



TRY WITH PRIDE



A MESSAGE FROM THE CLUB'S PRESIDENT



I would like to welcome to all new and past members to this exciting season. Never before have we had such an significant recruitment of members so early in the year. We've put a lot of work time and energy into planning the strategy and structure

of our re-energised club to ensure that we're performing on and off the pitch as best we can be. We are proud to introduce our brand new wellbeing strategy called 'Folláine'. Our vision with this programme is to give our members the tools to be at their best on and off the pitch and we look forward to seeing the impact that this has for your enjoyment of the club and in life. In addition to this, we've raised the game in terms of how the club operates, so you'll hopefully be experiencing a whole new level of Warriors this year.

WELCOME to new and returning members

The committee of the Emerald Warriors RFC would like to welcome each and every member of the club to the 2019/2020 season. The club is growing at a rapid rate and to date 40 new members have joined since our recent club open day which was held on 31 August 2019.

COMMITTEE Activity

The committee of the club is busy at work in the background and to date has met formally on seven occasions since May 2019. Some of the matters being worked on at present include coaching developments, sponsorship, fundraising, club merchandise, developing supportive policies, future tournaments and much more.

TEAM NEWS

COACHING



We are delighted to formally welcome **Darren 'Morro' Morrin** to the club as a coach for this season. Darren has a wealth of experience and plays for Malahide RFC AIL team. Darren will be

joined by Steve Curran and Finbarr Ryan and in the future by an additional coach once this post is filled. There is significant work taking place with the IRFU currently to recruit an experienced and motivated person for this role.



MEET the new Team Captains

Vincent Kabongo
(Captain of the Green Team)

Vincent takes over the reigns as team captain

for the green team the 2019/2020 season having been vice-captain for the past two seasons. Vincent is a phenomenal player and has demonstrated a huge commitment to the club since joining. We can't wait to see him implement his leadership qualities and lead from the front in his new role.



Eoin Kelly (Vice-Captain of the Green Team)

Eoin has been appointed as vice-captain for green team for the 2019/2020 season. Eoin brings bags of experience of playing and has been involved

in rugby from a young age. Eoin has also demonstrated a huge commitment to the club, frequently visible at training, even when injured, helping out and sharing his in-depth knowledge of rugby.



Patrick Doyle (Captain of the Navy Team)

Patrick is the new team captain for the navy team for the 2019/2020 season. Although relatively new to the club, Patrick has made a great impression with

strong performances in the metro league, a stand out performance at Union Cup Dublin 2019 and was an award winner at last year's end of season captain's dinner. Patrick has gone from strength to strength and we predict that this season will be hugely successful with his leadership.



Matt Ryan (Vice-Captain of the Navy Team)

Matt will be our new vice-captain for the navy team for the 2019/20 season. Matt has been a key player for the club, demonstrating his

flexibility to play across the back line since joining. Matt has steadily developed his rugby skills and knowledge with a can-do attitude and a great commitment to the club. With that electric pace and an eye for space, we know Matt will be a great influence on the team around him.

CLUB NEWS

WARRIORS Folláine Programme

The club is excited to announce the launch of our wellbeing plan called the Folláine Programme. This initiative will place a valued focus on the health and wellbeing of our members throughout the season ahead. The Folláine programme meaning wellbeing when translated from Irish, will be driven by the club's new welfare officers John Toner and Kayleigh Foley. This programme will be incorporated into the club's long-term strategic plan and will include events such as expert talks, information evenings and post training short team events. Topics will include

a range of matters which will include sexual health and mental wellbeing. Information on these events will be circulated to all members in due course. Our welfare officers can be contacted through emailing welfare@ewrfc.ie.

TRAINING update

Since training re-commenced following a brief post Union Cup Dublin 2019 break, there has been phenomenal energy and enthusiasm at the sessions. There have been over 60 players attending each training session with momentum building for this season ahead. We would like to sincerely thank everyone involved in making the training sessions such a success which have resulted in a thriving ambition for the season ahead.



SPONSORSHIP AND PARTNERS

The committee of the club is delighted to announce an update on our club sponsors and partners. Bank of Ireland, The Mercantile Group/The George, and Meagher's Pharmacy Group have all come on board as our official sponsors. In addition, partners of the club are Kukri and Alive Coaching. As new sponsors and partners come on board our members will be informed of these developments through the official newsletter.



A profile of our sponsors and partners will be provided in each publication of our newsletter and in the first of these synopses, please see a statement from Meagher's Pharmacy Group below.

MEAGHERS

PHARMACY

Meaghers Pharmacy Group are honoured to become the new Wellness Partners of the Emerald Warriors for the next three seasons. The Meaghers brand was founded on 3 pillars that we incorporate into all that we do, Education, Community and Wellness. We strive to educate our customers on how

to be well, get well and stay well and we believe that education will ensure that people can make better informed decisions around their healthcare. Community is at the core of Meaghers and we are deep rooted in our pharmacy communities. We know that sporting communities are the life blood of our societies, hence our affinity with Emerald Warriors RFC. Lastly wellness, a word that we all hear so much about, but for Meaghers its something we will continually strive for, in our colleagues, our patients, our customers and most importantly, ourselves. When we met with Emerald Warriors it soon became apparent that our mission was aligned. We look forward to standing at the side-line of many an Emerald Warriors game. Your Wellness Partners, Meaghers Pharmacy Group.

CLUB Merchandise

The Emerald Warriors RFC official merchandise, in partnership with Kukri, will soon be available to all members via an online store. This will be operated through the club's website and will include a wide range of clothing and sporting attire. The range will include branded polo shirts, training t-shirts, vest tops, coats, tracksuit bottoms and jackets along with much more. An announcement will be made on the launch of this store in the coming weeks.



IMPACT Gumshields Offer

Our friends at Impact Gumshields have kindly offered members of the Emerald Warriors RFC a 10 per cent on their specialised custom gumshields. Impact Gumshields are based in Sandyford and have produced the world's first 3D printed custom fit gumshield offering great comfort, fit and protection. You can make an appointment through their website impactgumshields.com or through WhatsApp by texting +353852544644.

EVENTS

Recent Match Results

28 September 2019

EWRFC Green (17) V Stlrgn./Rthfrm. (24)
EWRFC Navy (0) V Tallaght (71)

05 October 2019

EWRFC Green (19) V Railway Union (46)
EWRFC Navy (0) V Coolmine (32)

19 October 2019

EWRFC Green (24) V Terenure (36)
EWRFC Navy (5) V Clondalkin (66)

UPCOMING Matches and Events

02 November 2019

EWRFC Green V Bective Rangers

09 November 2019

EWRFC Navy V CYM

23 November 2019

EWRFC Green V BGF Ravens
EWRFC Navy V Stlrgn./Rthfrm.

30 November 2019

EWRFC Green V Old Belvedere
EWRFC Navy V Railway Union

07 December 2019

EWRFC Green V Stlrgn./Rthfrm.
EWRFC Navy V Tallaght

07 December 2019

Christmas Party at the Mercantile Hotel on Dame Street

IRFU Player and Club Strategy Evening

On Wednesday 09 October 2019 the Emerald Warriors RFC welcomed the IRFU and the club's medical team to the Mercantile Hotel on Dame Street where a player and club strategy meeting was held.



This was a hugely successful event where expectation, objectives, and plans were formulated for the 2019/2020 season.

We would like to sincerely thank speakers and contributors including Colm Moran, Jean Feaheny, Nathan Cardy, Dr Maitiu O Tuathail and Dr Ciaran O'Halloran.



IRFU 'Your Country, Your Club' Annual Draw

Thank you to all of our members who have sold their ticket allocations for this year's IRFU draw. Tickets are €10 each and the impressive prize list can be viewed on <https://www.irishrugby.ie/running-your-club/club-funding/your-club-your-country/>
All sold tickets need to be returned to the

club's secretary by 31 October 2019. Please remember that 100 per cent of the proceeds from this fundraiser go directly to the Emerald Warriors RFC and will be used for important projects in the coming months. Any members of the club who sell over 18 tickets will be entered into a draw for free flights to the upcoming Bingham Cup which will be held in Canada in August 2020 (Terms and Conditions Apply).

POLICY DEVELOPMENT

The committee of the Emerald Warriors RFC recently approved a new complaints policy and procedures for the club which can be viewed on ewrfc.ie/complaints. This document was created with the intention of empowering key stakeholders and providing a clear process for voicing concerns.