

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 8-14 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 Provincial 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 8 – 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.

'GIAT has been a huge success in St. Senan's RFC in Shannon. The whole programme is very well run and very adaptable to new girls as well as new coaches/parents getting on board. Anyone looking to get underage girls rugby started in their club this is the perfect programme.'

Michelle Ring, GIAT co-ordinator St Senan's RFC

What are the benefits of running GIAT in your club?

- Participation levels will increase. During the 2019 Summer Programme, 73% of girls who attended the GIAT sessions in clubs were non-members. Many of these then stayed playing in the club for the 2019-20 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 get involved.

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 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.
- New participants will receive a free GIAT t-shirt.
- All clubs will receive GIAT coach's 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 March 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.
- The club will have the option of attending a local/provincial festival during the 8-week period with the new players.
- 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.
- 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 before close of business, Friday 7th February 2020. (See application form for contact details).
- Step 2** Applicants will be contacted via e-mail to announce the successful clubs by Friday 21st February 2020.
- Step 3** All GIAT coaches and coordinators **must** attend provincial training in March (Venue and date TBC). Failure to attend will result in your club's removal 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 4th to 15th May 2020. 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 and provincial festival (dates to be confirmed).

Dave Purcell, Head of Girls' Rugby, Creggs RFC

"Last season we took part in the Give it a Try Programme for the first year, We found the resource packs of great benefit in having a programme to guide us week by week and it was of great benefit to the club in boosting the number of girls playing rugby especially between the ages of 10 and 13, giving them a good grasp of the basics of the game in a very fun environment. The added bonus for us as a club was that it enticed new coaches into the club which was very welcome."

