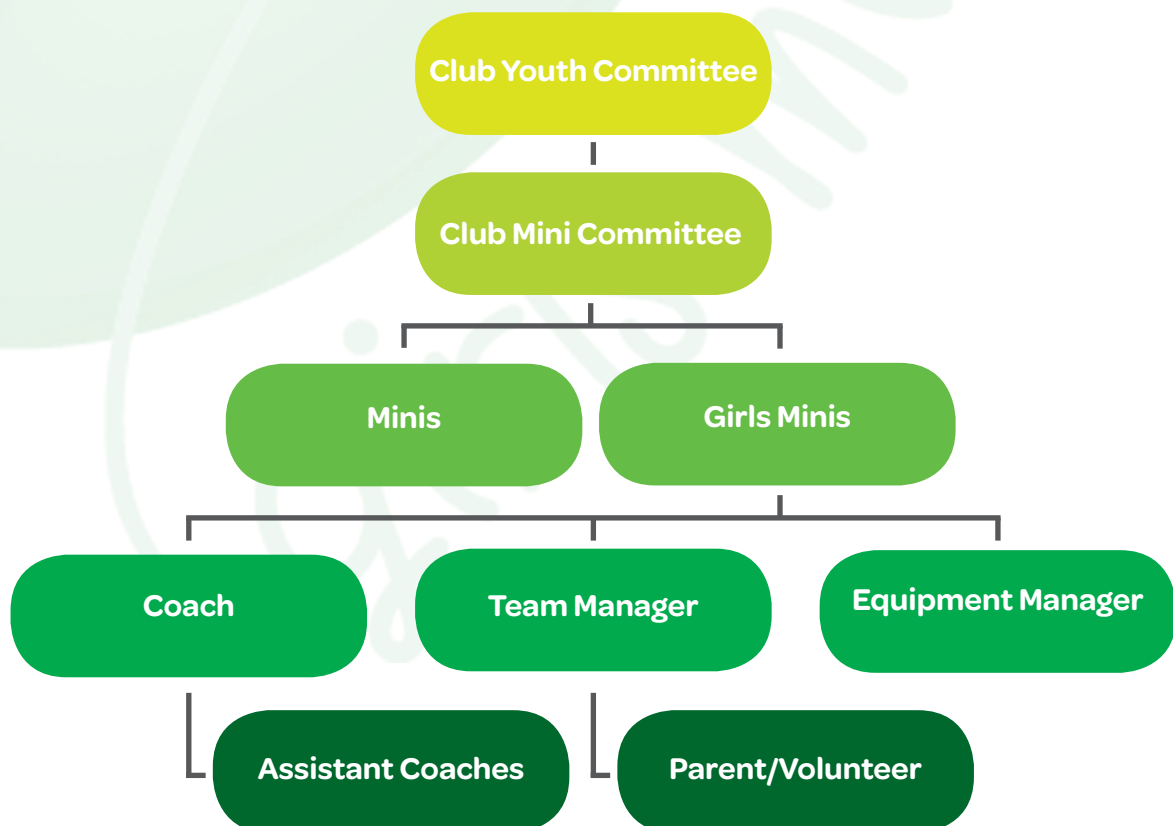
This group may be made up of:

- Co-ordinator for Girls Rugby
- One or more coaches
- Parents who wish to volunteer
- Representative from the women's senior team in the club (if applicable)
- The Club Community Rugby Officer (CCRO)
- The Youth/Mini Co-ordinator in the club

Roles of this Group

- Share administration jobs
- Planning/organising training and matches.
- Planning promotional and fundraising events, etc.

Sample Club structure including Girls Mini Rugby



STEP 5: Arrange a Parents' Meeting

Most clubs have a very active Mini Rugby section and arranging a meeting with these parents is a great next step. An email, or a note, should also be distributed to the parents of players who are already participating in Mini Rugby, inviting them to a meeting.

Suggested Meeting Agenda

- Introduce the Co-Ordinator and other volunteers for Girls Rugby
- Invite volunteers (i.e. coaches, managers, administration)
- Set the first training date and a Give it a Try Open Day*



**Further information can be found in the references section on page 14*

Step 6: Who should coach/Are your coaches qualified?

All volunteers must participate in IRFU vetting/screening processes. Information will be available to you from the Child Welfare officer in your local club.

Rugby experience is not a requirement to be a great Mini's coach as it is more about enthusiasm and helping children to learn, improve and have fun. Beginner coaching courses are available to those who have no rugby experience.

Coaching Courses

All coaches must be accredited by the IRFU and complete a Mini Rugby Coaching Course (Stage 1 of the Women's Long Term Player Development). If you are interested in helping out with the Girls Mini Rugby you will get more information on this from your local club. The International Rugby Board have an online introductory guide which may assist you in increasing your rugby knowledge.

Introductory courses are run by each provincial Branch of the IRFU and details can be found on the links below or by contacting the Women's Development Officer.

Munster: <http://www.munsterrugby.ie/domestic/coaching/index.php>

Connacht: <http://domestic.connachtrugby.ie/Coaching/>

Ulster: <http://www.ulsterrugby.com/domestic/Development/Coaching.aspx>

Leinster: http://www.leinsterrugby.ie/domestic/coaching/coaching_course_and_outline.php



STEP 7: Plan your Give it a Try – Girls Mini Rugby Open Day

Work with the club to plan and run your Open Day. The first impression on the new girls is very important and everyone should be welcome. An Open Day will allow children and parents to become familiar with the club and its facilities.

A complete guide to setting up and running your Open Day can be found on the Irish Rugby website, where you will also find information on promoting your team once you get up and running! See the references section for details.



CASE STUDY:

Kieran Reilly

When Kieran Reilly's sister Marie-Louise Reilly started playing for the Ireland Women's Rugby team, Kieran found a new interest in rugby, having previously supported GAA and soccer. However, once he saw rugby he loved the game from the off, in particular the Values, such as Respect shown by players and officials to one another. Having experienced the Irish Women's Grand Slam success in 2013, Kieran felt there was an appetite for girl's underage rugby. As a father of three daughters, the eldest being just 13 years of age, Kieran encouraged them to play the sport. However, when he went about trying to sign his girls up to join the local rugby team, Listowel RFC, he found that the club had no underage girls' teams. Knowing that his girls wanted to play the game Kieran set about establishing a girls' rugby section in Listowel RFC. The club now has a thriving girls' section and a real buzz about it. This is how he did it:



Groundwork and feedback

- Kieran first spoke to the club coaches about starting up girls' teams and received great advice.
- He then approached the Club President who was excited about the potential of building a girls' section.
- The President established a Director role for girls' rugby on the club board, which provided equal footing and proved very important for sustainability of the project.
- Kieran arranged a meeting with the parents and members.
- Kieran liaised with Amanda Greensmith (Women's Development Officer, Munster Rugby) to set up open days and create a club-school link.

A real success

Membership Numbers:

GIRLS SECTION

Age	Player No.
U18	19
U15	14
U13	16
Mini	20

- 2012-2013 – 9 girl members mixed in with the mini boys
- 2013-2014 – 69 member Girls Section.
- 38% increase in club membership
- 43% increase in revenue



In their start-up year, Listowel had a Director of Women's Rugby (Kieran Reilly) and 5 Coaches who all looked after the setup of the girls' teams. This increased to a Manager and two Coaches per U18 and U15 team as well as coaches in the Mini section.

How to make it work

Kieran believes having an Open Day to introduce the players to the sport is extremely important:

Kieran's Advice on 'Give it a Try' - Open Days

- Get the local papers involved
- Request that an Ireland Women's rugby player attend to help create local interest
- Fun and games were the top priority for the activities with refreshments available after
- Collect contact details to promote the first training session and encourage players to return
- Nominate someone to talk to parents on the day and answer any queries they may have
- Use the club's Facebook page and Twitter profiles and Club logos on all letters and handouts
- Ask your Women's Development Officer to promote the event on the Provincial rugby website
- Success in numbers – Listowel had over 70 girls 'Give it a Try' at their Open Day

References

Irish Rugby Football Union www.irishrugby.ie

IRFU Give it a Try – Girls Minis www.irishrugby.ie/giveitatry

Containing the following information for download;

1. Girls Minis Open Day Guidelines
2. IRFU Age Grade Guidelines – Festival Guidelines for Leprechaun and Mini Rugby
3. Give it a Try – Girls Minis Poster
4. Give it a Try – Girls Minis Certificate
5. Give it a Try – Girls Minis Sample Code of Conduct
6. Developing your Club-School Link
7. Sample Training sessions
8. A quick guide to the Rules and Regulations for Girls Mini Rugby

Provincial Branches

Munster

[Domestic Rugby Home Page](http://www.munsterrugby.ie/domestic/home.php)
[Coaching/Development](http://www.munsterrugby.ie/domestic/coaching/index.php)
[Female Information](http://www.munsterrugby.ie/domestic/rugby/women/index.php)

<http://www.munsterrugby.ie/domestic/home.php>
<http://www.munsterrugby.ie/domestic/coaching/index.php>
<http://www.munsterrugby.ie/domestic/rugby/women/index.php>

Connacht

[Domestic Rugby Home Page](http://domestic.connachtrugby.ie/)
[Coaching/Development](http://domestic.connachtrugby.ie/coaching/#.U7qtjfldXwg)
[Female Information](http://domestic.connachtrugby.ie/women/#.U7qtpvldXwg)

<http://domestic.connachtrugby.ie/>
<http://domestic.connachtrugby.ie/coaching/#.U7qtjfldXwg>
<http://domestic.connachtrugby.ie/women/#.U7qtpvldXwg>

Ulster

[Domestic Rugby](http://www.ulsterrugby.com/default.aspx?alias=www.ulsterrugby.com/domestic&homepage)

[http://www.ulsterrugby.com/default.aspx?alias=www.ulsterrugby.com/
domestic&homepage](http://www.ulsterrugby.com/default.aspx?alias=www.ulsterrugby.com/domestic&homepage)

[Coaching/Development](http://www.ulsterrugby.com/domestic/development.aspx)
[Female Information](http://www.ulsterrugby.com/domestic/female.aspx)

<http://www.ulsterrugby.com/domestic/development.aspx>
<http://www.ulsterrugby.com/domestic/female.aspx>

Leinster

[Domestic Rugby Home Page](http://www.leinsterrugby.ie/domestic/home.php#.U7qvBPldXwg)
[Coaching/Development](http://www.leinsterrugby.ie/domestic/coaching/index.php)
[Female Information](http://www.leinsterrugby.ie/domestic/womens/index.php)

<http://www.leinsterrugby.ie/domestic/home.php#.U7qvBPldXwg>
<http://www.leinsterrugby.ie/domestic/coaching/index.php>
<http://www.leinsterrugby.ie/domestic/womens/index.php>

International Rugby Board (IRB)

[A Beginners Guide to Rugby Union](http://www.irbpassport.com/?page=beginners)
[Online coaching courses](http://www.irbcoaching.com/)

<http://www.irbpassport.com/?page=beginners>
<http://www.irbcoaching.com/>





IRFU