

Welcome to issue 2 of the club newsletter

Congratulations

The club would like to congratulate Ray Bruen on his selection for the Leinster Metro U16 team playing in the Shane Horgan Cup for the second year in a row. Two rounds have been played so far, with the next two taking place in January and February of next year. Best of luck to Ray and the team for the rest of the competition.



Congratulations are also due to former U18 girls captain Judy Bobbett as she earns her first Ireland Cap on Sunday 10th November against Wales.



Team news

U7



The U7s numbers are growing week on week which is great to see for the club to keep improving and they are always looking for new players. The players have come along so much in the short period of time since the start of the season, they will have their first match coming up in a couple of weeks and are currently getting ready for that.

U11



Westmanstown Youth Rugby is going from strength to strength and this is particularly evident with the U11 Group. They now have 50 players thanks to a great recruitment drive. Coach Niall dressed up as a dog to hand out leaflets at St Mochta's school along with another coach doing Hard Time in Lucan Garda Station during the Lucan Festival might be part of the reason they have 13 new players since September.

The group played their first match against Coolmine a few weeks ago and both pitches in Westmanstown were required to accommodate 40 players from each club. The picture shows one of the four teams. Five of these lads played their first rugby match ever and did Westmanstown proud.

U12



The U12 2008 squad are enjoying a busy first half to their season both on and off the pitch. With the welcome addition of some new players in recent weeks, the U12s are comfortably fielding two teams and could conceivably field another before the end of the season. The initial weeks of training at the start of the season, which focused on skills, fitness and fun have paid off with some great performances come match days. The undoubted highlight of the season so far was their very successful trip to Dublin 4 on Friday 1st November. The squad enjoyed a tour of the AVIVA stadium before heading on to the RDS where another great performance was put in on the pitch against Arklow during halftime of the Leinster v Dragons Pro 14 fixture. With planning and fundraising well under way for their tour to Milan in April 2020, it is proving to be an action-packed season for the 2008 squad.

U17

The Westmanstown / Ratoath U17s have had two matches cancelled or postponed over the last few weeks. They played Boyne RFC on the 3rd November which unfortunately resulted in a loss. The team are continuing

to train between the two clubs and have a run of matches from now until Christmas.

Women



The ladies played Navan away on 3rd November which resulted in a disappointing 1-point loss with the final scoreboard reading 22-21. Scores from Shantelle Lindsay, Grace Rogers and Anne Marie Ball along with three conversions from Shantelle Lindsay secured the losing bonus point for the team.

The team are still building with 4 new players in the last month alone. A lot of these girls are new to rugby so are on a massive learning curve, the improvement from the hard work put in by the team at training can be seen from week to week.

Next the ladies take on Arklow at home on the Sunday 10th and then travel to Portlaoise for an 20:15 kick off Thursday 14th.

Woman of the match awards
Navan: Ria Aherne

Men



The 1st Team League matches continued with a 20-11 loss to New Ross. This was a real tough match for the men as

New Ross are having a great league run and they were unlucky to not get a losing bonus point. Their next match was a 15-3 victory V Railway Union which has given the team confidence. The 1st match in November was a 27-22 loss to Arklow. This was definitely a match the men could have won as they were in pole position for most of the match, but injuries to Leon Fox and Lorcan Murphy deprived them of certain victory. Gaining the losing bonus point with an excellent score from Rob Schiller keeps the team in a good position in a tight league.

Their next match is away to Athy who are 3rd in League, so the lads will have to be at their best to get a victory.

The 2nd team started their season with a 23-5 loss to a good New Ross side and continued last Sunday with a great 18-10 win V Arklow.

Both teams travelled to New Ross in a luxury coach and were entertained on the return journey with some strange renditions of popular songs. The young players had the opportunity to get photographs taken in the New Ross Club with a life size cut out of Tadhg Furlong whose Father was in attendance at the match.

The match video sessions on Tuesday nights are proving very informative for the players, who can see the errors that were made in matches and in making sure there is no recurrence in upcoming matches.

Injury problems continue with 6 of the squad out with muscle injuries.

Special mention must be given to Physio Trevor who is working overtime to get

the lads back as quickly as possible.

This month welcomed two more new players to the club and hopefully Robert and Dave will enjoy their rugby in Westmanstown.

New players and people who want to get involved with the team in whatever capacity are always welcome.

Man of the match awards

Arklow: Colin O Reilly
Railway Union: Paddy Nally
New Ross: Eoin Cannon

Wasps

The Wasps are currently training every Sunday at 12pm on the Astro Turf for 1 hour. They generally have about 12-14 players training and playing in blitzes, although there are very few blitzes at this time of year due to the unpredictable weather. The big item for the Wasps at the moment is their annual visit to The Aviva for the Leinster v Northampton game on Saturday 14th December. This is always a great day out for the Wasps.

Get to know the players

Name

Eoin Cannon (senior men's team captain)

Position

Hooker/Flanker

How long are you playing rugby?

19 years

Who is your favourite rugby player?

Beauden Barrett at the moment

What motivates you before a big game?

Chasing that winning feeling and enjoying it with teammates

Do you have a pre-match ritual or superstition?

Just good prep with nutrition and getting the right fuel on board before KO

What is your game day breakfast?

Porridge with 2 bananas

What advice would you give someone thinking about starting rugby?

Educate yourself on fitness & proper gym programmes to make training easier, skills will improve naturally.

Name

Niamh Guilfoyle (senior women's team captain)

Position

Inside Centre

How long are you playing rugby?

2 years

Who is your favourite rugby player?

Rory Best

What motivates you before a big game?

Loud music helps me focus, imagining playing the best game I've played and speaking to the team before a game

Do you have a pre-match ritual or superstition?

I have to have a banana before a game to make sure I play well

What is your game day breakfast?

Porridge, strawberries and raspberries

What is a weird or random fact about yourself?

I have an obsession with buying clothes online

What has been your proudest moment playing rugby?

Proudest moment is being told you were captain of the best group of girls in town!

What advice would you give someone thinking about starting rugby?

Start, you'll never look back.

Name

Ray Bruen (U17s)

Position

No 8 / hooker

How long are you playing rugby?

About 2 years

Who is your favourite rugby player?

Bundee Aki because he is hard to stop

Do you have a pre-match ritual or superstition?

I always bless myself before a game

What is your game day breakfast?

Banana on brown bread

What is a weird or random fact about yourself?

I speak fluent Japanese

What has been your proudest moment playing rugby?

The try I scored in my first game

Do you play any other sports?

Gaelic football and hurling

Sponsorship



National Support — Local Response

The club would like to welcome and thank Synergy who have come on board as a new sponsor alongside current sponsor Indeed.



There are lots of opportunities for companies to get involved, from pitch side signs to team jerseys to sponsoring an event taking place. If you feel

you or your company can help in any way, please contact info@westmanstownrfc.com

Christmas Party



The Christmas party has been pencilled in for Saturday 14th December 12-3pm, for this to go ahead however we need volunteers. There are a number of ways to get involved;

- Help to dress the room on the evening before the event
- Help on the day, on the door, Santa's helpers etc

An hour of your time is all that is needed to help continue this club tradition and fun day out for the kids. Please get in touch by email gardarfcpro@gmail.com or contact your coach if you can help.

Recruitment

All teams in the club are continuously recruiting and there are a lot of flyers if anybody wants to take some. Drop me a message and I'll arrange to get them to you. If you know of an upcoming event that we could attend with flyers let us know.

Referees and coaches



We are always on the lookout for referees and coaches so

if you think this is something you are interested in pursuing please don't hesitate to get in touch.

Registration



Registration is now due for all members.

Get in touch



If you want to get in touch about anything in this issue or have any stories or news

items you would like included in future issues, please get in touch Karen Mooney gardarfcpro@gmail.com

	Away match	Home match			
	17.11.19	24.11.19	01.12.19	08.12.19	15.12.19
U7	DSLP				
U8	St Marys				
U9		St Marys & Terenure		Stillorgan	
U10	Old Wesley 10am		Suttonians	Stillorgan 10am	
U11	Suttonians	Terenure		Terenure 9am	
U12	Clontarf 11am		Suttonians 11am		Barnhall
U13	Barnhall	Athy	Coolmine	Balbriggan	
U14		Roscrea 12pm			
U15					
U16					
U17		Lansdowne	Ardee		North Meath
Women			Greystones	Clontarf	
Men	Dublin Dogos	Birr	Midland Warriors	North Meath	
Mens 2 ^{nds}					
Wasps					