

The Beehive

Season
2019/20
Issue 1

*Balbriggan RFC's
Club Newsletter*



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The Balbriggan RFC Newsletter





Executive Committee

President - Caroline McFadden

Vice-Pres & Director of Rugby - Leigh O'Toole

Hon Secretary - David McFadden

Hon Treasurer - Robert Cashell

Grounds & Facilities Manager - Noel Hickey

Committee Member - Eamon Darcy

Committee Member - Suzanne Hesnan

Youth Rugby Co-Ordinator - Kevin Colman

Mini Rugby Co-Ordinator – To be Confirmed

Stingers Co-Ordinator - Suzanne Hesnan

Girls Rugby Co-Ordinator - Emma O'Kennedy

Captain – 1st XV - Conor Caldwell



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SuperValu



Editors Note: Any errors, omissions, mis-spellings or photos of you when you're blinking are the fault of the monkey. Don't blame me.



@BalbrigganRFC



info@balbrigganRFC.com

Editor's Note:

Every effort is made to ensure the information going in the newsletter is accurate but sometimes events are rescheduled so please check out our Facebook, Twitter & Instagram feeds for the most up to date information.

There's a team of dedicated club members working to make sure everyone is informed of what's happening at the club through our social media accounts. Please subscribe or follow the club online and like, comment and share our content so it is spread to as wide a group of people as possible.

If you want to submit something for inclusion in any social media posts or the newsletter sent it in to info@BalbrigganRFC.com. Feel free to send this newsletter on to anyone who might be interested, relatives, friends or prospective new members.



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An outline of upcoming events at the Club.

What's Coming Up



Ireland v Italy - World Cup Warm-Up Match - 10th August



Summer Tag & BBQ Day at Balbriggan RFC - 12pm 17th August



England v Ireland - World Cup Warm-Up Match - 24th August



Wales v Ireland - World Cup Warm-Up Match - 31st August



Ireland v Wales - World Cup Warm-Up Match - 7th September



Pro14 kicks off weekend of 27-28th September with Leinster away to Benetton.



Balbriggan 1st XV opening fixtures are in the Beachy Cup on 24th August away in Ashbourne



President's Message



I was deeply honoured to be elected as President of Balbriggan RFC at the end of May. As a club, we are now entering into our most important season for many years with lots happening at all levels in the club. I am very aware that I have been entrusted with leading the club at a critical time in its history. The role of President at Balbriggan RFC is a working role, and no doubt will be a busy role. I want to build on the work done by those before me, by continuing to develop a club for all. Leigh O'Toole has been elected Vice-President. Leigh will continue in his role as Director of Rugby for the coming season, overseeing all sections of the club. I will continue as PRO for the club, as I feel the role keeps me actively engaged with all teams and sections in the club. Arising from our volunteers night, I'm delighted to have Vikki McNamara and Andrew Byrne join the PR team. Vikki has taken on the BRFC Instagram account, while Andrew is now running the club newsletter. Thanks to them for their help.

We will be in our new clubhouse before the season is out. It has been a long road to get to this point and much credit must go to the Clubhouse Development Committee, headed by John Cumisky who have brought the project to this stage. On the rugby front, the men's team will play in Leinster League Div. 2A this season, the highest level that we have ever played at. The Women's team, playing in Leinster League Div. 2 are also gearing up for an exciting season ahead. Pre-season is already underway for both teams. For the youth section, we will have 5 boys youth teams playing in the Leinster League. As a club, we have never before fielded so many teams at youth level. This is the result of a lot of hard work, over many years, to reach this point. The youth girls will continue to play with ABS, and for the first time ever, Balbriggan will field an U12's girls team. The Stingers are now entering into their second season and continue to thrive. At mini's level, we continue to provide rugby to children in a fun environment. The grounds are looking fantastic, with the team under Facilities Manager, Noel Hickey doing a great job.



Balbriggan RFC is an inclusive club offering rugby to all sections of our community. We always welcome new members, be they players in any of our teams or volunteers who would like to become involved in a busy, vibrant and growing rugby community. The club is a large and growing sporting enterprise. We could not achieve what you see on the playing field without the help and support of our sponsors and to them I extend our collective gratitude. I am sure you will join me in wishing all our teams, players, coaches, volunteers, sponsors and supporters well in the forthcoming season. This really will be a special year for Balbriggan RFC.

Caroline



The Men's Team

The Men's Team train Tuesday & Thursday from 7:15pm.

New players are always welcome

The First team are playing in the Leinster 2A League having gained promotion last season. The League kicks off on Sunday 22nd September.



McGowan Cup Blitz takes place on Saturday 31st August followed by Cup & Plate Finals on Saturday 7th September

Our first matches of the season will see the men of Balbriggan take part in the Beachy Cup in Ashbourne RFC on Saturday 24th August.

The First XV

The Men's IXV pre-season is well under way. We are delighted that Henry Bryce is staying on for his second season as Head coach, ably assisted by Declan Quinn as forwards coach and Mal Malone as team Manager. Conor Caldwell is remaining as Captain. Ciaran Verdon has come on stream as senior men's co-ordinator.

This year Balbriggan will be playing in Leinster League Division 2A for the first time. This is the highest level the club has ever played at in the Leinster League and so is a very exciting time indeed for the club. The first match of their league campaign is on Sunday 22nd September when the men play North Kildare. Our first home match of the League campaign is the following Sunday against Newbridge who are coached this season by former Ireland and Munster utility back, Johnie Murphy.

The season starts a month before the league campaign gets underway. The annual Beachy Cup Festival is being played on Saturday 24th August in Ashbourne. The following weekend, Balbriggan make their first appearance in very many years the North East McGowan Cup (J1). This competition is being played over two weekends. The first weekend is a blitz format when all four teams in the competition play each other in Dundalk RFC to determine which two teams will play in the McGowan Cup Final and which two play in the McGowan Plate. The Cup and Plate finals are to be played the following weekend, Saturday 7th September in Boyne. The Plate will kick off at 2pm and is followed by the Cup final to be played at 3.30pm.

There is a lot to look forward to in the season ahead. Please try to come and support the lads in their home, and if possible, away games.



Stingers Section



The Stingers are the newest team at Balbriggan RFC and they have taken on celebrity like status with the younger members at the club. Their example of just getting out there and enjoying rugby is a fine example to every young player.

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The Stingers had a very successful first year in action with highlights being appearances in both Donnybrook and the Aviva stadium. There are currently 18 registered players on the team with an age range between 13 and 30 years. At present we have 10 coaches volunteering with the team and we are delighted to say that 8 of these coaches have been with us since day one!

Four of our dedicated coaches recently spent a Saturday completing Disability Inclusion Training. This one day course gave the coaches ideas and inspiration on how to adapt our sessions and to make them more accessible, inclusive and FUN!

We are looking forward to seeing this new learning in action when we kick off our new season of training on Sunday 11th August at 10.30am. We are already planning our schedule for the upcoming season that will include training sessions, blitzes and integrated club events.

We invite all new players to join us at the club to give it a try on the 11th August. Training takes place every second Sunday thereafter.



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Youth Section

Boys Section



Season 2018/19 was a tremendous success for the Youth section in BRFC. For the first time in a number of years we fielded 4 teams at Youth level, U13, U14, U15 and U17 and all had success on the field. In a remarkable achievement the 4 teams made it to a combined 9 finals, out of a potential 12, with 5 trophies being lifted. Every team won at least won one trophy with 2 Leinster League, a Leinster Cup, a Leinster Shield and a North East Shield being claimed by our hard working Youths.

This success has been reflected in a number of our players being selected to join North East Area representative squads at U16 and U18. For 2019/20 season we are planning to field 5 teams as the success of our Minis section continues to feed players through.

Plans for the new season are already underway with a strength and conditioning programme taking place on Wednesday evenings and rugby skills sessions held on Monday nights.



Registration for the new season will take place on Wednesday 14th August from 7pm in the Clubhouse. New players are always welcome and it is never too late to join in.

So any boys born between July 2001 and 2007 come on down to a Club that is continuing to grow, and give rugby a try.

Training is on Wednesday evenings from 7:30 – 9:00 with matches on Sundays.



Girls Section

Balbriggan Youth Girls Teams U14, U16 and U18's

Last season the girls trained with Ashbourne and Skerries as "ABS" (Ashbourne, Balbriggan and Skerries). Training was held between Balbriggan and Ashbourne every second week. Coaches from the 3 clubs worked together with the 3 teams. Both the U14's and U16's / U18's teams were in development leagues and put in a great season of hard work. Both teams finished 3rd in their leagues. The girls also hosted 2 touring sides in Ashbourne and the teams attended blitz's throughout Leinster during the season. They have gained great match experience and skills and are looking forward to the new season.

The U14's team took part in the "Give it a try" programme and made some new friends and team mates while learning some new skills. A big thank you to the senior youth girls who helped out over the 8 weeks. 3 of our players Shannon, Aoibhin and Caoimhe took part in the Leinster School of Excellence Summer Camp being held at The King's Hospital School in Palmerstown. It is a great opportunity for them to learn new skills and techniques, we are looking forward to hearing all about their experience.

Unfortunately, we had to say goodbye to 4 of our 18's at the end of last season as they move on to the Senior Ladies Team. It has been a great pleasure having them with us for the past 2 years and we wish them every success for the future and with their Leaving Certificate results.

Girls Pre-season training for U14's (Born in 06/07), U16's (Born in 04/05) and U18's (Born in 02/03) takes place on Friday 2nd August from 19.15 – 20.30 for 5 weeks.

We are looking forward to another busy season for the Youth Girls team and "ABS" this year. New players and team helpers are always welcome. Please contact Emma O'Kennedy for details. Training will start back in September on Wednesday nights 19.15

CLUBHOUSE UPDATE

On Friday 17th May our club took a giant leap forward as we held a groundbreaking ceremony to celebrate the start of construction of our new clubhouse.

Work began the following Monday and after just a few short weeks we could see great work being done. Construction is due to finish in time for Christmas and we are happy to report that we are right on schedule to hit our target.

In just a few short months we will have our very own place, it has been a long journey and thanks to the huge efforts of the Development Committee we will have completed something many thought would never happen.

Clubhouse Progress Report. Not just a hole in the ground.



An aerial view of the clubhouse courtesy of @emmettfcpc

Now that we will have a wonderful clubhouse facility at our club we will be looking for volunteers to help out with events and activities around the club.

We are asking if you would be willing to #BePartofIt and give some time to the club. You might have skills which could be invaluable to the club or you might just want to put on a hi-viz and help with the car park on a busy day.

Feel free to get in touch with us by emailing info@balbrigganrfc.com

Our club is for everyone and you are more than welcome to get involved.

Minis Section

Under 12 Girls Team



Following a very successful "Give it a Try" programme held between May and June this year the club will now have its first U12's girls team this season for girls born in 2008 and 2009.



Give it a Try took place for 8 weeks and was aimed at girls aged 10-14 who were complete beginners to rugby to give rugby a try, make new friends, stay active, learn new skills and most importantly have fun.

Over the 8 weeks the girls learnt the basic rules of rugby, techniques and skills. During the 8 weeks we had 2 IRFU/Leinster Rugby visits. The girls had a great time welcoming Larissa Muldoon to the club, she played tag rugby and a few games with each group.

On 21st June Linda Djougang Ireland International and Leinster player took the girls for a training session. She shared some tips from the Leinster camp and showed the girls some new skills. She was very generous with her time and the girls really enjoyed it.

On Sunday 23rd June we travelled to Clontarf Rugby Club for the "Give it a try" tag rugby blitz. The girls got to experience a rugby festival and the excitement that goes with it.

We had teams at U14's and U12's taking part. The U14's played 3 matches and did very well. The U12's played 6 matches and really showed what they had learnt over the few weeks. The girls had great fun and showed great skill and technique after playing rugby for 8 weeks.

The "Give it a try" programme was run by 8 coaches and volunteers from the club. A big thank you to all of them for taking part and making it possible for the formation of a new girls team in September. The U12 Girl's team will train on Thursday nights from 19.00 – 20.00. We hope to host and attend blitz' throughout the season. We wish the team a very successful season and would like to give a big welcome to all the new players and families joining the club.

New players and team helpers are always welcome. Please contact Emma O'Kennedy for details.

It was a proud day for the Minis Section as two of our players were chosen to "Turn the Sod" at the ceremony to mark the beginning of construction of our Clubhouse. Tara and Daniel have a deep family connection with the club and the area. As they put that shovel into the ground to begin the foundations they themselves were leading an expanding Minis section which itself is the foundation of our club.

If your child is interested in joining us then come down to our Registration night, 7pm on Thursday 15th August, or any Thursday from September to have a look or even jump in to a session. All they need is a gumshield and a willingness to learn. Everyone is welcome regardless of ability or previous playing experience. Mini Rugby is focused on fun, matches are non-competitive learning experiences.



Bring your child down and let them learn what it feels like to play on a team where mistakes are opportunities to learn and the only results that matter are measured in how much fun they had with their friends.

Every year we see growing numbers of young children joining the club to learn how to play rugby. All of our coaches are Garda vetted and trained by Leinster Rugby coaches in how to teach our players the game in a fun-filled environment focusing on skills development and team building.

Mini Rugby at Balbriggan

- Thursday Night Training
- Matches on Sunday Morning

What ages?

- Under 12s – Born 2008
- Under 11s – Born 2009
- Under 10s – Born 2010
- Under 9s – Born 2011
- Under 8s – Born 2012
- Under 7s – Born 2013



Down at the Club



This weekend see a team of volunteers head down to the club to take part in the Club Clean-Up. If you can spare a couple of hours come and join us, even if you're only making the tea you're helping. This is a great opportunity to meet players and parents from other age grades who you wouldn't normally meet, you never know who you might bump in to.

Please bring gloves, strimmers (petrol & strimline will be provided), shovels & rakes if you can, or just bring yourself. There are plenty of jobs to be done so come down and help us get the club ready for the new season.



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Fundraising

Over the Summer our volunteers have been giving their time and working hard to assist with our fundraising efforts.

One major success was the Bag Pack at Moriarty's Super Valu in Balbriggan.

Through their efforts and the generosity of the shoppers a great sum was raised which will go a long way in helping to keep the club running.

A huge thank you to everyone who gave their time, without our volunteers the club would not be able to function.

If ever you want to join in or have any suggestion for fundraising events just talk to anyone involved or email the club at

info@BalbrigganRFC.com

If you are a business owner and would like to sponsor the club just get in touch and our sponsorship team will take you through the range of options available.

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Minis

Registration & Training

- Registration Night 7pm Thursday 15th August
- Training for the Minis section starts on Thursday 5th September at 7pm.
- New Players always welcome!

Boys Youths

Registration & Training

- Registration Night 7pm Wednesday 14th August
- Pre-season training for the Youths section started on Wednesdays in August at 7:30 & on Mondays Rugby Skills Sessions take place.

Girls Youths

Registration & Training

- Registration Night 7pm Wednesday 14th August
- Pre-season training for the Girls Teams starts on Friday 2nd August at 7:15 for 5 weeks.

Women

Pre-Season Training

- Pre-season training for the Women's Team is underway 7:15pm every Tuesday & Thursday

Men

Pre-Season Training

- Pre-season training for the Men's Teams is underway 7:15pm every Tuesday & Thursday

Stingers

Training Starts Back

- Training for the Stingers starts on Sunday 11th August at 10:30am.

Please support our sponsors if you can, without their assistance we would not be able to keep our club running as well as we do.

All photos used by kind permission

Annual Summer Tag & BBQ Day Saturday 17th August 12 Noon



Only
€5

Summer Tag & BBQ Day
Saturday 17th August 2019



Check out our Social Media to keep up to date with the latest news

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GOWAN
MOTORS

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