



January 2010

- Up coming Professional Staff workshops
- Coaching courses
- Child safeguarding seminars
- High schools Trophy

Issue 2

**Coaching Pg. 1
Community Pg. 2**



Ulster Rugby Workshops set to continue

Continuing on from the successful introduction of IRFU Ulster Branch/Ulster Rugby workshops aimed at coaches working with players through stages 3 and 4 of the IRFU long term player development model we are pleased to announce the next series of workshops which will run at University of Ulster Jordanstown during February.

The workshops are scheduled as follows:

Monday 1st February:

- Continuity around the Break down—Brian McLaughlin

Monday 8th February:

- General Movement and Team Attack—Neil Doak

Monday 15th February:

- Lineout—Jeremy Davidson

Monday 22nd February:

- Defence—Jonathan Bell



Due to the limited number of places available, coaches must register to attend, applications forms can be obtained by contacting Julie Dorman at :

rugbydevelopment @ulsterrugby.com or 028 9049 3111 ext 239

IRFU Ulster Branch Coaching courses continue

The IRFU Ulster Branch have announced their next series of coaching courses. These courses are provided to assist and develop coaches working with players in stages one and two of the IRFU long term player development model.

Course are scheduled to run at the following venues:

Letterkenny	17th & 24th January 2010	—	Mini
Letterkenny	17th & 24th January 2010	—	Foundation
Ballyclare	14th & 21st February 2010	—	Mini
Portadown	14th & 21st March 2010	—	Foundation

For further information or to apply for one of the above courses contact Julie Dorman at rugbydevelopment@ulsterrugby.com or 02890493111 ext 239



IRFU Certified Conditioning Coach Course (CCC)

Dates and venues have been released for the IRFU 2010 CCC course. Courses will run at the following venues:

University of Ulster, Jordanstown - 28/6/10 to 2/7/10

Institute of Technology, Carlow - 5/6/10 to 9/7/10

This course is intended to help you gain the confidence and competence to condition and prepare the players in your charge in a safe and enjoyable manner for the game of Rugby.



For more information visit:

www.irishrugby.ie/468_81.php

IRFU ULSTER BRANCH / ULSTER RUGBY

COACHING / COMMUNITY UPDATE



**January 2010
COMMUNITY RUGBY NEWS**



Safeguarding Young People

To ensure young people are safe in our rugby dubs, it is important to adhere to certain procedures. 'Child Protection' is now referred to as 'Safeguarding young people' and the processes have been developed to protect age grade players.

IRFU Ulster Branch recommends that ALL dubs now begin the process of updating the vetting of all volunteers working within the organisation, who come into contact with anyone under the age of 18 on a regular basis. ALL volunteers must now be vetted by Access NI, including those previously vetted under the POCVA scheme.

In addition, the IRFU Ulster Branch recommends that all volunteers take part in 'Safeguarding Children and Young People in Sport' training, and while the branch will itself host workshops later in the calendar year, the following courses are now available through your local council—See table below.

The IRFU Ulster Branch offers support to all clubs in the form of designated Child Protection Officer, Brian Maltman, who is available to offer advice and assistance to all clubs from the offices of Ravenhill.

Brian can be contacted at Ravenhill by telephone 028 9049 3111 ext 230, or alternatively by e-mail

brianmaltman@ulsterrugby.com

Workshop	Date	Time	Venue	Workshop Organiser	Tel No
Safeguarding Children & Young People in Sport	14/01/2010	7.00pm - 10.00pm	Moyle District Council	Damian McAfee	028 20762225
Safeguarding Children & Young People in Sport	26/01/2010	contact organiser	Larne Youth Football Club	Steven Mills	028 28272313
Safeguarding Children & Young People in Sport	01/02/2010	7.00pm - 10.00pm	Mid-Ulster Sports Arena, Cookstown	Alan Curran	028 38314470
Safeguarding Children & Young People in Sport	02/02/2010	7.00pm - 10.00pm	Omagh Leisure Complex	Conor McCrory	028 82246711
Child Protection Designated Officer Training	02/02/2010	7.00pm - 10.00pm	Melvin Sports Complex, Stabane	Aiden Lynch	028 71382204
Safeguarding Children & Young People in Sport	04/02/2010	7.00pm - 10.00pm	Castle Park Centre, Eniskillen	Keith Collen	028 66225050
Safeguarding Children & Young People in Sport	15/02/2010	contact organiser	Carnlough Community Centre	Steven Mills	028 28272313
Safeguarding Children & Young People in Sport	16/02/2010	6.30pm - 9.30pm	Dungannon Leisure Centre	Alan Curran	028 38314470
Safeguarding Children & Young People in Sport	24/02/2010	7.00pm - 10.00pm	Ards Leisure Centre	Emma Hingston	028 91824018
Safeguarding Children & Young People in Sport	03/03/2010	7.00pm - 10.00pm	Bawnacre Centre, Irvinestown	Keith Collen	028 66225050
Safeguarding Children & Young People in Sport	03/03/2010	7.00pm - 10.00pm	Craigavon Civic Centre	Alan Curran	028 38314470
Safeguarding Children & Young People in Sport	09/03/2010	7.00pm - 10.00pm	Grove Leisure Centre, Belfast	Ryan Haire	028 90320202
Safeguarding Children & Young People in Sport	10/03/2010	6.30pm - 9.30pm	Newry Arts Centre	Alan Curran	028 38314470

High Schools Trophy Update

Quarter-Finals to be played before 17th February

Abbey Grammar/Carrick College	v	Our Lady & St Pats
Ballynahinch High	v	Shimna / Fivemiletown
Slemish College	v	Cookstown / Devenish
Ballymoney High	v	Dromore High

Referees for these matches should be supplied by the Ulster Branch. Contact Jill at the IRFU Ulster Branch in advance to ensure a referee can be arranged and made available for your fixture.

jill@ulsterrugby.com