



GARDA WESTMANSTOWN RFC EST 1965

Issue 3 : January 2020

Grants

The club has received several grants recently.

The Sports Capital Programme (SCP) which is operated by the Department of Transport, Tourism and Sport, provides grants to assist in the development or refurbishment of sports facilities and the provision of sports equipment. It is part funded from the proceeds of the National Lottery. €69,388 allocated to Garda Westmanstown RFC - grounds development.

The Fingal County Council Sports Office in conjunction with Sport Ireland provide funding under the Youth Sports (Small Grant) Scheme 2019 - allocated €1,050.

Team news

U7



In early December, the U7s had their first blitz in DLSP. All players did great on a cold morning and finished with smiles on their faces. Thanks to all the parents for coming and helping out.

U9

After a slow start to the season there were a busy few weeks in November and December with good performances against; Coolmine, Tallaght, Suttonians, Terenure and St Mary's.

There are a number of new

players who have joined this season, and they have all quickly picked up the skills. Everyone has been involved in scrums and line outs for the first time this season.

Any aspiring rugby players born in 2011 are more than welcome to join. Training is at 7pm Friday on the Gaa Astro and 11am Sunday morning on the rugby pitch.

U11



The U11s are holding their own in a very competitive group of teams this year. The 13 new boys have integrated seamlessly into the squad, and they all did the club proud in their recent back to back games with Terenure over the last two weeks. Here is a group shot of our match at Lakelands. On January 12th they fielded 45 players in a very competitive match at home against Landsdowne.

U13



They have had a fantastic start this year with a comprehensive win over Terenure, 50-5. The lads put out a super strong defence with big tackles and really

worked as a team.

They had a tough loss away to league leaders Ashbourne on the 12th, their next match is away to Landsdowne on the 26th.

Players are free to bring school friends /neighbours to training to give it a try!

U17



The U17s made a presentation to Shane Henry who has stepped down this year as their coach and mentor after 10+ years involvement with Westmanstown RFC. Thanks to Shane for all his effort, and best of luck in his future endeavours.



Qualifying leagues are over and they are now playing in U17 School/Youth Division 1. Their first league match saw them beat Ardee/North Meath 38-12. They were awarded a walkover by Greystones for the second match and currently sit top of the table with their next match on 2nd Feb.

Women



The ladies kicked off the new year with a 22-19 victory over Naas Rfc at home. This was a massive turnaround from the loss away to Naas at the beginning of the season and just goes to show the huge improvement shown by the team over the past few months.

Last weekend they took on league leaders Gorey at home. Having lost three starting players on the morning of the match the girls never gave up, they battled on and played well. Unfortunately, Goreys full bench allowed them the fresh legs in the second half that Garda just didn't have and the game went Goreys way.

The next game sees the ladies travel to Clontarf on February the 2nd.

The team are always on the lookout for new players so if you are interested just pop up to training Tuesday's and Thursday's at 19:30.

Men



To date it has been a season of nearly and should have been for Garda Senior men. With narrow losses to Birr at home after a shootout of tries, 5 for Garda and 7 for

Birr. With some outstanding performances in attack by the team, the seniors were left to rebuild their defensive system.

Against Midlands despite an early setback of an easy try, the team rallied and produced lovely free flowing rugby with a dominance in the scrum, resulting in two well worked tries from Robin Schiller and Chris Aboud. The stand out performance on the day was Lorcan Murphy who carried relentlessly to break the gain line on numerous occasions. The game however was abandoned due to irregularities in the Midlands paperwork with the replay to go ahead on the 5th of January.

Against North Meath and what can only be described as biblical weather conditions Garda battled in the 1st half against a heavy pitch and a determined North Meath with the wind at their backs. North Meath entered the 2nd half 10-0 to the good, with a strong wind now behind Garda the tables turned. With well worked patient tries from winger Aidan Rea, forward build up play finished by Niall Murphy and the final score went to Dave Biggins. Garda taking the victory for a 21-10 finish in horrendous conditions.

Match video sessions on Tuesday nights are proving very informative for our players who can see the errors made and allowing coaches to develop the team, and the system they wish to play.

Special mention must be given to Physio Trevor who is recovering after a stint in hospital. Get well soon Trev. This month we welcomed two

new players to the club and hope that Kyle McCoy and Ivor Scully enjoy their rugby in Westmanstown.

Man of the match awards

Birr: Robin Schiller

Midland Warriors: Lorcan Murphy

North Meath: Niall Murphy

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

Wasps

The Wasps enjoyed their day out to the Leinster match in the Aviva stadium on the 14th December. They are back training on Sunday mornings at 12pm on the astro pitch.

Sponsorship



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

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



If you are interested in helping with coaching, giving a dig out along with our current

coaches on your child's team or another team please get in touch and the club will help support you in any way we can. 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.

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

	19.01.20	26.01.20	02.02.20	09.02.20	16.02.20	23.02.20
U7		Seapoint				
U8					Blitz	
U9		St Brigids				
U10	Old Belvedere		Blackrock		Clontarf	
U11		Coolmine		Suttonians	Malahide	
U12	Terenure					Barnhall
U13		Lansdowne	Cill Dara	Suttonians	Seapoint	
U14			Ratoath	Bective		
U15						
U16						
U17		Wanderers	Seapoint	Suttonians		Ashbourne
Women	Gorey		Clontarf	Navan	Arklow	
Men	Railway Union		Arklow	Athy	Birr	
Men 2nds						
Wasps						

IRFU CODE OF CONDUCT

Code for Players

- Play for enjoyment and become part of the rugby family.
- Respect the "Game of Rugby" 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, team mates 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.

Code for Parents

- Remember, young people play rugby for their enjoyment, not only yours.
- Encourage your child always to play by the Laws of the Game.

- Teach young children that honest endeavour is as important as winning, so that the result of each game is accepted without disappointment.
- Help young people 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 young 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 referees' 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.
- Remember you and your child's contribution to the Game of Rugby is very important to the IRFU and be proud of your contribution.
- Understand the value of team sport and the importance thereof.

Code for Coaches

- Remember that as a coach of an "age grade team" you are to act in "loco parentis" and to that extent your duty of care is more onerous than that of a coach to an adult team.
- Lead by example - young people need a coach whom they respect.
- Be generous with your praise when it is deserved. Never ridicule or shout at players for making mistakes or losing a match.
- Teach your players that the Laws of the Game are mutual agreements which no one should evade or break.
- Prepare young players for inter-class and inter-school activities.
- Be reasonable in your demands on the players' time, energy and enthusiasm.
- Ensure that all players participate in matches. The "average" players require and deserve equal time.
- Remember that young players play for fun and enjoyment and that skill learning and playing for fun have priority over highly structured competition. Winning is not the only objective.
- Develop player and team respect for the ability of opponents, as well as for the judgement of referees and opposing coaches.
- Insist on fair play and disciplined play. Do not tolerate foul play, fighting or foul language. Be prepared to take off an offending player.
- Encourage young players to develop basic skills and sportsmanship. Avoid over specialisation in positional play during their formative years.
- Set realistic goals for the team and individual players and do not push young players into adult-like competitions.
- Create a safe and enjoyable environment in which to train and play.
- Do not over burden younger players with too much information.
- Make a personal commitment to keep yourself informed on sound coaching principles and methods, and on the principles of growth and development of young people.
- Be aware of the effect you have on growing children.
- Never criticise the referee and touch judges during or after a match in front of players or spectators.
- Always thank the match officials and if they have made decisions which require clarification, discuss the problems after everyone has changed.
- Seek and follow the advice of a doctor in determining when an injured player is ready to play again.
- Ensure that proper equipment and facilities are available at all times.
- Be responsible and ensure you uphold the ethos of the game and the IRFU.
- Attend coaching courses.
- Support the Code of Ethics and all policies regarding Children in Sport.
- Ensure you and your players are proud of your team, club and efforts during the season.

Code for Spectators

- Remember that although young people play organised rugby they are not "miniature internationals".
- Be on your best behaviour and lead by example. Do not use profane language or harass referees, players or coaches.
- Applaud good play by the visiting team as well as your own.
- Show respect for your team's opponents. Without them there would not be a match.
- Condemn the use of violence in all forms at every opportunity.
- Verbal abuse of players or referees cannot be accepted in any shape or form.
- Players or referees are not fair targets for ignorant behaviour.
- Encourage young players to play by the Laws of the Game.
- Spectators can contribute to the enjoyment of the event and all involved.
- Be proud of your club and the Game of Rugby.