

## Contents

- 01: Club Committee Update
- 02: Club News
- 03: Senior Rugby News
- 04: Minis & Youths
- 05: Registrations
- 06: In The News
- 07: "Ask The Ref"
- 08: Club Information

## Club Committee Update

The Executive Committee would like to wish all of our member and supporters a very Merry Christmas and a Happy New year. We would like to thank you for support during the first half of the season and are looking forward to an exciting second half.

### Newly Qualified Referee

The Executive Committee would like to congratulate club member Jeremy Kemp who passed his Adult Trial match and is now a qualified ARLB Referee. Jeremy bring the total to 6 ARLB referees in Athy RFC.

### Lotto

The Weekly Club Lotto draw takes place every Tuesday night in the Clubhouse. Tickets are only €2 each and are available from the Lotto Committee every Tuesday or you can sign up for Direct Debit. Match 4 correct numbers are you could win the Jackpot which currently stands at €3,400. For more information contact Nigel Holland at [ngholland@gmail.com](mailto:ngholland@gmail.com)

## Club News

Keep up to date on happenings around the club.

### Floodlights

In the previous newsletter the executive Committee were delighted to finally announce that work was due to commence in the Club on the new match grade floodlights for the Firsts pitch. In the last

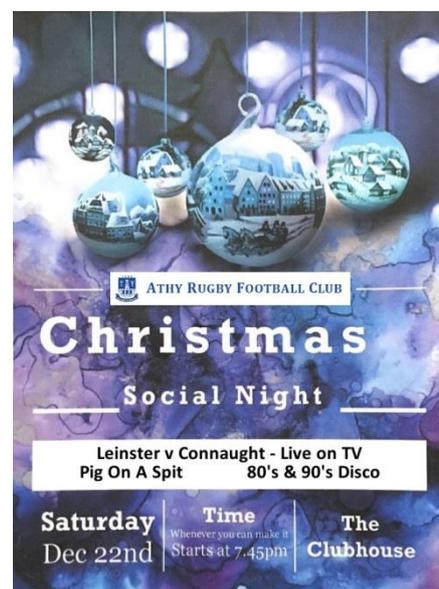
couple of weeks the base units for the light poles have been installed and trenches have been dug for cabling. Work is moving forward at an excellent rate and we hope to have the light fully in-situ before Christmas.



*For Health & Safety, the Firsts pitch has been closed for the duration of the construction work. We ask all members and club visitors to exercise extreme caution around the site.*

### Member Social Night

The club is holding a Christmas Social night on Saturday 22<sup>nd</sup> December from 7.45pm in the Clubhouse. All are welcome!



## Senior Rugby News

What's happening with senior teams.

### 1<sup>st</sup> XV

Athy 1<sup>st</sup> XV have just completed their pre Christmas Leinster League campaign, most recently securing a draw against Birr at home on Sunday December 9<sup>th</sup>. So far the league results are played 9, won 4, drew 1 and lost 4. Currently the team occupy mid table status along with Midland Warriors and Birr in what is a competitive league with most teams getting results against one another.

The Leinster League resumes on January 6<sup>th</sup> with an away fixture to Garda at Westmanstown.

### 2<sup>nd</sup> XV

The 2nds team currently sit top of their league (Metro League Div 8) as they head into Christmas. The team have had an excellent campaign so far winning 6 of the 7 games played losing only to Terenure RFC away in a close game. League fixtures resume on the 12<sup>th</sup> January at home to Stillorgan.

The qualifying blitz competition to determine the finalists of the NM Area Lalor Cup takes place in Cill Dara RFC on Sunday December 16<sup>th</sup>, all support for the team is greatly welcomed.

### Senior Womens XV

The senior women's league is now finished for the Christmas break and will resume on January 13<sup>th</sup> when Athy host neighbours Portlaoise at home, kick off 1pm. All support greatly welcomed. Athy resumed the second half of their league campaign in November but were unlucky in their last two matches which were lost by a single score. Currently Athy women's team have played 10 and won two.

The team includes players across a wide age spectrum from 18 to 20++ somethings (!) and are always happy to welcome new members from beginner to experienced. If you would like to give it a try then contact coaches Mark Bergin or Nigel Holland or any member of the team. Training is on Tuesdays and Fridays at 7.30pm.

All support is welcome at all matches.

## Minis & Youths

Cubs, Minis and Youth Sections in Full Flight

### Youths Update

Sunday 30<sup>th</sup> December see 3 Athy Youth teams take part in their respective area Finals in Cill Dara RFC.

- U14 v TBC Kick-off at 11.00am
- U15 v Naas Kick-off at 11.30am
- U16 v Naas Kick-off at 12.30pm

Best of luck to all players and coaches involved.

### Rugby Cubs

Rugby Cubs is a Child and Parent Group where we all have fun together. The Cubs are normally children between 3 and 5 years, who with their grown-ups, are there to play games, have fun and are introduced to some of the basic skills of rugby. We play games like whistle statues, stuck in the mud and Bulldog, instilling ideas like listening, respect, running straight and having fun. The parents play the games with the children, this enforces a stronger bond, keeps the Cubs inside the cages, and when the parent helps it keeps the obstacle courses running. For the grownups the most important benefit is to keep yourself warm. I've been there freezing my little toes off, standing outside the cages and it is not nice. It is also an interesting way to get "Your Step In". We play together on a Wednesday Night between 7 and 8pm while the rest of the other Minis teams train. I am glad of new friends.

**Peter Goggin – Head Coach**

### U9s

The U9s team averages 16 to 21 players for the matches and 19 to 22 at training on Wednesday nights. They have arranged to attend the Ulster game with parents accompanying their children. We are also planning to have a coaches and parents Christmas night in the clubhouse on the 22<sup>nd</sup> of December.

**Brendan Markey – Head Coach**

## U10s

The under 10s are doing extremely well this season in their training. So far, we have good numbers at training (26) and during matches we have 20. We are slightly down on last year's numbers, so I would ask any member of the Under 10s team and parents to put it out there that the under 10s are always looking for new players. We have got to have strong numbers going into the youth's sections in a few years' time. The lads are looking forward to participating in the Athy Rugby Cam-out in 2019. Myself and the rest of the coaching team are looking forward to seeing all parents at the Christmas celebrations in the clubhouse on the 22<sup>nd</sup> of December. There will be a pig on a spit and music in the clubhouse, plus the Leinster v Connacht game on the TV as well. This is planning to be an exciting night for all involved. So, with all that said I would like to wish the u10s team, their family's, our coaches, and our CCRO (Tadhg Kelleher) and everyone else on the sidelines who help out during training or match days a Happy Christmas & a prosperous new year for 2019. For any queries, please do not hesitate to contact me, Phil Keogh at [minis@athyrugbyclub.com](mailto:minis@athyrugbyclub.com)

### **Phil Keogh – Head Coach**



## U11s

Athy U11's, we have a player centered coaching philosophy. This means kids having fun learning Rugby and their needs coming first. We encourage our players to be the best that they can be, and we place enjoyment at the heart of what we do. All new players are always made extremely welcome! We have about 30 regular players up training every Wednesday night... and averaging about 24 for our matches every week. Our players have the freedom to play without the fear of making mistakes, to express themselves, use their imagination and to be

creative (in other words, be themselves). We are having a very good season so far this year after playing teams such as Naas, Portarlinton, Carlow Blessington with success in all four. We are looking forward to our break over the Christmas and coming back afterwards to enjoy the business end of the season :) On behalf of the coaches and all the U11's have a happy Christmas 🎄.



## U12s

The Table Quiz was a huge success with 25 tables entered, with the emphasis being on fun for quizzers of all standards with some "interesting" questions from Quizmaster Horace Downey. Also, the Table Quiz was hugely successful in raising funds towards our U12's end of season tour to Italy, a key event in bonding the group and creating memories for life. The next FUNdraiser which the U12's will be running is a Minis Disco on Friday 21st of December from 7-9pm in the clubhouse. This will be a great way for kids of primary school age to kick off their Christmas holidays and entry costs just €5 per child. There will be an area for parents to hang out with free Coffee or Tea during the disco. It is certainly a busy time for the U12's as they will also be playing at half-time in the Leinster v Ulster match at the RDS on the 5th of January. The team have trained really well this year and are well set to show the big crowd what they can do.

### **Ollie Henry – Head Coach**



## Girls minis

The future of women's rugby in Athy seems bright, with many new members in the U10's and U12's teams, turning up for practice on Wednesday evenings. The 'Give it a Try' summer introductory rugby programme for girls proved very popular to recruit new members and provided a welcome opportunity to reconnect for regular members. So far this season, the girls have tested their abilities in weekend games, with U10s and U12s playing home games against Naas and Newbridge and U12s playing away against Newbridge, Cill Dara and Naas. There was a tough home game for U12s against Portdara and a blitz for both U10 and U12's against Naas, Newbridge and Portdara.

## **Alan Wright – Head Coach**



## Clubhouse during training

In the Clubhouse during minis training there is an opportunity for the parents to meet up over a cup of tea, coffee or hot chocolate. It is somewhere warmer and drier than the side of the pitch to catch up and you are not too far away from the action. The Clubhouse has always been a good spot to make friends and hear what is going on in the club. Don't be stuck for a gum shield, as Catherine has always got some to sell. They are cut and molded while you wait but the child is required to be in attendance also. The cost of this is €5. This is also the point where a player will normally be when they come off the pitch and the parent is called for.

## Registrations

**Always welcoming new members.**

Club Registration is now due for the 2018/2019 season. Membership rates remain the same as the previous two years and can be paid in full by cash or card or by Direct Debit. Please see rates below:

- **Senior Adult** €140
- **Youth** €85
- **Minis** €70
- **Cubs** €20
- **Student/Unemployed (Adult)** €75
- **Family (1 Adult & All children)** €200
- **Associate Member** €65

For the 2018/19 season, Athy RFC has been chosen by the IRFU to trial a new membership database system called Clubhouse. Going forward, this new system will allow for club members to register, update their details and pay their membership through an online portal. We are asking all current members to confirm their contact information when registering. If you have not done so already please contact Peter Goggin at [cwo@athyrugbyclub.com](mailto:cwo@athyrugbyclub.com).

## In The News

### The club profile.

Athy man Jeremy Loughman Lines out for European Debut.

<https://www.kildarenow.com/sport/athy-man-loughman-line-european-debut-french-opposition-tomorrow/261271>

Our Senior Women's superstar, Jane Morrin, is at it again this month making club history! Sunday 2<sup>nd</sup> December saw one for the history books in Athy as the first Mother/Daughter teammates took to the pitch. Lorna Morrin joined her mother Jane against Longford earning her first Senior cap for Athy. Well done Lorna!



## “Ask the Ref”

Hello, Brendan Conroy here, Honorary Secretary of the Club and Leinster Branch Referee since 2003. My intention for forwarding this article is to set the facts straight about some obscure myths that have crept into the game over the years. I will look at some of the myths that supporters, players, coaches and even sometimes new referees believe are law. Surprisingly there are quite a lot of them, so I have tried to choose the most common.

### 1. You must let a player on the ground up

We have all heard the fans who think that players should 'let him up'; it's expected that if a player falls to the ground on a ball, they are entitled to get up. In fact, they have no entitlements at all, as when on the ground they are out the game. He does have three options though. 1) Release the ball, 2) Pass the ball, 3) Get up. Whatever the player chooses to do must be done straight away. An arriving player does not have to let the player on the ground get up, they are perfectly entitled to compete for the ball. So, they should try and pick up the ball, if the player on the ground stops them, it's a penalty. What the arriving player cannot do is stop the player on the ground getting to their feet by holding them down or falling on them.

### 2. Can't take the second penalty quickly.

There is nothing in law that states this, all the law requires is for the referee to make a mark before they can tap and go. Referees are taught to slow this area of the game down (to avoid flare ups) by walking from the first mark to the second, however if the defending team cannot organize themselves in the time it takes a referee to walk 10m, that's their problem, the game should not wait for them.

### 3. Player on their feet in a ruck can play the ball with their hands.

Not true, no player can play the ball with their hands in a ruck, however referees do allow the player at half back to dig it out when the ball has been won in order to keep the game flowing, digging out before it's won will normally see a penalty being given.

If you have any questions that you would like to ask Brendan, please email [pro@athyrugbyclub.com](mailto:pro@athyrugbyclub.com) and we will answer them in the next newsletter.

## Club Information

### How to find out more about your club

The club will be publishing this newsletter every month in order to keep members and supporters better informed of the very wide range of club activities. Should any member need information on any aspect of club activities please contact the club PRO Sinead Kelly ([pro@athyrugbyclub.com](mailto:pro@athyrugbyclub.com)) or Hon Secretary Brendan Conroy ([honsecathyrfc@gmail.com](mailto:honsecathyrfc@gmail.com)) or any committee member.