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-RUGBY FOR CHILDREN-

COLLECTING GOOD PRACTICES

Final document

Deliverable of A1: Collection of good practices in using rugby for children

Rugby for Children/Rugby4C project

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RUGBY CLUB DUBROVNIK

I. BACKGROUND

Rugby Football Club Dubrovnik was founded in 2016 by Ante Stojan, former player of Croatian National Rugby Team, with a goal of integrating and popularizing rugby as a sport in the southernmost part of Croatia. The club soon received support and interest of local community, and today holds practice for several age groups: rugby kindergarten (5-8 years), U10, U12, U14, U16 and seniors. With a vision “rugby for everyone, consistent with its values” and mission “always achieve more, develop and promote rugby”, RFC Dubrovnik prides itself of the community where boys and girls train together.

RFC Dubrovnik is the youngest member of the Croatian Rugby Union family. It carries out its activities in accordance with the basic rugby principles: integrity, passion, solidarity, discipline, and respect. The club participates in several regional and national competitions. The most important activities of the club include the organization of a traditional summer rugby camp for children and the organization of a humanitarian match between the Croatian rugby team and the team of the British University of Oxford. Rugby club Dubrovnik cultivates good relations with international clubs, and in its short history has recorded friendly matches with the teams Old Streetonians RFC and RUFC Faversham.





From 2016 to 2020, the club operated under the name RFC Invictus Dubrovnik, while in 2021 it changed its name to RFC Dubrovnik.

The young club currently has around 70 members. New members are constantly being enrolled, so we believe that this number will increase in the future.

II. TARGET GROUPS

RFC Dubrovnik prides itself by introducing rugby to different age and gender groups. Target audience are both girls and boys of different age groups:

- 5- 8 years (rugby kindergarten)
- U- 10
- U- 12
- U- 14
- U- 16
- Seniors

III. PROGRAMS

RFC Dubrovnik aims to develop different programs suitable to all age and gender groups:

- **Rugby school**

Rugby trainings are for all the age groups, from rugby kindergarten to seniors. Regular weekly trainings distributed per age groups, conducted on two city stadiums.



- **Get into rugby**

Program for primary schools. Performance through extracurricular activities, immediately after school classes. The training is free for everyone and takes place on the school playground. It is supported by the Agency for Education and the Croatian Rugby Federation.



- **Rugby camp INVICTUS**

Traditional rugby camp with a three day program. Program is full of different activities from joint trainings, friendly rugby matches, excursion and socializing. Each year, RFC Dubrovnik hosts a different Croatian club during the camp, with the aim to host as many rugby clubs from Croatia and beyond in the coming years, and to promote this sport and its values in this way.

All trainings and matches during the camp are open to the public so this is another way of introducing this sport to the public and an invitation for new members to join the club.



IV. MANAGEMENT OF THE CLUB

The Assembly of the club consists of all adult members who pay the membership fee. The Management Board of the club consists of 7 people: the president, two vice presidents and members.

The club has a club secretary. All activities, except for the coach's salary, are performed on a volunteer basis.

V. SPORT SECTOR

Sport sector is the heart of the RFC Dubrovnik and the club takes good care to have quality training sessions with quality staff employed or volunteers.

Categories U6, U8, U10 train three times a week for 45 minutes. U12-U14 train three times a week for 1h 15 min, with occasional 1-2 workouts plus with the U16 category which also has 3 times in the week training for 1h 30 min, while the U18 category trains 4 times a week for 1h 30 min.



In the preparation period, we do fitness conditional trainings that are less intense and more extensive (volume), mainly based on the improvement of all physical and mental factors that affect the success of rugby. The frequency of trainings is also higher.

In the competition period, trainings are more specific and situational. Most work is dedicated to learning, repetition and improvement of technical elements, adaptation to selected tactical variants, and maintaining good fitness, which we achieved in the earlier stages. During this phase, we have control and official competitions for each category, where the results indicate the current state of sports shape.

During the transitional winter phase, workouts are of reduced frequency, with a predominance of general and fitness training programs, using the gym as well.

During the summer holidays, recreational and supplementary activities are applied to regenerate the athlete's body after the competition season. Also in August we have a summer camp that serves as a preparation for the upcoming season.

For our trainings, we use variety of standard equipment:

- cones
- focus mitts
- tackle bags
- balls
- rubber bands
- gym equipment

The club works according to the methodology of the Croatian Rugby Federation and rugby schools.

Our club works with licensed coaches who are graduate kinesiologists. They are responsible for planning, developing and implementing rugby programs.

Different sport experts make our coaching team. There are two coaches (head and fitness coach) as well as physiotherapist.



Example of training for U6/U8/U10 age groups:

Introductory part of the training – preparation 10-15 minutes

Warm-up

- Freeze tag – similar to popular game, we use this practice to combine having fun and getting necessary warm-up for the training. Two to three balls are freeze balls, which players catch and when they touch (tag) others, they are „frozen“. In order for someone to „defrost“ them, they have to pass through their legs.
- Exercise



Main part of the training - 20-25 minutes

- Passing the ball while standing in one spot – the coach in in the middle of the circle and throws the ball to players. When a player catches the ball, he/she has to throw the ball back to the coach and touch the floor by going into push-up or squat
- Passing the ball in pairs while standing in one spot (one player opposite to another)
- Passing the ball while moving in groups of three players

Final part of the training - 10-15 minutes

- Playing rugby (touch with different tasks, tag rugby, rugby)
- Stretching



VI. PROMOTIONAL SECTOR

Since its founding, the club strives to achieve good communication and visibility in the community through the official website www.ragbiklubdubrovnik.com and through the social networks with Instagram and Facebook accounts. Through these platforms, we try to bring this sport and the values it represents closer to the audience. We also broadcast all current events and happenings organized by the club. During every match, tournament, camp and any other event, we send an announcement and invitation to the local media, and afterwards a press release accompanied by photos. In order to better and more closely monitor the work of the club this year, a media sponsorship has been agreed with Libertas TV.

With the beginning of the new playing season and recruitment of new members, the club printed posters and leaflets that were published on local internet portals, social networks and in agreement with schools distributed in primary schools. Also, on this occasion, members of the board and coach of the club were guests on local television to bring this sport closer to the audience and report on the activities of the club.




POZIVA VAS NA UPIS U ŠKOLU RAGBIJA
Okušajte se u najpopularnijem olimpijskom sportu!

Pogodan za dečke i cure i prilagođen svim uzrastima

Za sve uzraste: ragbi vrtić

Pridružite nam se u uzbudljivoj jesenskoj sezoni: treninzi, utakmice prvenstva, gostovanja, kampovi..	U-08 U-10 U-12 U-14 U-16
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#igraj ragbi #postigni više

MEDIJSKI POKROVITELJ
LTV
LIBERTAS.TV

FAIR PLAY SOLIDARNOST DISCIPLINA HRABROST TIMSKI RAD

GRAFIČKA PRIPREMA I TISAK BY AB GRAFIKA

VII. FINANCIAL SECTOR

Rugby club Dubrovnik is mostly financed by donations and sponsorships, partly by membership fees and to a lesser extent by local community funds. Given that the club has met all the formal requirements, our goal during the next year is to apply for tenders of local authorities and sports departments and thus improve the financial structure and opportunities for development. The club's management has already taken the first steps through meetings with local community representatives.



VIII. CONCLUSION & KEY TAKE AWAYS

Since its founding, the club has been striving to develop the best possible visibility in the community and to promote the values of rugby on and off the field. Joint gatherings are often organized after matches with a public invitation for all interested. The club is also active in organizing humanitarian actions.

Through good communication with the media, we strive to bring closer and popularize this sport in the City of Dubrovnik. Our goal is to continue to implement all of the above, develop new programs and actively involve as many people as possible in the work of the club as well as new members.





RUGBY CLUB ZAGREB

I. BACKGROUND

Zagreb rugby club was founded on February 16th, 1964.

Mission of the Club is achieving the best possible sporting results in the amateur sport framework to the satisfaction of fans, sponsors, friends of the Club and all its members.

Vision of the Club is to become the best amateur club in Croatia and the region.

Zagreb rugby club's long-term goals:

- Creating players/people who will live the Club's values.
- To celebrate the Club's 60th birthday as national champions on the senior level.

The most significant results on the senior level are as follows:

National champions: 1974/1975, 1975/1976, 1976/1977, 1978/1980, 1980/1981, 1993/1994, 2000/2001.

Interleague champions (regional level): 2005/2006.

National cup winners: 1974, 1980, 1981, 1995, 1996, 2002, 2003.

The most significant results in youth categories (primarily U14, U16, U18):

National champions and cup winners for last 5 years.

It's important to emphasize that results are not the primary goal in youth categories. Instead, it is the development of young players in harmony with the sport's and Club's core values.

Core values of rugby (<https://www.world.rugby/>) are as follows:

- INTEGRITY (Integrity is central to the fabric of the game and is generated through honesty and fair play).
- PASSION (Rugby people have a passionate enthusiasm for the game. Rugby generates excitement, emotional attachment and a sense of belonging to the global rugby family.).



- **SOLIDARITY** (Rugby provides a unifying spirit that leads to life-long friendships, camaraderie, teamwork and loyalty which transcends cultural, geographic, political and religious differences.)
- **DISCIPLINE** (Discipline is an integral part of the game both on and off the field and is reflected through adherence to the laws, the regulations and rugby's core values.)
- **RESPECT** (Respect for team-mates, opponents, match officials and those involved in the game is paramount.)

These core values are values of rugby as a sports product and of rugby as a sport. Along with those values, Zagreb rugby club identified the Club's core values, to be applied at all club levels, and they are TRUST, DEDICATION, LOVE and RESPECT. These values are the Club's pathway to position itself as a "small sport for forging great people".

II. TARGET GROUPS

Key target groups:

- Children from 1st to 4th grade of elementary school (male and female)
- Children from 5th to 8th grade of elementary school (male and female)
- U16
- U18
- Seniors (male and female)
- Veterans
- Students (male and female)

III. PROGRAMS

Programs being implemented:

- **Animating in schools**

The Club's approach is to try and attract children before other sports do it, meaning as early as the 1st grade of elementary school, as the feedback from the field shows children primarily targeted by other sports are in the 5th and 6th grade. Animating is accompanied by leaflet distribution and activities on social networks.



- **“Get into rugby” program** (supported by the Croatian rugby union)

<https://getintorugby.worldrugby.org/>

Arrangements are made with schools that show interest to provide tag rugby as an extracurricular activity after school, for free.

<https://www.youtube.com/watch?v=0Vex3F0nXiQ>

Tag rugby is a non-contact version of rugby where a player is stopped by stripping a ribbon he/she is wearing around the waist. It's a charge-free activity, with no additional costs or hassle for parents. The program is performed right after class, on the school's playgrounds. The program is financed by the Croatian rugby union.

<https://www.rugby.hr/>

<https://hr-hr.facebook.com/cro.rugby>

<https://www.instagram.com/cro.rugby/?hl=hr>

- **“Ragbionica”**

A program developed by the Club, intended for children under the age of 10. It provides children once a week (Saturdays at 11 am, at the Club's facilities) the opportunity to play with a rugby ball, for free. The program targets children of the Club's members and friends, as well as school children that play rugby in school. Children play Touch rugby, also a non-contact version of the sport. https://www.youtube.com/watch?v=1P_GxGyq4eE. After every Ragbionica, the children are provided a meal and an inflatable playground, thus introducing children

to the “third half” concept, used for informal promotion of our core values. This approach ensures children after training spend quality time, having fun and socializing (photo below). The Club's facilities have wi-fi, darts, TV, so the third half does not depend on the weather.





- **(Senior) player exchange program**

Intended to develop both players and individuals, cooperation was established with two clubs – Naas (Republic of Ireland) and Clifton (New Zealand). Players are traded for a period of one (Ireland) or three months (New Zealand). Travel costs are paid by the club a player is coming from, while accommodation and employment is provided by the club that is hosting a player.

- **Circle of excellence**

This is a service provided by a member of the Club's Board, who owns a company specialized in business educations, and is used for personal development of the Club's players.

- **“Team outside the pitch”**

An important supporting role is played by the Club's ex-players (veterans). Many of them join this program give something back (financially or through other means) to the Club that gave them so much. They are active on home game days, helping before, during and after matches. Every May they organize an international veteran's rugby tournament – Željko Jajčević memorial. During the year, the veterans socialize on Wednesdays and Fridays.

- **Ladies team (Zagreb women rugby club)**

The Club has its Ladies team, formed as a separate entity, with its own badge (a lioness). Ladies are competing in national and regional rugby 7's tournaments and are focused on building strong foundations for next generations of female players already developing through the Club's youth system.



- **EFZG touch rugby program**

This program is conducted once a week, on the University of Zagreb's Faculty of Economics and Business, since 2015. The goal of this program is building a volunteer base and, long-term, network of partners and sponsors once they build their professional careers.



EFZG Ragbi



IV. MANAGEMENT OF THE CLUB

The Club's General Assembly is constituted by all Club members that pay the membership fee.

The General Assembly elects the Management Board, which consists of five members. All Board members are volunteers.

The Club has two employees – two professional coaches. One is paid by the City of Zagreb Rugby Union, while the other one is paid by membership fees and donations.

All other activities are provided on a volunteer basis, mostly by the “team outside the pitch”. Those activities include taking care of the pitch and the Club's facilities, social activities, running the Club's bar, preparing meals on match days, social networks activities and many others.

V. SPORT SECTOR

The Club has two employees – two professional coaches. They are certified kinesiologists, responsible for planning, developing, and implementing of the rugby program.

All categories train three times a week.

Players have at their disposal an improvised gym and a street workout park, with plans on upgrading both in the near future.



VI. PROMOTIONAL SECTOR

Zagreb rugby club conducts promotional activities through the following platforms:

- **Web:** <https://www.zagreb-rugby.hr/>
- **Facebook:** <https://www.facebook.com/rugbyzagreb/>
- **Instagram:** <https://www.instagram.com/rugbyzagreb/>
- **YouTube channel:**
<https://www.youtube.com/channel/UC6h8b6ho1GtjtmN7iTAL7hA>

The Club recognizes the importance of its current and former members. That is why three important annual activities have been designed through time:

- **Christmas dinner**, with awards for players and tokens of appreciation for volunteers and sponsors.
- **Old vs Young football game**, played between veterans and seniors on the first Saturday in January, with plenty of good-humoured banter.
- **The Club Tour**, once a year a Club tour is organized, as a reward for players, to play and watch rugby in a different environment, to bond with teammates and create new friendships and experiences.

The Club supports non-profit organizations and charities, such as:

- Organizations promoting women's health, in gratitude to our mothers and partners (pink socks to promote breast cancer awareness).
- Activities related to the City of Zagreb (the Club's initiative "A hug for the city with the heart of a lion").
- Cooperation with association Poza (work and fun), volunteering in Ščitarjevo for association Martinov plašt (setting up a fence).



VII. FINANCIAL SECTOR

The Club's annual budget is roughly 350.000,00 HRK. Those funds cover expenses of all categories (one coach, utilities, travelling, jerseys, training equipment...).

80% of the funds are provided by the Club, through donations, sponsorships, membership fees and similar means, provided by present and former players and Club members. The rest is provided by the City of Zagreb Rugby Union.

A Club's Loyalty program is being developed, providing Club members various benefits through cooperation with the Club's sponsors and partners, such as Rost Šport, sports apparel store.

VIII. CONCLUSION & KEY TAKE AWAYS

All above mentioned activities look great on paper, but its implementation asks for great effort from volunteers and rugby officials. "Team outside the pitch" is the cornerstone of all other programs described above.

For a more significant step forward in growing rugby in countries such as Croatia there needs to be more significant media coverage, primarily on national TV. Without a constant presence and visibility of rugby's main events (World Cup, Super Rugby, Six Nations Cup, World 7's Series, Olympics – Rugby 7's) on national TV, significant growth of rugby cannot be expected.





DSR SUPERKID

I. BACKGROUND

Sports school SUPERKID™ was established in 2016 and it is a place where the youngest take their first sports steps and through a large selection of games learn the basics of different sports. Upon completion of sports school, children learn which sport they are most interested in, and parents receive a coach's expert opinion on which sport the child has the best chance of success.

We are guided by the idea that children from an early age need a quality stimulus to love sports and encourage cognitive growth and development through motor development. The goal of our programs is not to create top athletes, but to introduce children to the world of sports and to get acquainted with many different movement structures.

SUPERKID™ has a clear goal - to enable every child the happiest entry into the world of sports.

SUPERKID™ wants to provide every child with the most important things when entering the world of sports - safety, trust, good fun and many happy moments when playing sports, and this is the most important thing for a child to continue his/her lifelong sports career.



II. TARGET GROUPS

Target groups depend on a program, but they include:

- Children 3-7 years old – for universal sports school
- Children 4-14 years old – for different programs based on certain sport
- Boys and girls
- Children with disabilities

There are about 2000 participants taking part on a yearly basis.

III. PROGRAMS

Besides universal sports school, we offer different programs targeted to a special sport:

- **ICE SKATING SCHOOL**



Target group: Children 4-12 years old

Number of participants: Approx. 1.000 children per year

More information about the program:

<https://www.superkid.hr/programi/skola-klizanja/>

SUPERKID™ ice skating school is held at three locations in City of Zagreb, and one of them is Ice Park in the city center, which is a symbol of Zagreb's Advent. For several years in a row, Zagreb Advent has been declared the most beautiful in Europe. Goal of the program is to train children for independent ice skating. It is conducted over five working days or over the weekends. The program is verified by the Ministry of Science and Education and is led by experienced kinesiology trainers in working with children.

On the last day of school, a demonstration class is held for parents and diplomas are awarded to the children. The program runs through December and January.



- **Good practices in ice skating school program**
- **Good cooperation with city kindergartens**

SUPERKID™ conducts ice skating school during children's stay at kindergarten. We organize transportation with the bus from the kindergarten to the ice skating location and back. The schedule of one day in ice skating school is as follows:

8:00 Arrival in kindergarten

8:15 Breakfast

9:00 Bus picks up kids in front of kindergarten

9:20 Arrival on ice skating rink

9:30 Putting on ice skates

9:45 Start of ice skating lesson

10:30 Putting off ice skates and getting on the bus

11:00 Arrival in kindergarten

11:30 Lunch

With this kind of organization, we ensure a much bigger response to our programs (more children), making it easier for parents because children learn very fun, useful and healthy activities during their stay in kindergarten.

- **HEPA2RKids Erasmus+ Sport project**

During 2019 and 2020 SUPERKID™ conducted Erasmus+ SSCP with four partners, from Greece, Italy, Portugal and Turkey. Through this project over 200 immigrant children had the opportunity to be involved in different sport programs, like ice skating. For most of the children, that was their first time on ice and they were delighted. Goal of the project was social inclusion of children of immigrants through health-enhancing physical activity (HEPA). In that way SUPERKID™ achieved several goals - promoting HEPA, social inclusion of immigrant children and establishing





partnerships with national HEPA focal points.

- **SKI SCHOOL**



Target group: Children 4-14 years old

Number of participants: Approx. 300 children per year

More information about the program:

<https://www.superkid.hr/programi/skola-skijanja-sljeme/>

Ski school SUPERKID™ is a five-day sports-educational program that is conducted at the ski resort Sljeme, for preschoolers during the week (Mon-Fri), and for school children through three weekends (Sat-Sun). The program is led by kinesiology coaches - licensed ski teachers. In addition to the ski school, educational programs and workshops are conducted in cooperation with partners, so during the break children can enjoy outdoor sports activities in the company of peers, when they have fun and play. Groups are formed according to the knowledge of skiing (beginners or advanced).

- **Good practices in ski school program**

- **Developing educational component of ski school program**

To take advantage of children's stay in ski school programs all day, SUPERKID™ started including workshops with the partner organizations. During the break of ski school, children have short education, depending on the theme intended for that day, which is prepared from the partner organizations. At the end of the workshop, children receive small gifts from our partners and brochures about lessons from that day. Some examples of themes and partners from last year:

WORKSHOP THEME	PARTNER ORGANIZATION
Etiquette of behavior in sports	<i>Central state sport office Croatian olympic committee</i>
Medvednica Nature Park and rules of behavior in nature	<i>Medvednica Nature Park</i>
Importance of healthy-enhanced physical activity	<i>City Institute of Public Health Faculty of kinesiology</i>
Importance of vitamins and healthy nutrition	<i>Dietpharm</i>



In early childhood, the demonstration method is one of most effective one, and with this kind of education SUPERKID™ ski school has one more component beside only sport. Parents are very pleased because their children get useful knowledge, and kids are very interested in workshops. Organization of education workshops helped DSR SUPERKID to connect with some of the leading sport and health institutions in Croatia.



- **Departures and arrivals from several locations in city**

As we live at a brisk pace in the cities, we suffer from lack of time. Every minute is important, and that is the reason why many parents don't have enough time to drive children for two hours in the morning and for two hours in the afternoon to bring them to the ski school on the mountain. To facilitate parents' organization of ski school for their child, we organize departures from 6-8 different locations all around the city.

In that way parents don't have to drive their children to the mountain for ski school, but can easily drive children to the closest location, go to work and return to the same location to pick up children after ski school.

Though the process of this kind of transportation organization is more complicated, it helps us to engage more children in ski school, and parents like it.

- **ROLLER SKATING**



Target group: Children 4-10 years old

Number of participants: Approx. 300 children per year

More information about the program:
<https://www.superkid.hr/programi/skola-rolanja/>



SUPERKID™ roller skating school is held for 5 days (Monday to Friday), 60 minutes each. The program is led by experienced kinesiology trainers in working with children, and the goal of the program is to train participants for independent roller skating. Roller skating for children is an attractive and challenging activity through which coordination and balance are developed and motor development is encouraged. On the last day of school, there is a demonstration class for parents and the awarding of diplomas to participants.

- **Good practices in roller skating school program**
- **Equipment included**

When parents sign children for roller skating classes, there is a big possibility that children won't like roller skating or the activity could be too heavy for their age. Problem is that all necessary equipment isn't so cheap (helmet, roller skates, knee, wrist and elbow pads) and often parents won't sign their children in roller skating school because roller skating equipment is more expensive than roller skating school itself. That is one of the main reasons why we offer roller skating school equipment in the price of roller skating school. It helped us to increase popularity of roller skating and parents have much easier decisions to make when they have to decide to sign children in roller skating school or not. After finishing the school, if children show interest in roller skating, then parents can invest in all necessary equipment for them.

- **Locations of roller skating school in front of shopping malls**

One of the ways to engage children in roller skating school is conducting a program in front of shopping malls. Parents will easily sign up children for roller skating because when they drive children to class, they can have some things done in the shopping center - shopping, post office, bank, coffee or something else. Shopping centers also gladly agree for that option because that is one of the ways they increase the number of visitors/customers.



IV. MANAGEMENT OF THE CLUB

SUPERKID™ is legally formed as a non-profit association. It has its Statute, according to which it has:

- Assembly

Assembly is the main body in managing the association. Assembly is made of all regular members of the association.

- Board of Directors

Board of Directors is the executive body of the association. It comprises of:

- President
- Vice-president
- Member of the Board chosen by the Assembly

The association also has a secretary chosen by the Board of Directors.

V. SPORT SECTOR

The trainings are focused on the development of all motor skills with an emphasis on coordination, and the goal of the training is not to create a top athlete but the socialization of children and motor development so that our young participants acquire all the prerequisites for many years of sports.

Our coaches are kinesiologists specialized in working with children.

In addition to our program being verified by the Ministry of Science and Education and Faculty of Kinesiology University in Zagreb, the work program is predetermined and standardized for the entire year so that parents can monitor their child's progress through the work plan and program.

In addition to mastering all the contents through play and fun, the safety of children and the quality of training are in the first place. For these reasons, our trainings are done in small groups in order to individualize the program as much as possible for each child.



VI. PROMOTIONAL SECTOR

For promotional purposes we use:

- Website : <https://www.superkid.hr/>
- Facebook: <https://www.facebook.com/superkid.hr>
- Instagram : @superkid.hr

We also promote through local and national media.

VII. FINANCIAL SECTOR

SUPERKID™ is financed through membership fees, donations, sponsorships, financial support from the state and local government, as well as EU funds and other foreign sources.

The membership fee for each program is displayed next to each program and includes everything listed with a description of each program posted on the website of the Society. If more children come from the same family, the second child gets a 10% discount, and the third 30% discount on the regular membership fee.

SUPERKID™ actively implements European projects focused on health-oriented physical activity (ZUTA), with the aim of exchanging experiences and developing and improving sports programs. As part of these projects, SUPERKID™ cooperates with a dozen institutions across Europe.

During 2018, the first Erasmus + project HEPAKid was implemented, during 2019 and 2020 the HEPA2RKids project is implemented, and during 2020 and 2021 the HEPAKid2 project. In 2021 and 2022 we are project partners in implementing Rugby for Children project.



VIII. CONCLUSION & KEY TAKE AWAYS

- **Child itself chooses a sport that suits him**

Through the program of the sports school, children under the guidance of educated coaches go through the basics of the most important sports for motor development: athletics, gymnastics, martial arts, basketball, football, handball, volleyball, tennis, etc. During that period, children already develop a tendency toward specific sports. In that way, we are preventing wrong sport choice for children, insecure withdrawal from sport because of lack of motivation and supporting them in their sport specialization for life long sport activity.

- **Parents do not have to drive the child to several different sports and locations to find what the child likes**

We base the program on a principle where children learn a different sport each training, which in practice has proven to be the most effective method. In that way, parents save their time, money and frustration which comes from child's indecision of sports activity which is most suitable for them.

- **Engaging children with disabilities in sports program**

Program isn't directed to create top athletes, so there are no high level competitions, which opens the possibility for social inclusion of children with different disabilities, who often don't have opportunity to involve in sport activities with children of their age.





RC DRAGON BRNO

I. BACKGROUND

Brno can be considered as the cradle of rugby, as it played here the historic first match in the Czech Republic. The development of rugby in Brno was halted by World War II.

Our club was established in year 1946 under name Sokol Brno I and went through a series of name changes: Sokol Brno I (1946-50), Sokol Zbrojovka Brno (1951-52), Spartak Zbrojovka Brno (1953), Spartak ZJŠ Brno (1954-68), TJ Zbrojovka Brno (1969-90) and RC Dragon Brno (1991- until now).

Actually, we are one of the biggest and oldest club in the Czech Republic. We have more than 300 members. Youth categories are divided by age to U6, U8, U10, U12, U14, U16 and U19.

All categories are opened. The youngest categories (U6-U12) play regional Moravian tournaments each Saturday during spring and autumn season. The categorie U14, U16 and U19 plays competitions finished by Czech Republic Championship.

Last year was created a new team of girls (U17) who participated of tournaments in rugby sevens.

We have also a women team who play sevens and rugby XV.

For senior team we have 2 teams, team A plays the highest competition (extra league) and team B that plays the development competition (Cup of hopes).

In years 1950, 1965 and 2000 we were the Champion of Czech Republic. Last year we got to TOP6 (the best 6 clubs in Czech Republic).



II. TARGET GROUPS

We are focused on all youth age groups, boys and girls. Regularly we are doing recruitment days for all categories – youth, girls, men and women.



III. PROGRAMS

Our programs are based on:

- Recruitment days – held twice a year, to recruit new players
- Regular trainings for all categories – U8, U 10, U12, U14, U16, U19, seniors
- Playing different competitions – all categories
- Playing Extra league – senior team
- Summer rugby camp



IV. MANAGEMENT OF THE CLUB

The head of the club is our president. We have a secretary and sport director.

Under our club we have 2 groups: Executive committee (9 members) and Revision commission (3 members).

We are one of the biggest and oldest club in the Czech Republic. We have more than 300 members.

Our strategic goals include having all categories open (recruitment days) and educating coaches regularly. We receive funding from our sponsors, membership fees and grants. For each new season we check the facilities and if we need something new, we update our inventory (balls, tackle pads, etc.).

By orders of our Czech Union, each coach must each 2 years activate his license by his/her participation on a course. All coaches are regularly educated.

We have a special person from Executive committee who takes care only of the grants.

V. SPORT SECTOR

Our youngest players (U6, U8 and U10) train 2 times in a week. Other categories have 3 trainings per week.

Currently we are expecting approval for the new program to obtain a Sport Centre of Youth certificate. It will be targeted to only talented players (U14 – U23) who will have another 3 trainings per week.

During the season (spring and autumn) each category trains by the schedule and plays a tournament each weekend (U6 – U12, girls U15 and U17) or match (U14 – U19, senior team, women team). We focus on the rugby training and physical training. During winter season we use a gym and focus on the physical training and running. During summer holidays (July and August) we have summer camps (1 week), at the end of August as the preparation before a new season.

We use all sports equipment for rugby (tackle pads, tunnels, circles), and gym/fitness equipment. Our training methodology is by Czech rugby union standards and Rugby ready recommendations and schoolings. All our coaches have training license, most have license B, the rest license C. Our coaching team comprises of rugby coaches, coach for physical condition and physiotherapist.



VI. PROMOTIONAL SECTOR

There are few daily newspapers in Brno, so if we prepare any specific event, we always write the invitation to the media. Before the start of extraligue, we always send the schedule of matches. Sometimes media attends our events, they do a few photos and a short interview with the main coach or a captain.

We are reaching for new players with a recruitment day that we organize twice in a year. This is always with big media support (social sites, leaflets, web sites). In addition, we attend all similar sport events in Brno – their recruitment events and sport fairs.

Our club has a web site, and social media channels where we regularly publish news and events.



VII. FINANCIAL SECTOR

Our club is funded from the membership fees, sponsors, and grants (City Brno, South-Moravia Region, Sports nations agency). Every city has different rules, and each club must ask their respective city government or regional institutions for support.

We have no grants from EU programs.



VIII. CONCLUSION & KEY TAKE AWAYS

The most important for us is to have enough youth, as they are the future of the club. Of course, we take good care of our senior team as a flag-ship category and maintain our position in the Extraligue.

It is crucial for us to have enough educated coaches. We try to be very active and participate in projects under our Czech Union, as well as to be part of national teams for U16 and U18 categories.

We maintain good relationships with our sponsors and with other clubs, in order to collaborate successfully.





RC LJUBLJANA

I. BACKGROUND

Rugby club Ljubljana is one of the most successful rugby clubs in the region. Since Slovenia's independence in 1991 we have won majority of national championships, 2x Interleague (clubs from Croatia, Bosnia and Slovenia) and Middle-European championship (clubs from Austria, Hungary, Czech Republic, Croatia, Serbia, Bosnia and Slovenia).

Nowadays the club is among top 5 clubs in [Regional rugby championship league](#). Every year we host lots of foreign clubs on tour that are more than welcome to visit us.

It all started in 1962 when the first rugby game was held in Ljubljana. Little later a group of students, who liked rugby very much, established Ljubljana Rugby club, which soon became part of 'Železničarski atletski klub' Ljubljana (ŽAK - athletic club). For the next couple of years the club participated in 1st Yugoslav rugby division and was ranked between 3rd and 6th place. In 1978 the name of the club had been changed to Ljubljana Koloys and later to RFC Koloys, due to the sponsorship deal with Koloys. The youth team was more successful. They won Yugoslavian cup, and became national champions in 1974 and 1981. The biggest success of senior team happened in year 1986 when Ljubljana beat Nada from Split 4:3 in the final of Yugoslavian 'Maršal Tito' cup! After that success Ljubljana Koloys became one of the best clubs in competition, and was ranked between 2nd and 4th place.

In 1991 Slovenia gained independence and Slovenian rugby went through some difficult times. The club had to look for new competitions and after uniting with RK Bežigrad in 1992 under the name RFC Green Dragons the team joined Adria league where they competed with Austrian clubs. RFC Green Dragons won the Adria League in seasons 92/93 and 93/94. In 1995 the club reformed and renamed to RK Ljubljana and later to RK DHLLjubljana due to a sponsorship deal. RK Ljubljana and RK Bežigrad joined Croatian teams in Adria League which RK Ljubljana has won 4 times.

Now days the club is among top 5 clubs in Regional rugby championship league.



II. TARGET GROUPS

Our key target groups are:

- Children (4-8 years)
- U10
- U12
- U14
- U16
- U18
- Seniors (male)
- Veterans

III. PROGRAMS

Our programs are based on:

- Everyday trainings for all our categories
- National championships for all categories + friendly games
- Rugby in schools – Ljubljana
- Program get into the Rugby





- **Rugby in schools – Ljubljana**

This is the best way to get new members – children in to our club. We do presentations for all ages – from 1st grade to 9th grade, both girls and boys. Schools are happy with our cooperation so they organize „SCHOOL SPORTS DAYS“ – at our rugby pitch. There we have more space to present them with real rugby. It is a 1 day event for entire school.

- **Program Get into rugby** (supported by the Slovenian rugby union)
<https://getintorugby.worldrugby.org/>

We start our GIR activities in September as the results show that at the start of school year, more kids later become registered players. We provide support for the professors at schools – rugby balls, equipment, education etc.. We meet up with them at least 4 times a year. For them it is all free and for the kids.

- **1.Maj – meeting with coordinators**
- **1.June – Coordinators get arrangements with schools**
- **10. September – first presentations start**
- **20. October – festival and Tournament**
- **20 november – last presentations**
<https://getintorugby.worldrugby.org/>





IV. MANAGEMENT OF THE CLUB

The head of the club is our president. We have a secretary and sport director.

Executive committee:

President – mandate for 5 years

Vice president - mandate for 5 years

President of the Supervisor Board - mandate for 5 years

Club secretary

Sport director.

Coach team:

1st XV Coach

Junior Coach U18

Junior Coaches U10-U16

The General Assembly of the club consists of all adult members who pay the membership fee.

All the members and club officials are volunteers and they don't get paid for their work. Only the coaches get some small fee for each training session. The club has a big base of parents that help out with the club activities.

V. SPORT SECTOR

In our club we have trainings sessions for young categories twice a week. That is categories U6-8, categories U10 and categories U12. In those categories we have special emphasis on the motor skills and coordination. There is a lot of exercises based on gymnastics. We do a lot of fun games with the ball, so there is always a lot of fun on our trainings for young categories.

Categories U12 to U18 have trainings sessions three times a week. With these categories we start more serious approach to rugby trainings. We start to use rugby sports equipment for these age categories such as tackle pads, big tackle bags, circles, tunnels etc. We begin to introduce contact in to the exercises. Not so intense with U12,



but with U18 it is already full contact as they have to get ready for transition to the seniors team.

Our season is from beginning of April till end of June (spring season) and beginning of September till end of November (autumn season). In our club we have a small gym – fitness which members older than 16 years can use with the supervision of the trainer or someone from the senior team. That is how we insure that they do exercises correctly. In summer time we have a time off, but still it is recommended that each member of the club does some form of exercise – cycling, running, hiking, swimming etc.

Our coaches have to make rugby training licenses that our union organizes with FIRA and IRB. That is way how we insure that our coaching team stays in touch with new guidelines for modern and safe rugby, especially for kids.

VI. PROMOTIONAL SECTOR

Rugby club Ljubljana uses all the social media platforms to promote the club, activities, send info to the general public and the members:

- **Web:** <https://rugbyljubljana.si/>
- **Facebook:** <https://www.facebook.com/RugbyKlubLjubljana>
- **Twitter:** <https://twitter.com/RugbyLjubljana>
- **Instagram:** <https://www.instagram.com/rugbyljubljana/>
- **YouTube channel:** <https://www.youtube.com/user/RugbyLjubljanaTV>

We use local newspaper for additional promotion, for invitation to our games and tournaments, events, training camps for kids, presentations etc. We send them some articles with photos, so they can put it in the newspaper. It is a good source of information for local people.

We know that promotion and quick info nowadays is very important so we put a lot of effort in it.

In addition we organize twice a year big club event, where we invite all of our members – summer end of the season picnic and a New year party.



VII. FINANCIAL SECTOR

Most of our funds we receive from our sponsors who are our club members. We get some money from the city of Ljubljana and local community. Some of our funds we receive from state and Rugby Union. We get some money in from membership fees and other club activities.

Most of the collected funds goes for paying the coaches, travelling expenses for games, rugby training equipment, playing jerseys etc..

We do not get any grants from EU programs for now.

VIII. CONCLUSION & KEY TAKE AWAYS

We realized in Covid 19 times that we have to work hard for every kid who plays rugby, that he stays in the sport and does not quit because of the difficult times that we encounter. It takes extra motivation and strength from all involved to make sure that we still have enough young players who are essential for the club future.

It goes the same for senior players, coaches, club members, sponsors and all involved in the club. We all have to work hard so the club can stay at the same level or that it gets better in every aspect of the organization.

In the future, we would like to get more support from our Rugby Union our State and the City as well from EU projects.

DONT STOP GIR IN SLOVENIA!

I always say: „You will never be able to give back to rugby as much as rugby can give to you“





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Thank you for your attention!

Rugby club Dubrovnik

Rugby club Zagreb

DSR Superkid

Rugby club Dragon Brno

Rugby club Ljubljana