

CARRICKFERGUS RUGBY FOOTBALL CLUB

FOUNDED 1865

AFFILIATED TO THE IRISH RUGBY FOOTBALL UNION – ULSTER BRANCH

Grounds:

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Hon. Secretary:

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Dear Player,

LETTER FROM CLUB COACH 2014/15

Firstly I would like to welcome all new and existing players to the club for the 2014/15 season. With some young blood and also some more experienced players returning to full training at the club it promises to be a very competitive year ahead, which is a positive for us all.

The coaching team this year will include me, the now well established Jonny Cullen coaching the backs and Neil Hanna again onboard as forwards coach. Neil and Jonny worked tirelessly last year to develop all players within the club and will continue to do so throughout the coming season. We can look ahead to an exciting and hopefully rewarding season that will see us all have the privilege of being involved in the 150th Anniversary year of Carrickfergus Rugby Football Club.

I would like to take this opportunity to congratulate Jonny Cullen on his appointment as Club captain. Jonny is excited about his role this year and has the experience and calmness under pressure to do a great job for us all. I know he will have the full support of everyone at the club and will certainly lead from the front on the pitch.

Currently all players should be working hard to develop their personal levels of conditioning and should be preparing themselves thoroughly for the pre-season that will commence in the not to distance future. This season will see us continue with our professional structures both on and off the pitch and with the combination of returning players and incoming young players there will be healthy competition for places.

Pre - season training will get up and running at 12pm sharp on Saturday the 19th of July and continue on Tuesday and Thursday evenings at 7pm with Saturday

sessions all starting at 12.00 pm unless otherwise notified.

Training this year will be of a high intensity as well as being demanding and very physical throughout both pre-season and the season itself, just as it has been with a few fitness surprises along the way. Remember we must aim to train at the highest level we possibly can in order to play and perform to the standard we need to consistently win all competitive fixtures. The difference we must make is being able to perform the skills when fatigued and under pressure and training will aim to target this.

Recruitment of new players is currently and continually ongoing to help further strengthen the squad and the club. If you know of any players interested please do not hesitate in sending me their details.

As players and coaches we will I am sure continue to work hard for each other this season and be committed to one another with our attitude to training and how we prepare ourselves for all matches. We have developed and adopted a professional mind set to everything we do at Carrickfergus Rugby Football Club and this is something we should continue with into what will be a very special year for us all to enjoy.

To Mark Kidd and his team of coaches and managers within the youth section I would like to wish them all continued success in the coming season and congratulate everyone on achieving the accolade of being the number one youth section in Ulster for yet another year. Congratulations to the entire youth section on what was a successful year with all players continuing to be develop skill sets fully. Billy McKeown continues to develop the mini section, thanks to him they have a full and varied fixture list and he also organises the smooth running and fund raising of the Primary 7 tour to Scotland each year. Thanks also to Gary Hunter the clubs Community Rugby Officer who has been vital in attracting young players into the youth and mini sections from various schools in the surrounding area.

I would also like to wish the ladies team another successful season in 2014/15 hopefully seeing more players joining the ranks and further strengthening their squad which is continuing to grow and develop steadily and I know Gary is working in the schools to attract young players for the team.

Finally the objectives for this season are as follows.

1. Players to show a continued commitment to training
2. Have a disciplined approach to your rugby on and off the pitch
3. Develop current skill levels through club training and your own personal training programmes
4. Show a consistently high level of performance.
5. Support all the events taking place for the 150th year fully.
6. Lastly get all subs paid on time!

It is a big season ahead marking our 150th year, the perfect time for us all to pull together and have the success that we know this great club deserves. I look forward to seeing you all very soon.

Warren McClean

Club Coach

