



Tug of War Ireland, Pallasbeg Hse, Cappamore, Co. Limerick. V94KP82

Community Tug of War Clubs 2022

Thank you for showing an interest in setting up a Community Tug of War club, the information below outlines some brief background information on Tug of War and the requirements for setting up a club.

Tug of War Ireland is the National Governing Body for the sport of Tug of War in Ireland it was set up in 2020 and is a company limited by guarantee, *(Please see attached Constitution)* We are committed to developing the sport open to Ladies, Men, and Youth throughout the Country,

The health benefits of sport are well documented along with personal development both physically and mentally Sport and recreation builds stronger, healthier, safer and more united communities.

Tug of War is a competitive team sport, which has a great history in Ireland with competitions taking place at crossroads, between neighbouring villages and pub teams. While there are many TOW clubs around the country competing at provincial & National level, Ireland has been competing Internationally at Tug of War at both Indoor & Outdoor for many years and are one of the Top Countries in the World having won many Gold medals at World & European Championships & World Games, With this strong history in mind, the aim of the Community led clubs is to increase participation in Tug of War at Community Level and to bring the fun element back to Tug of War while regenerating the sport in areas with a tradition in Tug of War.

Tug of War Ireland (T.O.W.I.) has recently launched its 5-year Strategic Plan for Tug of War, the mission of this plan is as follows:

To provide the structure and good governance to promote and grow the sport of Tug of War in an inclusive way, welcoming everyone to participate and compete at local level whilst aiming to excel at international level

(This strategy is strongly supported by Sport Ireland see attached Strategic Plan)

When setting up a Community Club, it needs to be a self-sustainable model. The actions and criteria listed below are the requirements for setting up a club:

By Affiliating your club to Tug of War Ireland

T.O.W.I. will assist you in the following:

Year 1

- Support throughout process of setting up club and meeting the various requirements
- Provide assistance and guidance setting up Facebook & other social media where necessary.
- Will provide club with an email address (Specific to Club)
- Your club will be Insured under TOWI Policies.
- Will provide Club with a rope and Training Manuals
- Provide insurance for Community Charity events on a permit basis.
- Promote your events on TOWI social media platforms
- Provide officials for scheduled events.

Year 2

- Support your club with funding for training equipment/materials
- Assist with Club Affiliation & Registrations.
- Provide coach education through Coaching TOWI will be facilitating coach development seminars and practical coaching workshops for existing male & female coaches

- In tandem with our talent development pathway, we are dedicated to enhancing our existing coaching structures and develop new coaching talent based on our Long-Term Athlete Development Pathway

Club Affiliation

- Club will Hold an AGM to set up club, and appoint/elect the relevant administrative officers
- Club Members Affiliation Form needs to be completed, which lists the 5 elected officials of the club.
- The elected officials will then join Tug of War Ireland Membership by Registering on line & paying yearly Subscription of €50
- The Tug of War Ireland Draft Club Constitution needs to be adopted by your club (amend as required).
- Club Bank or Credit Union account set up in club name.
- Club Officials will need to complete a basic online coaching & Admin course.
- Club will set up email address and Facebook page for Club. (T.O.W.I. will assist)
- Club may also compete in National Events; However, all athletes will need to register with T.O.W.I. first

Once Club is set up and all requirements have been met, the Club will commit to running an allocated number of community events within the Calendar year. These events can be fun or charity events with a percentage of the receipts from charity events going to the nominated Charity and the Club retaining the balance to cover administration costs, all proceeds from fun events, sponsorship etc stay with the club.

Past or present registered members of affiliated clubs are not eligible to **PULL** in these events

Each event planned will require a permit to be issued from TOWI and an applicable Risk Assessment carried out. The club will promote these events through the club social media platforms & Club Website. All identified actions on the risk assessment are the responsibility of the Club & TOWI Officials to carry out.

The benefits to the Sport of Tug of War:

- The PR generated from these events will promote Tug of War sport in your community/county.
- Pullers from your club maybe interested in progressing in the sport and make themselves available for the High-Performance Unit or for the GENSB Youth Tug of War team selection.
- Introduce the sport to new participants & develop new Tug of War athletes
- Introduce New coaches both Male & Female to the sport.
- Generate awareness of Tug of War sport within your community & throughout the Country.

Please find attached:

- Club Members Affiliation Form
- Tug of War Club Constitution Form
- Tug of War Ireland Constitution
- Strategic Plan

Links for membership:

- Club Membership [Club Membership - Tug of War Ireland](#)
- Individual Membership - [Adult Membership - Tug of War Ireland](#)

Contact information:

Event permits - Anthony Pender, email address: a.pender@irishtugofwar.com Tel No: 087 2781855

Should you require any further information or clarification, please don't hesitate to contact me.

Regards,
Michelle Foley
T.O.W.I. Secretary

