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JUNIOR RUGBY ASSOCIATION OF KWALE

Phase 1

OCT 2014

IN THIS ISSUE

Introducing JRAK

by David Nolan

A tried and tested way to make a rugby club successful and sustainable is to create a 'feeder program' whereby new recruits to the club come from the ranks of schoolboys in the club's vicinity. The **South Coast Pirates Rugby Club**, founded in 2013, has a five year plan to make it into the top league in Kenya. In order to achieve this a grassroots rugby program had to be initiated. In July 2014 JRAK or the 'Junior Rugby Association of Kwale' was born.

JRAK's Aims

The principal aim of JRAK is to introduce the game of rugby to schools in the Ukunda area and wider Kwale County on Kenya's South Coast. At present school boy rugby is disorganized, underfunded and confined to less than half a dozen schools in the county. The schools that do coach rugby do not have access to quality coaching, have no kit and very poor playing surfaces.

The best performing clubs and national sides have identified that focusing on age grade rugby is key to the club or country's future successes. JRAK aims to teach the **14-18 age group** the basic rules of the game and fundamental skills in order to be able to graduate into the Pirates squad.



JRAK also aims to promote playing members from within the South Coast Pirates club by instructing them to be coaches.

JRAK not only aims to raise the awareness of rugby in the community but will be used to promote **awareness on social issues** such as sexual health, drugs/alcohol abuse and child abuse.

Challenges

JRAK faces some stiff challenges to meeting the aims listed above.

The schools in Kwale county are underfunded as it is. They struggle to afford the basic paraphernalia for effective teaching such as text books, stationary, chalk, even teachers! It will be a struggle to get much support from the schools themselves for rugby related equipment such as team kits, cones, rugby posts etc. JRAK hope's to work with the global rugby fraternity and its sponsors in order to supply the much needed equipment.

Special Thanks

The South Coast Pirates enlisted the help of **Elam Muniafu** for the JRAK program. Elam brought with him many years of playing and coaching experience and is an ambassador for Touch Rugby in Kenya. He was instrumental to the success of JRAK Phase 1.



Coaching Coaches

The JRAK program hopes to develop some of the senior team players into accredited coaches. Find out what is being done to assist in developing coaches from amongst the senior squad.

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The work on the pitch

Meet the schools involved and get an idea of the rugby lessons that are being taught

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The Agenda

JRAK identified six schools to implement its program into. Two of the schools are completely new to rugby. The other schools already have some form of formal rugby coaching and have previously participated in county tournaments.

The Schools are:

New

- Ukunda High School
- Gombato Secondary

Existing

- Kwale High School
- Shimba Hills Secondary
- Waa Boys
- Mukongani Secondary

Phase I of JRAK saw training programs only at the two new schools. The basic rules were

introduced and practically, the focus was on ball handling exercises.

In January JRAK Phase II hopes to include the other four schools. The under age league commences at the end of January. Training will move on from ball handling to involve other rugby skills such as safe tackling, rucking and set pieces.

JRAK is as much about introducing and developing rugby as it is about networking and creating an under age **county team**. It is hoped that through contacts in Kenya's Rugby Patron's Society a Kwale County School Boy team will get an opportunity to travel to other parts of the country for competitions and host visiting teams here in Ukunda



GOMBATO – BASIC PASSING DRILLS

"JRAK has been an excellent exercise for our school. You can see the passion and pride rugby has brought to the boys"

JUMAPILI
Sports Master Gombato Secondary School

Funding

Kat Nolan (top left) with her team mates at the Clapham Common Touch Tournament in London



JRAK phase 1 cost a total of Ksh. 62,185. The bulk of this went to the wages and travel allowances for the JRAK. The current coaching wage is 400 Ksh per coach per session.

JRAK Phase 1 was exclusively funded by Kat Nolan, SCP's head coach's sister, who organized a Touch Rugby Tournament on Clapham Common in London on Sept 27th. It was a very successful event with more than sixty Londoners (including a few Kenyans) in participation.

Funding for the JRAK program remains a major challenge. Part of the South Coast Pirates'

funding will be directed to JRAK but JRAK is also actively looking for contributors. Kwale County has pledged its support for the program.

Non-monetary funding would also be hugely appreciated. Most schools are in need of team kits. St. Columba's College in Dublin, Ireland, has already sent out a kit for Gombato Secondary School. We are looking for other schools in developed rugby nations to do the same.



Gombato wearing the Second hand kit sent from St. Columba's College

MEET THE COACHES



Elvis Busolo
Home Town:
Likoni
Age: 22



Clifford Machora
Home Town
Diani
Age: 23



Dennis Meja
Home Town
Ukunda
Age: 21



Marcos Casmil
Home Town
Ukunda
Age: 26



Habib Zuga
Home Town
Makongeni
Age: 20



Amani Kevin
Home Town
Ukunda
Age: 20



Following the mini touch tournament JRAK Participants joined the crowd enjoying the South Coast Pirates Match against Les Gauloises de Nairobi at the Showground, Oct 2014

Coaching Coaches

Opportunity

JRAK aims not only to encourage youth to play the game, it also encourages members from the senior Pirates squad to take on coaching positions. For unemployed young men it gives them an opportunity to earn a modest income and it develops life skills such as communication, leadership and responsibility. Being a coach can often develop your own knowledge of the game of rugby as you tend to watch your team's performance in a more analytical way.



Ukunda High School Boys perform a pre match psyche. 'The Haka' Kenyan Style!

FAST FACTS

84

Number of students who participated in Phase 1

3

Number of JRAK participants who have already been capped for the South Coast Pirates

FOR MORE INFORMATION

Contact info@southcoastpirates.com

Accreditation

JRAK along with the SCP intend to make accredited coaches out of some of the SCP players. To this end, one player, Amiani Kevin was sent to the KRU grounds in Nairobi to do an IRB Strength and Conditioning Course led by foreign IRB officials. We hope to send more prospective coaches in the new year.

JRAK TOURNAMENT OCT 2014

To celebrate the end of JRAK Phase 1 a school boy touch rugby tournament was held at the Showground in Ukunda as a curtain raiser for a Pirates match.

Participating were two teams from both Ukunda High School and Gombato Secondary.

With friends, family and school teachers and principals in attendance there was a lot of stake for the boys playing not to mention bragging rights in the town.

Gombato A team won the round robin tournament with two victories and one draw (against Ukunda A). It was great to see that both schools had grasped the key concepts of the game. There is certainly some promise amongst the ranks of schoolboys.

Emerging Talent & The Road Ahead

Monitoring

The Coaches were asked to keep a record of their players who showed potential. We were due to combine the top rated players from both schools in a schoolboy touch rugby friendly with Malindi RC. Selected players were brought together for some team building at the South Coast Pirates BBQ held at Flamboyant. Unfortunately the next day the Malindi RC bus broke down and the team never pitched.

Amongst several of the young players who impressed their coaches, standing out above the rest were:

Charles Tendwa (Pictured).

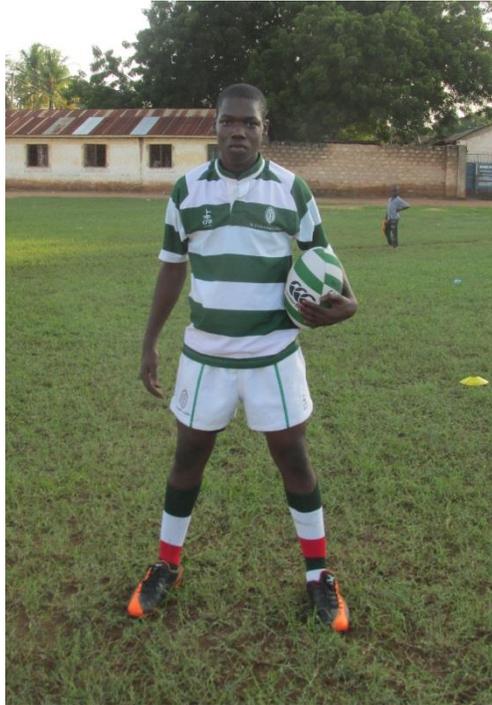
GOMBATO

Bashiri Rashid

GOMBATO

Charles has since been capped for the Senior Pirates Team. He was close to getting the man of the match nomination in the Pirates victory over Pwani University.

There is a register of all the players who participated. Some players were as young as 14 and have several years of schooling still ahead of them. JRAK will monitor their progression through it's JRAK programs.



Early 'Feeder' signs

A small number of participants from the JRAK program are already filtering through into South Coast Pirates training sessions. Their confidence is growing and while physically they are not fully developed yet to take part in all drills, they watch until the end and are taking it all in.

JRAK phase 1 also served to spread the word about the rugby initiative going on in South Coast. As schoolboys communicate with one another Pirates are seeing boys from other schools showing up at training too. This can only improve.

JRAK Phase II is slated to run from Mid Jan to Mid Feb providing funding is adequate.

JRAK one day hopes to not only run short term camps but to run season long regular training sessions so that coaches can be employed full time.

"The JRAK program has been instrumental in imparting basic rugby skills through FIT (Federation of International Touch Rugby). It sets the ground for a great rugby club in the future. Thanks to SC Pirates members who assisted me with the coaching. I can see a lot of work is going on behind the scenes too which is leading to the expansion of the game in South Coast. I look forward to the continued success of the program over the coming years."

ELAM MUNIAFU
JRAK HEAD COACH & FIT KENYA REPRESENTATIVE