

Fantastic start to the season !

The Junior section had an action-packed day at our “Welcome BBQ” on Sunday 9th September.

The day started bright and early at 9am when over 30 players (and a number of parents and coaches) from our Youth section, attended a presentation from John Neal – “Being the best rugby player I can be”. John is a motivational speaker and coach, who currently works with London Wasps and Wales.

Key messages that the boys took away from the session included :

1. Commitment – now and at all times, and not just believing it will happen when the big game comes along;
2. Dreams – have dreams and believe in your own ability;
3. Lifestyle – healthy eating, sleep (!), other interests and sports, spending time with friends and family, (working hard at school !);
4. Building up “bit by bit” – building blocks – you don’t need to do one big thing to improve but lots of little things.

We then welcomed Russell Bolton from Wasps Community Team who, along with his “silver friend” went round to all age groups for a photo shoot and to allow the boys and girls to touch the Heineken Cup !

The day then finished off with two presentations. Firstly, a cheque from MRIB, Insurance Brokers and Financial Advisers. We are extremely grateful for their continued sponsorship. Secondly, the award of life membership to two of our former Junior section players, Seamus McKimm and Elliott O’Brien, in recognition of their first International caps. Both boys this year represented Ireland U18s.

Finally, great to see last years 1st team captain, Ken Kavanagh, helping our U16s and the current 1st team coach, David Wood, working with our U12s.

A great start and many thanks to our U11s parents who ran the bar and BBQ so efficiently.

Jeremy Beard
Junior Chairman
9 Sept 07