



Junior Rugby League for People with
Special Needs & Intellectual Disabilities

Program Overview & Information Pack



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Introduction



Try Time Junior Rugby League program provides a safe, enjoyable and inclusive environment where children, teenagers and adults with Special Needs and Intellectual Disabilities can play Rugby League in their local community.

Catering for both females & males who have Special Needs and Intellectual Disabilities ranging from but not limited to: Autism, Down Syndrome, Developmental Delay and Vision Impaired with the core focus on Ability not their Disability.



Objective



Try Time Junior Rugby League program is a modified version of the game played on a weekly basis to suit each individuals needs whilst trying to keep it as real as possible using Rugby League techniques with a clear focus promoting:

- **fitness**
- **strengthening muscle tone**
- **improvement in gross motor skills**
- **social interaction & team work**



But most of all Try Time is all about having fun through an inclusive environment and culture created by Junior Rugby League Football Clubs and the wider community.

Try Time Program



How to get started:

Contact us so we can assist you with introducing Try Time to your club. Start with an expression of interest by holding coaching clinics on your registration days. Invite local media outlets as they will be more than willing to assist you and we will promote through our connections and social media.

Treat it like a “normal coaching clinic – don’t over think it, it is the key to your success.

We can also bring players and their families along to assist. There may be players and families within your community that are willing to assist you in developing the program.



Try Time Program



Stage 1:

Each club has a committed team of volunteers delivering the program on a weekly basis. The team consists of coaches & trainers within each club including parents who meet the requirements of their District Junior Rugby League, Governing State Rugby League & National Rugby League.

Each session runs for approximately 1 ½ hours consisting of:

- Warm up & Stretching
- Training drills to promote movement and improve gross motor skills in line with Rugby League technique.
- Game – modified version (no tackle) initially against each other or volunteers and parents.

A good start point is training similar to mini or mod league.



Try Time Program



Stage 2:

Continue with weekly training sessions to build on improving skill sets through repetition.

Introduce teams within your club to assist with training drills and then finish with a game. The game can be played either against or mixed team of both Try Time players playing against each other. We also hold annual gala days with clubs who have adopted the Try Time program.

Stage 2 provides enormous benefits for social interaction and also creates awareness of disabilities for mainstream players. This triggers a step change in further building inclusive culture within a junior rugby league club.



Try Time Program



Stage 3:

Continue with weekly training sessions to build on improving skill sets through repetition.

Engage with your District Junior Rugby League to create a weekly competition that provides an opportunity for Try Time players to play against other clubs within your district. A competition can be created and games can be scheduled for teams who have a bye on that particular weekend.

Expanding awareness within your wider community will further drive inclusivity through other clubs within your district by introducing them to Try Time.



Inclusive



Initially the Try Time program was developed to provide a group of local players with Special Needs and Intellectual Disabilities an opportunity to play Rugby League – today it has become much more.

With the continuous expansion of the program, local communities are gaining greater awareness of people with disabilities and are inspired by their ability. Whether it be by way of social interaction, social media, affiliation with local clubs or promotion within schools and or community services Try Time is making a real contribution through inclusion.



Inclusive



Whilst the program provides an avenue for people to play Rugby League it has delivered measurable outcomes by increasing social interaction and inclusion. All players have become more than team mates, they are great friends. They connect through various forms of social media and go on outings with each other.

From a family prospective the program provides a great networking platform offering all levels of support ranging from age related issues, recommendations for external therapy providers and just sharing their experiences and challenges to someone who can relate.

Try Time forms the catalyst to bond fathers, mothers and siblings where relationships have been somewhat disconnected. Parents have communicated they have struggled for most of their child's life but now have a shared passion being Rugby League and a deeper connection with their child.



Community



Clubs who have introduced Try Time have seen an increase in social engagement with the players, their families and the wider club.

Greater awareness and inclusion has seen mainstream coaches, trainers and players want become more involved by volunteering time to assist where needed including past players wanting to give back to their Junior clubs.



Community Program



In 2016 Try Time Junior Rugby League and the Parramatta National Rugby League formed a joint Partnership Program. Our Community Partnership focuses on building awareness for Try Time expansion and explores opportunities to further engage in community programs.



Our key objectives:

- Joint participation in events and activities with measurable outcomes.
- Promote the virtues of our partnership and expand our reach for new community programs.
- Explore opportunities for Try Time participants outside of Rugby League.
- Game day participation, player experiences and Ambassadors.

The Benefits for your Club



In most families there is a tradition to follow a Rugby League team and generally on weekends families connect through our great game either by playing or supporting.

In a child's early years this provides a sense of excitement and teaches life skills in social behaviour and loyalty.

Try Time is an inclusive program that engages your Junior Rugby League Club and the wider community as you continue to educate with a core focus on respect and promotion of health.



Acknowledgements



**2017 NRL
Volunteer of the Year**



**2017 NSWRL
Volunteer of the Year
“Gordon Lowrie” Award**



**Penrith Junior Rugby
League 2017
Volunteer of the Year**



**Parramatta Junior Rugby
League 2017
Volunteer of the Year**



**2017 Ray Price
Community Award**

References



Try Time in action:

- Try Time Seniors – All Saints Tigers v Wentworthville United Try Time (2/07/2016)
<https://www.youtube.com/watch?v=DqQnXKPTNxE>
- Try Time Juniors - All Saints Tigers v Wentworthville United Try Time (2/07/2016)
<https://www.youtube.com/watch?v=E6g4OGIMNko>
- NSWRL Community Awards 2017
<https://www.facebook.com/NSWRL/videos/10155247276578318/>
- NRL Community Awards 2017
<https://www.facebook.com/nrlcommunity/videos/1562591730463761/>
- Parramatta Eels partner with Try Time Junior Rugby League
http://www.parraeels.com.au/news/2016/08/25/eels_partner_with_tr.html



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-  For further information visit our Facebook page:
Try Time Junior Rugby League



Junior Rugby League for People with
Special Needs & Intellectual Disabilities

Please feel free to reach out and ask
any questions. We truly appreciate
your support of Try Time