



Supporting Your Age Grade Player

As parents you are hugely influential when it comes to your child's participation in sport. How you behave & what you say has a huge impact on how your child experiences the game.

What type of sports parent are you?



The Vicarious Dreamer

The one that 'could have made it', but didn't. Living their sports dream through their child.



The Wannabe

The official's worst nightmare. 'Would make a better coach/referee'. If only they had the time...



The Expert

Knows everything there is to know & always happy to tell people why they are wrong.



The Star Maker

Knows their child is destined for greatness. Believes their child has a gift never seen before.



The Tiger Parent

'Whips out their claws' at any sign of play that displeases them even if done by their own child.



The Chilled Out One

Laid back, their child's enjoyment is more important than whether they win or lose.

How can you support your child throughout their rugby experience?



Observe their sessions. They might need your help with new skills.



Know your responsibilities & follow the Parents Code of Conduct.



Take an interest in rugby & show enthusiasm for your child's activities.

Irish Rugby Football Union

10-12 Lansdowne Road | Ballsbridge | Dublin 4 | D04 F720

T +353 01 6473800 | F +353 01 6473801

www.irishrugby.com   



IRFU



Actively listen to your child so that they can express their thoughts & feelings.



Ensure there is adequate supervision at all sessions & that activities are fun & inclusive.



Stay informed of relevant rules, regulations & protocols & discuss these with your child.

Rules, Regulations & Protocols

It's important for you to stay informed of the relevant rules & regulations regarding your child's development in the game, especially in relation to:



[Nutrition](#)



[Supplements](#)

While rugby is a relatively safe sport, injuries do happen so it is important for you to understand the protocols in relation to:



[Injuries](#)



[Concussion](#)

All clubs offering rugby to children & young people have a responsibility to safeguard them against harm. Even when you are vigilant & the club operates to a high standard, situations can arise that cause concern. If you are worried about anything you can:



Talk to the Club Welfare Officer



Follow the [Safeguarding Policy](#)

Player Welfare

If your child is involved in multiple activities this should be discussed with the coaches so that they can develop activities without putting extra demand on your child, physically or emotionally, that could lead to injury or drop-out.

Icons made by: Geotatah; Surang; Freepik; Pixel Perfect; Good Ware; Eucalypt; Monkik; Iconixar; Skyclick; and Wanicon from www.flaticon.com

Irish Rugby Football Union

10-12 Lansdowne Road | Ballsbridge | Dublin 4 | D04 F720

T +353 01 6473800 | F +353 01 6473801

www.irishrugby.com   



IRFU