



Stirling County Rugby Football Club



Kilgannon Motors
Youth & Mini
Academy Prospectus
2021-22

Stirling County Youth & Mini Rugby 'An Academy of Rugby'



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County Values...

RESPECT

HONESTY

PROUD

INCLUSIVE

COMMITTED

ENJOYMENT



John Gibson: President, Stirling County Rugby Football Club

"For those of you who are new to Stirling County, a warm welcome to you.

I am personally delighted to see our 2021/2022 Academy Prospectus ready for the new season. Hopefully, we will get all fixtures played and all our young players will be able to enjoy their training and rugby over a full season. The prospectus is full of useful information and provides you with the essential contacts in the club. However, if you have any ideas or suggestions to improve on the prospectus, please contact Stewart Milne, our Academy Manager.

Rugby is about fun, learning skills, making friends, and being the best player you can be. Our Academy has a great reputation for developing players for our senior teams, and our pathway is open to all. But please also that not even one in a hundred players will become internationalists so I hope all our young players make the best of their time in the academy and enjoy it!"

“Passing Something Back”

Kilgannon Motors: Proud Sponsors of Stirling County Rugby Academy





“Passing Something Back”

Kilgannon Motors Ltd have sponsored the Stirling County Rugby Academy for the last four seasons and now move into their fourth year of sponsorship. Jamie Kilgannon, principal of the business, has been an enthusiastic and encouraging figure with his personal support, allowing the Rugby Academy to both grow and develop, over the last four seasons.

Jamie Kilgannon, Managing Director of Kilgannon Motors is delighted to support the Rugby Academy at Stirling County RFC, and said: “The Club’s ethos, facilities and long-term investment in young people’s overall development is very impressive, encouraging active and healthy life-styles while improving rugby playing skills. We at Kilgannon Motors are proud to support these objectives of the Rugby Academy at Bridgehaugh.” Jamie added “Many of the Club’s young players have gone on to play in the topflight of club rugby and have risen to even higher levels in the sport, playing for professional clubs and representing Scotland at international level. We hope we can help County’s Rugby Academy provide many more rugby stars of the future.

The innovative “**Passing Something Back** “ scheme is available to all club members who buy a car or book a service with Kilgannon. This means that not only do you get excellent service, the club benefits with a cash back scheme. With the move to new and larger premises in Bannockburn, this offer by Kilgannon Motors to members helps to develop the academy and fund over 250 youth players and 200 mini rugby players. So, why not **contact Kilgannon on 01786 813476 / <https://stirlinggarage.co.uk>** to find out what they can do to

Stirling County RFCs Teams & Rugby



- From our Super6 squad to our Men's and Women's Sides, through to our Boys and Girls Youth squads and our Minis and Micros we are proud to be one of the largest clubs in Scotland and take pride in the efforts of all involved to create the community club that is Stirling County RFC.
- We have in excess of 20 teams playing on a regular basis:
 - County Super6
 - Men's Wolves 1sts & 2nds
 - Women's Premiership
 - Boys Youth: U13, U14, U15, U16 & U18
 - Girls Youth: U12, U14, U16 & U18
 - Mini Rugby: P4 – P7
 - Micros Rugby: P1 – P3
- We aim to play a brand of rugby that excites and entertains and that achieves success for every member of Stirling County RFC be they player, coach, official, club member or sponsor. We want every single member to enjoy their rugby experience be they playing, volunteering or supporting.



Stirling County's Rugby Pathways



Aim

- To provide a rugby pathway from Minis to Seniors where players can strive to play at the highest level most suited to their ambition and abilities. To provide an environment that nurtures the person as much as the player and allows every individual to thrive.

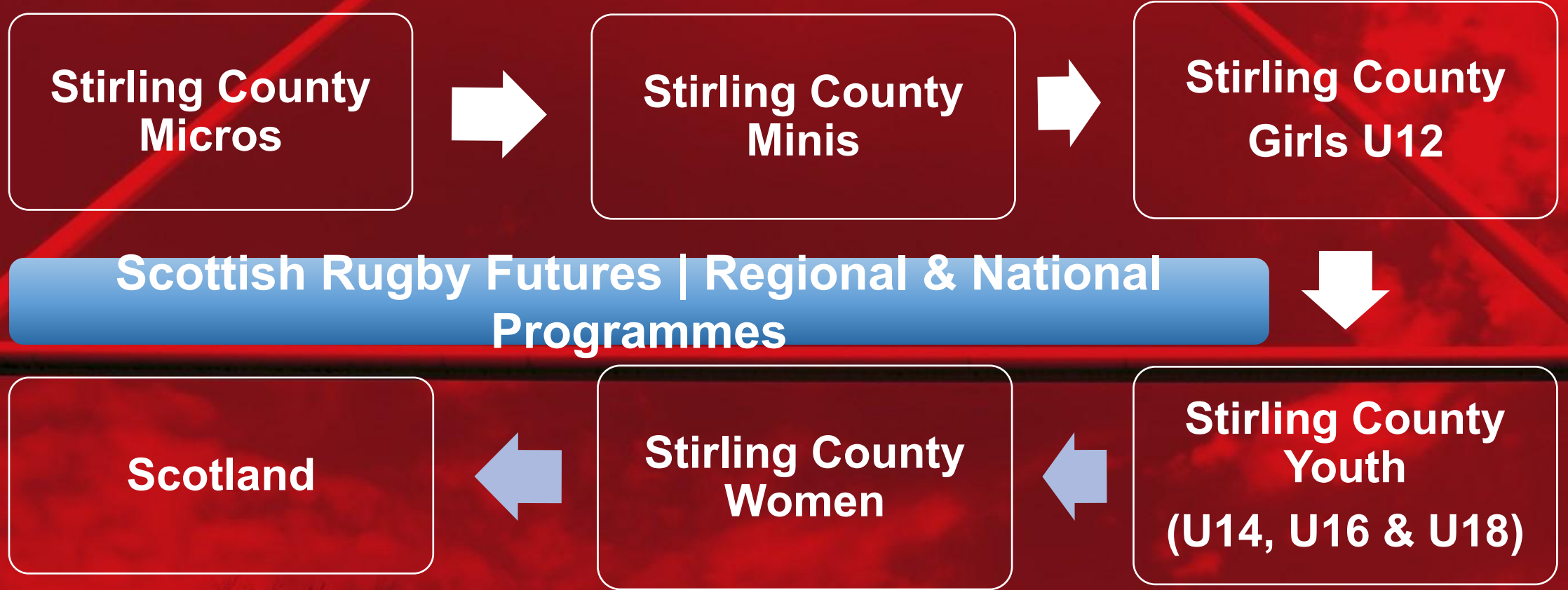
Objectives

- Develop 3 quality programs in Super 6, Wolves and Accies where our players can progress and develop their potential in a quality learning environment through:
 - Excellent Coaching
 - Excellent medical and logistical support
 - Excellent playing, training and social facilities
 - Players feeling valued whichever team they represent
 - Players giving back to the community

County's Pathways – Male Rugby



County's Pathways – Female Rugby



The Academy Coaching and Management Team



- Director of Rugby and Vice President: Eddie Pollock
 - Contact Details: (e) VPrugby@stirlingcounty-rfc.co.uk | (m) 07857 603880
- Academy Manager: Stewart Milne
 - Contact Details: (e) stewart@stirlingcounty-rfc.co.uk | (m) 07940 559883
- Strength & Conditioning (S&C) Coach: Filippo Bertolini
 - Contact Details: (e) brtcounty87@gmail.com | (m) 07934 3111222
- Child Protection Officer: Kirsty Crockett
 - Contact Details: (e) scrfc.cpo@gmail.com

Stirling County RFC Mini & Micro Teams



Training | Saturday | 9:30-11am

- P7: scrfc2009-10@outlook.com | Head Coach: Paul Trevis-Smith | Team Manager: Robert Stevenson
- P6: scrfc20010-2011@outlook.com | Head Coach: Gavin Dewar | Team Manager: David Quarrel
- P5: scrfc2011-2012@outlook.com | Head Coach & Team Manager: Forbes McKay
- P4: scrfc2012-2013@outlook.com | Head Coach: Graeme Mair
- Micros (P1, P2 & P3): scrfc-micros@outlook.com | Team Manager: Paul Norris

Minis Convener | Email: stirling-county-minis-convener@outlook.com



Stirling County RFC Youth – Girls Teams



Training | Wednesday: 6:30-8pm

- U18 Girls: scrfcU18-F@outlook.com | Head Coach: Mark Ainsworth
- U16 Girls: scrfcU16-F@outlook.com | Head Coach: Joey Crozier | Team Manager: Lynn Pike
- U14 Girls: scrfcU14-F@outlook.com | Head Coach: Adam Crozier | Team Manager: Lena Powrie-Smith
- U12 Girls: scrfcU12-F@outlook.com | Head Coach: Mirren Torkington | Team Manager: Forbes Mckay

Stirling County RFC Youth – Boys Teams



Training | Tuesday or Thursday evening | Please contact specific team for details)

- U18 Boys: scrfcU18-M@outlook.com | Head Coach: Stuart Imrie | Team Manager: Bryan Thomson
- U16 Boys: scrfc2003-2004@outlook.com | Head Coach: Graham Mackin | Team Manager: Thomas Joyce
- U15 Boys: scrfc2004-05@outlook.com | Head Coach: Ross Haddow | Team Manager: Martin Scott
- U14 Boys: scrfc2005-06@outlook.com | Head Coach: Callum Adam | Team Manager: Noel Wicks
- U13 Boys: scrfc2006-07@outlook.com | Head Coach: Graham McAlpine | Team Manager: Gerald Casserly
- U14 Boys : scrfc2007-2008@outlook.com | Head Coach: Matthew Shaw | Team Manager: Tam Brown
- U13: scrfc2008-2009@outlook.com | Head Coach: Greig Muir | Team Manager: Rachel Sinclair

Player / Performance Development Programme



As part of Stirling County's dedication to giving our young athletes the opportunity to progress in their chosen sport we offer our Player / Performance Development Programme (PDP).

For our Player Development Programme, we offer holiday-based programmes to all of our U13, U14 & U15 players where they receive additional skills, specialist skills and Strength & Conditioning (S&C) sessions, along with sessions in sports nutrition and sport psychology.

Within our Performance Programme, Players will receive anything from 2 to 5 practical sessions per week in rugby and S&C with nutritional and psychological support. The Players are selected on merits of current performance and future potential with a great emphasis on the qualities of the person and not just the rugby player.

Our players performance development plans provide detail on their individual rugby, strength & conditioning, psychological, nutritional and lifestyle needs. This will be achieved with set goals within team training sessions, positional and unit specialist skills sessions, dedicated PDP S&C sessions, and individual meetings with performance coach, sports psychologist and sports nutritionist.

Stirling County RFC have a number of policies which are in place to ensure the safety and enjoyment of all club members. These are:



- Child Protection Policy
- Code of Conduct for Players
- Code of Conduct for Parents
- Code of Conduct for Coaches
- Code of Conduct for Spectators

Copies are available from the club website:

<http://www.stirlingcounty-rfc.co.uk/policies/>

WHAT DO CHILDREN GAIN BY PLAYING RUGBY

@BelievePHQ

@sportingmindset



9 STEPS TO BECOMING A GREAT SPORT PARENT

- 1** DON'T SHOUT OR YELL CRITICISMS AT PLAYERS
- 2** REMAIN IN THE SPECTATOR AREA
- 3** DON'T INTERFERE WITH THE COACH
- 4** LET THE REFEREE DO THEIR JOB
- 5** CONTROL YOUR EMOTIONS
- 6** KEEP YOUR COMPOSURE
- 7** DO NOT INSTRUCT PLAYERS IN GAMES
- 8** DO NOT ARGUE WITH OPPOSITION PARENTS OR PLAYERS
- 9** BE A GOOD ROLE MODEL

@BelievePHQ

WHAT DO CHILDREN WANT FROM A COACH



@BelievePHQ

