

#####Welcome to Cork Constitution F.C. Mini Rugby!

At Cork Constitution F.C., we believe rugby is for everyone, and we're excited to welcome boys and girls of all skill levels and ability to Mini Rugby and be part of a *teamforlife* within your community

Whether your child is new to the sport or has some experience, our Saturday morning training sessions and games at Templehill are the perfect place to learn, grow, be part of a team, and have fun!

Cork Constitution F.C. has a proud tradition of developing rugby players to the highest levels of the game and most of them began playing rugby with our Mini Section. Knowing that it is from little acorns that mighty oaks grow Cork Constitution F.C. offers a *teamforlife* philosophy, whereby, from one's very first engagement with Rugby, players and supporters alike can have this sport and friends with them for life.

What We Offer:

- **Inclusive & Non-Graded Environment:** We prioritize creating a safe, inclusive space where every child and their family are valued. Our focus is on participation and skill development rather than competition, so kids of all abilities can enjoy rugby at their own pace.
- **Core Skill Development:** Our training sessions emphasize the essential rugby fundamentals like catching, passing, evasion and tackling. These skills are taught in an age-appropriate way, ensuring that all players progress and build both self and team confidence on the field.
- **Exemplary Coaching:** Our Mini-Coaches are Garda-vetted and regularly attend Munster Coaching courses and workshops to stay updated on the latest coaching techniques. This ensures that your child receives the best guidance in a fun, supportive environment.
- **Rugby Values:** At Cork Constitution F.C. Mini Rugby, we also highlight the importance of rugby values such as respect, teamwork, sportsmanship, and effort. Through engaging team talks, and exemplary activities such as basic cleaning-up led by our experienced coaches, we help nurture these values in every player and underpin our *teamforlife* philosophy.
- **Let-them-play :** Above all, we believe that rugby should be fun! We understand that kids develop at different rates, so our priority is to make sure every child enjoys their time on the field and as a member of Cork Constitution F.C. while improving their skills and teamwork, with their friends.

No matter their background, skill level or ability, all kids are welcome to get involved, have fun, and grow with us. Join us on Saturday mornings at the heart of your community at Templehill, at the following times to experience the Cork Constitution F.C. Mini Rugby difference!

09.15am – 10.15am	09.30am – 10.30am	10.45am – 12.00pm
Girls U7 – U14	Boys U7	Boys U11
	Boys U8	Boys U12
	Boys U9	
	Boys U10	

We can't wait to see you and all of your family at the Club and enjoying rugby and being a part of a *teamforlife*!

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Brian Fitzgerald & Leon van Gendt