

# GIVE IT A TRY – Summer Fun GIRLS' RUGBY 8 WEEK SUMMER PROGRAMME



## Information for Clubs

### What is Give It A Try (GIAT)?

GIAT is an 8 week programme (in May and June) run in selected clubs where girls aged 10-14 years can attend in order to learn how to play rugby in a fun environment. The programme consists of a coach education element, fun rugby sessions, teaching the girls the basics of rugby and culminating in a National Blitz Day. The clubs are responsible for the running of the programme in their area but with Provincial Branch and IRFU assistance.

### What are the aims of GIAT?

- The creation of new teams or the strengthening of existing teams in clubs.
- To provide a fun, 8 week (one session per week for 8 weeks in May and June) programme of rugby activities to attract girls aged 10 – 14 to the club.
- To support a club in increasing their number of players, and integrate those new players into existing teams.
- To develop athletic and social skills for girls in a safe and nurturing environment.
- To develop coaches, i.e. to run a successful 8 week programme and to sustain the players through to the regular season.

***“This new programme has grabbed the girls’ attention and has been a resounding success in Wicklow. We had 47 girls registered on our first night and we had 56 on our second night, these numbers were beyond our wildest expectations.”***

**Ronan Griffey, Wicklow RFC Women’s Co-ordinator**

### What are the benefits of running GIAT in your club?

- Participation levels will increase. During the 2018 Summer Programme, 62% of girls who attended the GIAT sessions in clubs were non-members. Many of these then stayed playing in the club for the 2018-19 season.
- Free training will be provided to the coaches and co-ordinator in your club to help upskill them with coaching plans for the 8 sessions, and provide tips to making the GIAT successful.
- Resources will be provided to your club to market and advertise the programme.
- There is the potential for your club to become a more vibrant, active part of the local community through enhanced participation.
- The club might recruit new volunteers as new parents start bringing their child to the club for the ‘Give It A Try’ sessions and are willing to stay and help out.

## Who can apply?

- a. **Stretched** – a rugby club struggling for numbers and can show evidence that there are players in the area who would like to give rugby a try.

Or

- b. **Partial** – a club that has girls' rugby but who wants to increase participation in certain age brackets, or complete the pathway in the club, and can show that there are players in the area who would like to give rugby a try. For example, the club have an U16 and U18 team but no minis or U14 team.

Or

- c. **New** - potential for a club to set up girls' rugby for the first time. Clear evidence must be provided to show evidence that there are players in the area who would like to give rugby a try and that there are coaches and resources in place to support the new team.



## What does the GIAT programme entail if your application is successful?

- All clubs will receive a free GIAT pack with; balls, cones, bibs and 8 coaching session templates.
- All GIAT participants will receive a free GIAT training t-shirt.
- All clubs will receive GIAT coaches t-shirt (max 4 per club).
- The club must be able to provide a co-ordinator and a minimum of 2 coaches (Stage 1 or 2 accredited) to run the programme. (More coaches required if 20+ players to ensure a coach:player ratio of 1:10).
- All GIAT coaches and co-ordinators **must** attend provincial training prior to the programme commencing in the club (dates in late March/early April will be communicated upon receipt of application).
- The club must be willing to welcome ALL new members.
- The coordinators will be provided with marketing materials e.g. flyers/posters and the club must use this material to promote the programme in the schools and elsewhere. The local Women's Development Officer will assist with promotion in the schools where possible. (Clubs may design and distribute their own promotional material too).
- The first 4 weeks of the programme will involve weekly coaching sessions specifically designed for those who have not participated before. Clubs should aim to train a minimum of one session per week. Days/times of training is at the clubs' discretion.
- All clubs will receive a visit from an Ireland Women's Player over the duration of the 8 weeks.
- The club will have the option of attending a local/provincial festival during the 8 week period.
- A 'Give It A Try' National Festival Day will take place in July.
- Clubs should charge €10/£10 per player for the 8-week programme. This should be re-used within the club to bring the players to festivals, including the National Festival Day in July.
- The clubs are encouraged to integrate current club members (if applicable) with the GIAT participants after week 4. The club must monitor the integration of the GIAT participants and ensure all those who want to continue to play rugby are registered.

## Next Steps for Clubs

- Step 1** Complete the application form and forward by post or email to your Provincial Women's Development Officer and [womensrugby@irfu.ie](mailto:womensrugby@irfu.ie) before close of business, Friday 8<sup>th</sup> February 2019. (See application form for contact details).
- Step 2** Applicants will be contacted via e-mail to announce the successful clubs by Friday 1<sup>st</sup> March 2019.
- Step 3** All GIAT coaches and coordinators **must** attend provincial training in late March/early April (TBC). Failure to attend will result in your club withdrawal from the programme.
- Step 4** All clubs must promote the GIAT programme in their local area, i.e. through schools and local shops, etc.
- Step 5** The 8 week programme will begin in the window 6<sup>th</sup> to 17<sup>th</sup> May 2019. All Clubs must be in a position to start their programme in this week.
- Step 6** Clubs will have an opportunity to participate in a local, provincial and National Festival (dates to be confirmed).

### Caroline Meehan, Portadown RFC Girls' Coordinator

**"GIAT 2018 has been a massive success for the female youth section of Portadown RFC. In 2017 numbers rarely exceeded 8 girls on a Saturday morning, with the club taking part in no competitive matches, friendlies, blitzes or even joint training sessions. Now numbers are consistently around 20+ each Saturday with provincial blitzes once a month. Many of these girls had never met before GIAT 2018. Watching their development over the last 6 months has been so rewarding for us all. Feedback from the parents and other club members has been fantastic. The girls are truly an asset to our club. In the last 3 months we have raised almost £2500 in sponsorship deals, our new playing kits are on order showing the Bluechicks are here to stay."**

