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Training and education steals the show at Ghana Rugby

The month of August is traditionally the month for Rugby training and education and this year was no exception when a World Rugby Trainer arrived in Accra on the same day that Ghana Rugby held its first ever in-house Coaches Clinic in the city.

Mr Robert Bwali from Uganda arrived in Accra on Saturday 12 August 2017 to conduct a week long series of Sevens Rugby Courses at the Accra Sports Stadium starting on Monday 14 August 2017.

The courses, supported by Olympic Solidarity under the auspices of the Ghana Olympic Committee, will include a Level 1 Sevens Rugby Coaching Course, a Level 1 Sevens Rugby Match Officiating Course and a Level 1 Strength and Conditioning Course.

On the day of his arrival, the Ghana Rugby coaches also assembled at the Rugby Secretariat in Osu-Accra for the first ever Coaches Clinic that was initiated by the coach of the national Rugby team, Mr Lovemore "Dallas" Kuzorera.

According to Kuzorera, it is important that the coaches of all Clubs and youth Development Officers get together from time to time to discuss issues of common interest.

"Ghana Rugby has adopted a Development Plan (GRDP) based on the principles as outlined in World Rugby's "Get Into Rugby" programme, and the principles embodied in the Irish LTPD (Long Term Player Development) model. It is important that these guidelines are used in practice to improve Rugby development in a structured way," Kuzorera said.



The Coaches Clinic included a classroom session that included discussions around the challenges that Ghana Rugby coaches face and the understanding of the key performance indicators of a Rugby coach, as well as an in-depth look at the way the



Training & Education (Continued)

76-page GRDP should be used as development guideline.

The afternoon practical session looked at the assessment of players' conditioning based on the South African BokSmart guidelines as well as a session on the tactics of restarting a match.



"The conditioning of players has become a highly specialised and indeed scientific area that receives much attention in especially top tier high-performance unions and involves the assessment of player's fitness, speed, endurance, agility and strength. It is only through a proper assessment that one can focus in on the development needs of each player," Kuzorera said.



The President of Ghana Rugby, Mr Herbert Mensah, commented from his UK home on the Coaching Clinics and World Rugby Training Courses and said that training and education are fundamental to the future success of Ghana Rugby and will always be very high on his agenda.

"Rugby in Ghana is in its infant shoes, and without proper training and education our development teams will never be able to lay the essential basic foundation and understanding of the Game, let alone the more advanced high-performance tricks of the trade," Mensah said.

The Coaching Clinic will also be conducted in Cape Coast on Saturday 19 August 2017 and will be attended by World Rugby Trainer, Robert Bwali.

Ghana Rugby's Needs

Governance & Administration

The need to fund Constitutionally regulated meetings, salaries and secretarial expenses.

Youth Development / "Get Into Rugby"

Funding of Development Officers' expenses to conduct sessions at schools, GIR kit, GIR events and festivals, GIR T&E, school tournaments.

Women's Rugby Development

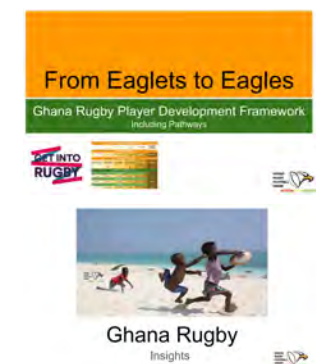
As strategic focus area of the GRFU substantial funds are required to promote and fund training/coaching, recruitment, match and other expenses.

Performance

The biggest requirements are the funding of the annual domestic league, The Ghana Rugby Club Championship, and Ghana Rugby's participation in Rugby Afrique tournaments. Other tournaments on the table include the sevens series, beach rugby and U20 tournaments.

Training & Education

The requirement to enough qualified coaches, match officials and GIR Development Officers is huge and with that the funding requirements.



Ghana Rugby Seals Partnerships With UK Based Consultants

The Ghana Rugby Football Union (GRFU) and Harper Performance have agreed to a partnership aimed at developing the performance-support provisions available to the athletes playing for, and aspiring to play for Ghana Rugby.

Ghana Rugby, established in 2003, is now a full member of both World Rugby and Rugby Africa and is currently experiencing unprecedented growth, popularity and interest in the country and in the world of rugby. The challenges facing the union are enormous but under the leadership of Herbert Mensah since 2014, the GRFU have successfully developed a ten team national league, resurrected women's rugby and developed a sustainable youth development programme.

The partnership with Harper Performance is an important step in allowing Ghanaian rugby players to receive training and development in areas such as strength & conditioning, sports nutrition, sports medicine and athlete lifestyle advice from leading practitioners in the performance-support industry in a culturally relevant, logistically aware manner.

Herbert Mensah, President of the GRFU, said of the partnership; "We are excited with the endless stream of well wishes and offers of support that Ghana Rugby has been receiving since the announcement of its full membership in record time of World Rugby on 10 May this year.

The partnership with Harper Performance is but one of the outcomes from the reaction and we are very pleased to enter into this agreement



Mr Herbert Mensah, President of Ghana Rugby, with Mr Tim Harper of Harper Performance after the agreement between the parties were concluded in the UK.

Ghana Rugby has performed exceptionally in many areas but the entering of the world stage of rugby will put enormous pressure on our ability to perform technically at high levels. This partnership with Harper Performance is a very important part of our recipe to do just that."

Tim Harper, Harper Performance Founder and Principal Consultant to the project added;

"With all the blood, sweat and tears that have been poured into the development of the off-field administration of Ghana Rugby over the past few years, it's important that those efforts are now matched on the training park, in the gym and on the pitch.

The multidisciplinary team at Harper Performance is excited to be bringing our expertise to the GRFU as we look to support the development of the 'Ghanaian Way' and achieving sporting and athletic excellence within the logistical and financial parameters that the union faces."

Harper Performance is a performance-support consultancy working within high-performance sports such as football, rugby, athletics and motorsport. Apart from its for-profit activities, Harper Performance specialises in providing innovative, culturally relevant, financially sustainable, yet highly effective performance support systems to 'underdog' athletes and organisations, often hamstrung by logistical, economic and sociocultural barriers to performance.

Ghana qualifies for Africa Men's Sevens Tournament

The Ghana Rugby Football Union (GRFU) was informed that the Union was drawn to take part in the Rugby Afrique Men's Sevens Tournament that will take place in Kampala Uganda on the 6th and 7th of October 2017.

This tournament serves as a qualifier for (1) the Sevens Rugby World Cup 2018, (2) the Commonwealth Games and (3) the World Series repechage tournament in Hong Kong.

Ghana Rugby got into this tournament because it qualified as a full member of World Rugby on 10 May 2017 in a record time of fewer than three years under the administration of Herbert Mensah as President.

Eight other teams automatically qualified for the tournament, namely Uganda, Namibia, Madagascar, Zimbabwe, Tunisia, Morocco, Senegal and Botswana. Because Rugby Afrique could not organise a qualifier playoff between the other possible three teams – Mauritius, Cote d'Ivoire and Ghana – the executive committee drew in a transparent and unbiased fashion between the three countries.

Ghana came out first, then Mauritius and lastly Cote d'Ivoire.

According to Herbert Mensah, the President of Ghana Rugby, this is a once in a lifetime opportunity presented to Ghana Rugby.

"I have little doubt that Ghana Rugby is by far the underdog of the ten teams and may have a very slim chance to make the cut in 2017. The fact that we got this chance was not just luck. It took enormous effort and huge amounts of money to get in the position to even be considered," Mensah said.



This opportunity to qualify for various Rugby world tournaments is another impossible challenge that we will tackle with everything we have and can muster," Mensah said.

According to the Ghana Rugby President, the participation of Ghana in the Kampala tournament will once again require substantial financial support. T

The Union plans to reach out to government and corporate Ghana to join hands with Ghana Rugby to reap the benefits of being associated with the success story that is in the making.



Ghana Rugby Calendar

Activity Schedule for August 2017

ACTIVITIES		ACTIVITY / OBJECTIVES	DATES	PLACES	NUMBER OF PARTICIPANTS	RESULTS	COMMENTS
GIR	Training						
	Tournaments / Festivals	Limited activity due to school holidays					Ongoing
	Regional Expansion						
	scrumIT Management System	To incorporate GIR Activity reporting into the GRFU Rugby Management System. Changes made to reporting system	Jun - Sep	Ghana	GIR Team	Started implementation of Phase II	Ongoing
	I Play Referee Too	Incorporated in GIR Programme					Ongoing
Competitions	15s						
	7s						
	U19s						
	Other						
Women Rugby	Training	Women Training - To improve, develop and understand the game and to create awareness to the general public.	Weekly	Accra	30	Successful	Ongoing
	Match / Festivals						
I Play Referee Too							



Training & Education	World Rugby Sevens L1 Coaching & Match Officiating and L1 Strength & Conditioning.	14-18 August 2017	Accra	22	Successful	
	Coaches Clinic Accra	12 August 2017	Accra	20	Successful	
	Coaches Clinic Cape Coast	19 August 2017	Accra	15	Successful	
Fundraising	"Ghana Rugby CHAMPS" Initiative Launched	August	Accra	50	Ongoing	Ongoing
Impact Beyond (Rio 2016)						
Governance & Administration						
Performance	Ghana Rugby - Harper Performance Partnership Signed	August	London	2	Successful	Ongoing



Annual Schedule

Q3 2017	July	August	September
	<ul style="list-style-type: none"> - Eagles Camp - Corporate Fundraiser 	<ul style="list-style-type: none"> - Regional Association AGMs - Annual World Rugby T&E - Bi-annual Coaching Clinic 	<ul style="list-style-type: none"> - Special Election AGM - Board & Rugby Body Meetings - International Friendlies - GIR Courses for PE teachers - World Rugby TV Documentary - Cape Coast Rugby Games
Q4 2017	October	November	December
	<ul style="list-style-type: none"> - GRCC - GIR Zonal U13 - Schools U17 Tournament - Corporate Fundraiser - Africa Men's Sevens Qualifiers, Kampala 	<ul style="list-style-type: none"> - GRCC - Eagles Camp 	<ul style="list-style-type: none"> - GRCC - Board & Rugby Body Meetings
Q1 2018	January	February	March
	<ul style="list-style-type: none"> - GRCC - Corporate Fundraiser - University Competition (GUSA Games) 	<ul style="list-style-type: none"> - GRCC Final - Eagles Camp - Ghana International Sevens Tournament 	<ul style="list-style-type: none"> - GRFU AGM - Board & Rugby Body Meetings - GIR Courses for PE Teachers - Bi-annual Coaching Clinic
Q2 2018	April	May	June
	<ul style="list-style-type: none"> - Beach Rugby 5-aside Tournament - Corporate Fundraiser - Ghana International Sevens Tournament 	<ul style="list-style-type: none"> - Rugby Afrique Tournaments 	<ul style="list-style-type: none"> - Board & Rugby Body Meetings



Forward Planning - September

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Week 1					01	02/03 Cape Coast September Rugby Games
Week 2	04 Mission Kampala Preparation	05 Mission Kampala Preparation	06 Mission Kampala Preparation	07 Mission Kampala Preparation	08 Mission Kampala Preparation	09/10
Week 3	11 Mission Kampala Preparation	12 Mission Kampala Preparation	13 Mission Kampala Preparation	14 Mission Kampala Preparation	15 Mission Kampala Preparation	16/17
Week 4	18 Mission Kampala Preparation	19 Mission Kampala Preparation	20 Mission Kampala Preparation	21 Mission Kampala Preparation	22 Mission Kampala Preparation	23/24 World Rugby TV Visit
Week 5	25 Mission Kampala Preparation World Rugby TV Visit	26 Mission Kampala Preparation World Rugby TV Visit Election AGM	27 Mission Kampala Preparation World Rugby TV Visit	28 Mission Kampala Preparation	29 Mission Kampala Preparation	30 GIRP - Player Registration
2017	October	November	December	January	February	2018
	- Mission Kampala, Africa Men's Sevens	- GRCC	- GRCC	- GRCC	- GRCC	- Ghana International 7s



“Get Into Rugby” & Youth Development

About Ghana Rugby “Get Into Rugby” Programme

The Ghana Rugby “Get into Rugby” Programme is a component of Ghana Rugby’s Youth Development Plan and consists of the World Rugby core programme to grow the Game of Rugby globally.

GIR Major Challenges

- Funding for activities, kit & equipment and training
- Blanket approval of Rugby as sport by the Ghana Educational services
- Overall funding of Ghana Rugby that hinders extension to other Zones

Ghana “Get Into Rugby” Try Modules

Try Module 1

Skill 1a - Passing and catching
Skill 1b - Move into space

Try Module 2

Skill 2a - Maintain possession
Skill 2b - Score a try

Try Module 3

Skill 3a - Carry the ball forward
Skill 3b - Pass the ball backwards

Try Module 4

Skill 4a - Effect a touch or pull a tag
Skill 4b - Defence to align at the offside line

Ghana “Get Into Rugby” Play Modules

Play Module 5

Skill 5a - Perform a tackle (1)
Skill 5b - Create continuity in attack after the tackle

Play Module 6

Skill 6a - Perform a tackle (2)
Skill 6b - Set up a ruck

Play Module 7

Skill 7a - Ruck and maul decision making
Skill 7b - Setup and progress with a maul

Play Module 8

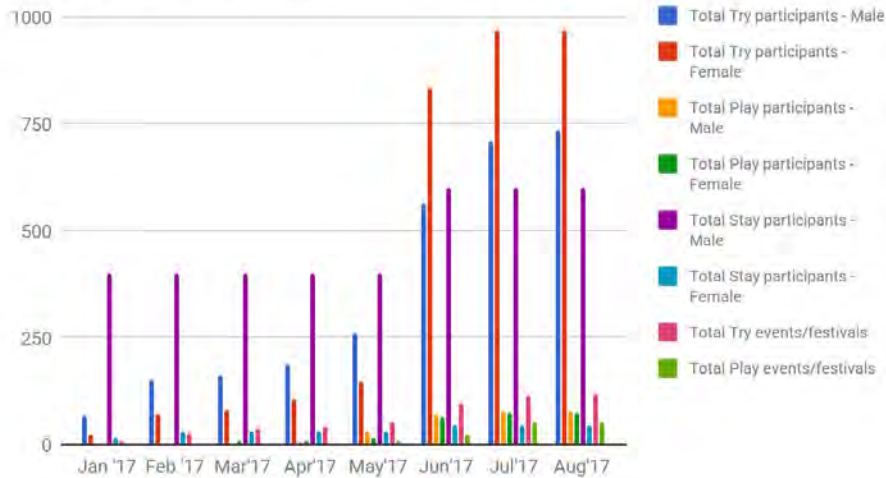
Skill 8a - Set up a scrum to restart a game
Skill 8b - Set up a lineout to restart a game



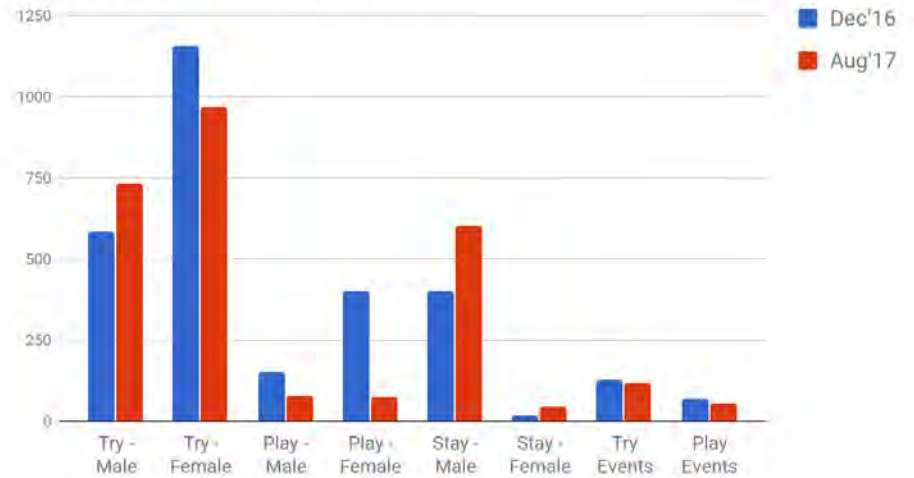


Key Performance Indicators (KPIs)

Ghana Rugby GIR KPIs 2017



Ghana Rugby GIR KPIs 2016 vs 2017



June and July 2017 has seen a marked increase in both GIR events and participation, especially in Zone 2. Results for August were negatively influenced by the school holidays.

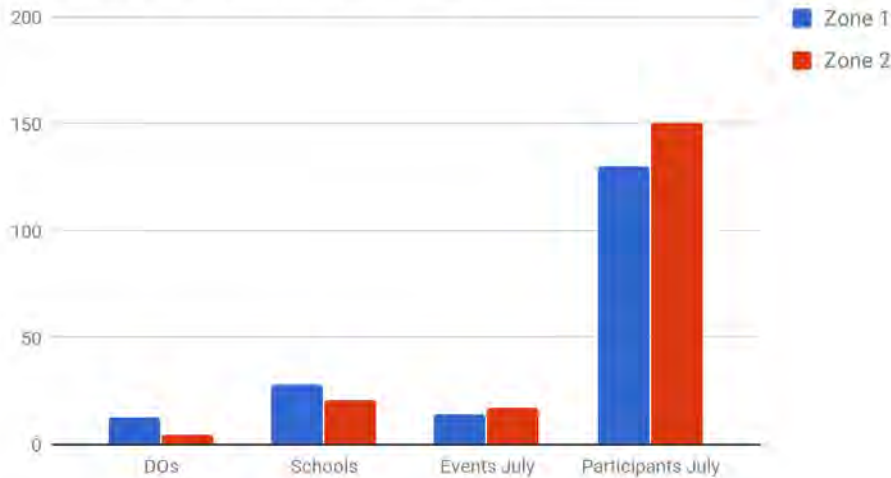
Females represent 56% of total GIR participation. During June a total audit was undertaken of the GRFU statistics that resulted in an adjustment of the "Stay" participants based on non-registered player estimates.



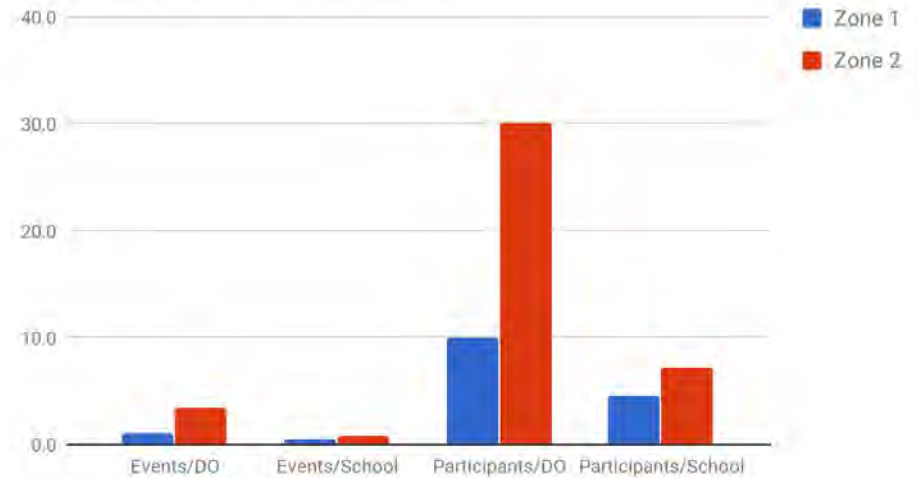


Key Zonal Data

Ghana Rugby GIR Zonal Comparison June 2017



Ghana Rugby GIR Zonal Ratios June 2017



Zon1 (GARA)

- Development Officers 13
- Schools 27
- Events 14
- Participation 130

Zone 2 (CentWest)

- Development Officers 5
- Schools 21
- Events 17
- Participation 151

Zon1 (GARA)

- Events/DO 1.1
- Events/School 0.5
- Participants/DO 10.0
- Participants/School 4.6

Zone 2 (CentWest)

- Events/DO 3.4
- Events/School 0.8
- Participants/DO 30.2
- Participants/School 7.2





GIR in Action

Accra Holiday Session

Emmanuel Kalos
August 28 at 2:57pm

Holidays Get Into Rugby Session.
Activity: ball handling skills
1v1 and 2 v 1 in attack.
Attendance: 15
Number Of boys(old) 11 (new) 4... See More



Accra Holiday Session

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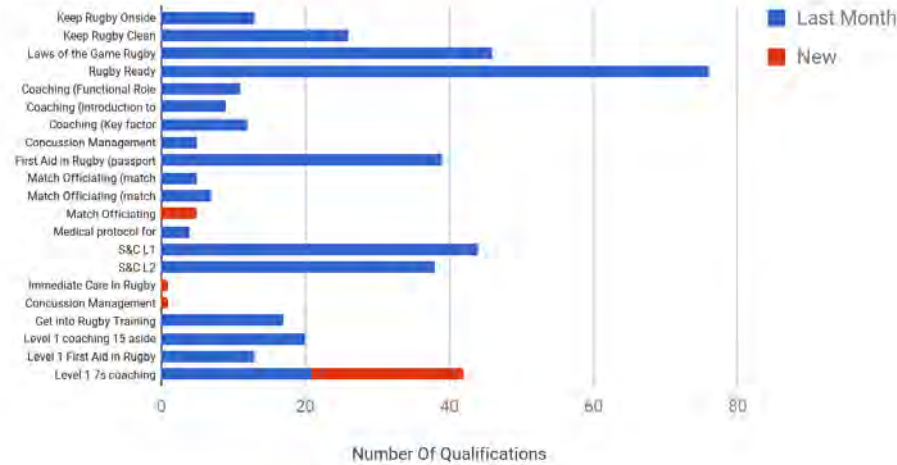




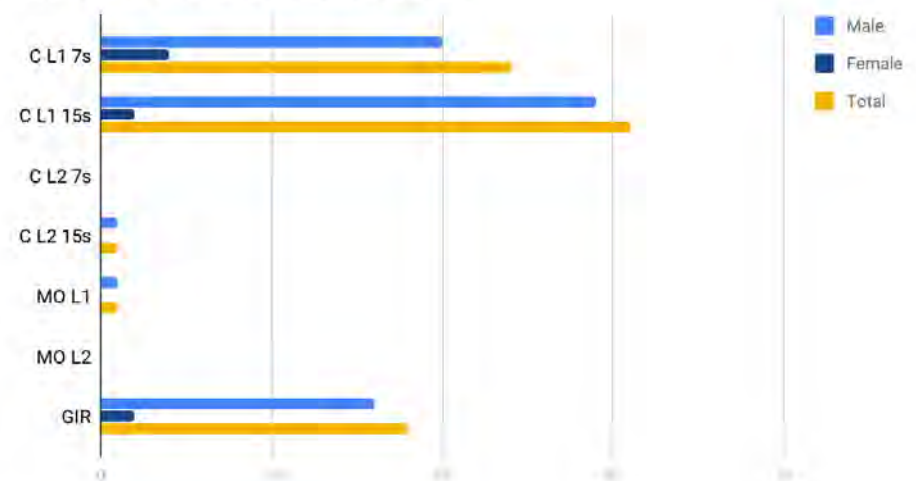
Training & Education

Key Statistics

Ghana Rugby T&E Levels



GRFU T&E Trainer Course Statistics



AGM Directive 17 June 2017: "Rugby Ready" Passport Certification

1. That all Regional Associations (RAs), Clubs and other Rugby Bodies are tasked to ensure that every person involved with Rugby in Ghana (players, coaches, match officials, administrators, etc) complete the above certificate course before the commencement of the 2017/18 GRCC on 14 October 2017.

2. That the possession of a valid "Rugby Ready" Passport Certificate is set as a qualification criteria for a player to participate in the 2017/18 GRCC.

Priorities

- GIR Courses for Development Officers
- L2 Coaches for Clubs
- Match Officials
- Females

Olympic Solidarity Grant

An application for L1 Sevens Coaching & Match Officiating as well as a L1 S&C Courses has also been submitted to the GOV.



Ongoing Passport Certification Drive

More than 80 certificates added during August to September 2016 - See more [here](#).

Rian Malan created an event for the group.
5 hrs

ACCOUNTABILITY

Governance & Compliance
Player Rugby Ready Certification

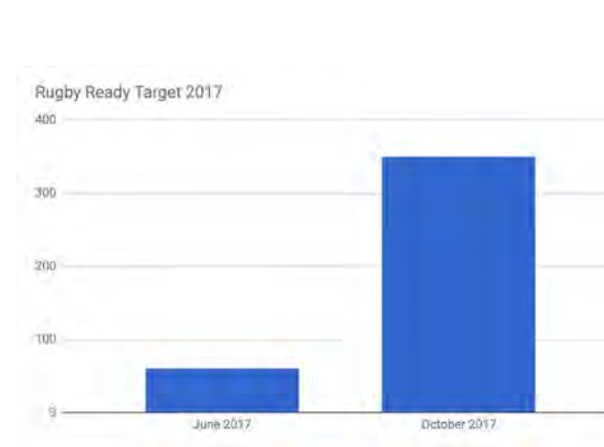
AGM Resolution
"No player will be allowed to play in GRCC 2017/18 if he/she is not 'Rugby Ready' Certified"

"Lay a small egg today
Hatch an Eagle tomorrow"

OCT 2 **Player Rugby Ready Certification Deadline**
Mon 5 PM UTC · Accra, Ghana
5 Going · 5 Interested

Recently Added

- Level 1 7s coaching 21
- Match Officiating (Technical Zone Program) 5
- Concussion Management for Doctors and Healthcare Professionals 1
- Immediate Care In Rugby 1



Core Programs

- Rugby Ready
- Laws of the Game Rugby Union
- First Aid in Rugby
- Keep Rugby Clean



Fundraising

The funding of Ghana Rugby is without doubt the biggest challenge that the Union faces. As spelt out separately in this June Report the needs for funding stretch over the areas of governance & admin, youth development, women's Rugby development, performance and training & education.

Previous efforts at mobilising a task force was not successful, and in a new effort an informal initiative was launched resulting in some project introductions:

- Limited offer replica shirts (US\$ 1,850)
- "I Love Ghana Rugby" T-shirts
- 2017 Ghana Eagles Album
- Crowdsourcing campaigns via generosity
- Introduction of the "Ghana Rugby Representative" system

The dilemma of Ghana Rugby was also outlined in a document distributed at the 17 June 2017 AGM, and it is clear that this challenge will only be overcome through a major attitude shift within the Ghana Rugby family.

No/Very Little Support From Governing Bodies

The governing bodies in Ghana (Ministry of Youth & Sports and Ghana Olympic Committee) has made many promises, none of which has been met and probably will ever be met.



Small and "Poor" Supporter Base

The Ghana Rugby supporter base is small and do not have the capacity to support Ghana Rugby in any substantial way. Fundraising initiatives such as those above probably serve a bigger purpose, namely creating a top-of-mind awareness of the necessity to "eat, drink and sleep" money.

New Board and Structures

The solution to resolve Ghana Rugby's plight will hopefully be found in the appointment of the "right" Board in September and the actions that may follow that appointment.



PR & Marketing

Rian Malan shared Ghana Rugby Champs's post.
August 21 at 11:34am

"Ghana Rugby CHAMPS" takes off....



Ghana Rugby Champs added 30 new photos.
August 21 at 11:33am

First "Ghana Rugby CHAMPS" Saturday in images.

Rian Malan added 54 photos to the album: World Rugby Sevens Training Day 5, August 2017.
August 19 at 5:09pm

Friday 18 August 2017 - Closing Ceremony



Rian Malan is with Daniel Oko Djanie and 2 others.
August 19 at 1:15pm

The Ghana Rugby CHAMPS at TV3



Love Comment Share

From Eagles to Eagles, Daniel Oko Djanie, Diaba X Diaba and 43 others

Archive

[July 2017 Report](#)



[June 2017 Report](#)



About Ghana Rugby

Constitutional Appointments	Greater Accra Rugby Association	CentWest Rugby Association	Secretariat	Operational Units	Channels
<ul style="list-style-type: none"> - President: Herbert Mensah - Vice President: Ernest Hanson - General Secretary: Bismark Amponsah Elected Members - Abdul-Aziz Issah - Ernest Afloe - James Nunoo Mensah - Kobina Minta Nyarko Appointed Members - Rian Malan (SA) - Steve Noi <p>- Constitution</p> <p>- Strategic Plan</p> <p>- Development Plan</p> <p>- 2016 Financial Statements</p>	<ul style="list-style-type: none"> - President: Abdul-Aziz Issah - Vice President: Emmanuel Linford Bamfi - General Secretary: Kukua Aggrey <p>Tel: Email:</p> <p>Clubs</p> <ul style="list-style-type: none"> - Accra Rugby Club - Conquerors SC - Cosmos Buffalos RFC - Dansoman Hurricanes RFC - Lions RFC - Titans SC 	<ul style="list-style-type: none"> - President: James Nunoo Mensah - Vice President: Kobina Minta Nyarko - General Secretary: Bismark Amponsah <p>Tel: Email:</p> <p>Clubs</p> <ul style="list-style-type: none"> - DENNIS Foundation RFC - Griffons RFC - Stallions RFC - UCC Spartans RFC - Western Cheetahs RFC 	<ul style="list-style-type: none"> - Bismark Amponsah (+233 24 392 4469) - Steve Noi (+233 50 480 2773) - Emmanuel Kalos (+233 26 333 7073) - Jason Dzata (+233 26 993 5312) <p>info@ghanarugby.org</p>	<p>To be added after September AGM and Board meetings.</p>	<p>Website</p> <p>Facebook Group</p> <p>YouTube</p> <p>Twitter</p>

