



# Welcome to **QUINS**

Abu Dhabi Harlequins  
Rugby Club  
Est. 1970

## Part 1: **Youth & Senior Rugby**



Season 2023-24



**Welcome everyone  
to the start of an  
exciting new Quins  
rugby season!!**

**Get ready for thrilling  
matches, teamwork,  
individual brilliance  
and unforgettable  
moments on and off  
the rugby field.**

**Lets make this season  
one to remember!!**

This is a brief document that  
includes some important  
information concerning the  
2023/24 season ahead.

# Chairman's Statement

## Season 2023-24

**Dear Members** - *those returning and those joining us for the first time*

**Hope you all have had a wonderful summer. After a fabulous season of rugby in 2022/23 that saw our player membership increase by over 35%, Abu Dhabi Harlequins look forward to welcoming everyone back for another exciting season of Quins rugby.**

Your committee have been very busy during the off-season: renewing existing and securing new sponsors, designing the new kit, and investing in technology to make Quins rugby even better; just to name a few of the things we've done.

I cannot wait to see us all back on the pitches very soon and enjoying rugby in the capital.

Abu Dhabi Harlequins is a non-profit, community rugby club that relies on volunteers generously giving up their time to operate successfully. If you'd like to help make the Quins even better, and you can volunteer your time in any way; please reach out to myself, Joe (Club Captain) or Candice (Junior Manager).

I look forward to welcoming you all back to our Club for the new rugby season 2023/2024.

# HEAD OF RUGBY

*Matt Thomas*

*'Quins has always had a special place in my heart since joining in 2017.'*

I am really looking forward to this season and seeing the junior and senior sections continue to get closer together as the season develops. We have a very talented mens and womens section, that play rugby in the right spirit and thrive in competitive environments.

We have a core group of seniors that have won competitions in the UAE and aim to continue driving our standards and culture into a winning environment for all players and those associated with the Club.

C'mon you Quins!

# CLUB CAPTAIN

*Joe Lynch*

I would like to extend a very warm welcome to all members, new and returning, of Abu Dhabi Harlequins. It is a huge honour to serve as Club Captain for the 2023/2024 season.

The senior section had a mixed bag of results last season, with the men's side of the section facing considerable upheaval and uncertainty. Thankfully, the committee have recruited our very own Matt Thomas as our new Head of Rugby. Matt has been hard at work over the summer and the results of this will be tangible for all members of the club.

The club has also been busy during the off season with a new scrum machine being secured along with a refurbished 'Bat Cave' where video analysis and coach education can be held. A special thanks to Nick Davies for his efforts in making this happen.

I would like to thank all of our sponsors, especially our principal sponsors Modon and Seventy Ninth group, for their support this season, and we look forward to welcoming you to Zayed Sports City to cheer us on.

Finally, the best of luck to all who pull on the Quins jersey, from our minis up to the senior team. Thank you to everyone involved with Abu Dhabi Quins and I look forward to seeing you supporting all of our teams in what is sure to be a roller coaster of a season!!

COYQ...



# JUNIOR MANAGER

*Candice Woodhead*

Our junior squads will be back training at Zayed Sport City on Thursday 31st August and Friday 1st September 2023. I look forward to welcoming our returning members and a warm welcome to our new members.

The season is already looking busy, there are many tournaments, friendlies, league matches and of course our Abu Dhabi Harlequins Junior tournament in November.

I'm very excited and can't wait to see everyone back on the pitch. Here's to an amazing and successful 2023/2024 Junior Rugby Season.

**#whoarewe #yfums**



# Womens 1st VII Captain *Clodagh Cleary*

I am super excited about the upcoming season with the Abu Dhabi Harlequins women's team.

We are thrilled to welcome returning and new players into our squad and can't wait to see the mix of talents they bring.

Get ready for some great times, epic tournaments, and lots of fun, on and off the field!!

*As womens captain for the last season, this will be Clo's 8th season with the Quins. Her home club is Mullingar Rugby Club in Ireland.*



# 2023/24 JUNIORS SEASON OVERVIEW

22 Aug 2023

## AUGUST 2023

- 22nd Seniors Pre-season training commences
- 31st Junior Training commences (U16, U16G, U18, U18G)

## SEPTEMBER 2023

- 1st Junior Training Commences (all remaining age groups)
- 8th Welcome Back Party (Rugby World Cup Kick Off event)  
Kit launch/sponsor day
- 30th Junior League matches - Round 1  
U5/6, U7 & U8 mini friendlies @ Zayed Cricket Stadium

## OCTOBER 2023

- 7-8th [Small Blacks Tournament, Abu Dhabi](#)
- 13th Dubai 7's Youth Round 1 (U13,14 & 16)
- 21-22nd Saxo Bank Women's & Girl's Tournament
- 27th Dubai 7's Youth Round 2 (U13, 14 & 16)
- 28th Junior League matches - Round 2  
U5/6, U7 & U8 mini friendlies @ Zayed Cricket Stadium
- Sedbergh/Quins half term Rugby Camps

## NOVEMBER 2023

- 4th BSAK 7's
- 11-12th [Abu Dhabi Harlequins Junior Rugby Tournament](#)
- 18-19th Junior League Round 3  
U5/6, U7 & U8 mini friendlies @ Zayed Cricket Stadium
- 25-26th DC 7's
- Dubai 7's squad announcement & shirt presentations

## DECEMBER 2023

- 1- 3rd [Dubai 7's tournament](#)
- Abu Dhabi Harlequins Junior Xmas Party

## JANUARY 2024

- 13th Junior League matches - Round 4  
U5/6, U7 & U8 mini friendlies  
@ Zayed Cricket Stadium
- 27-28th [HSBC Dubai Rugby Festival, Dubai](#)  
Rugby mums brunch

## FEBRUARY 2024

- 2/3rd [Muscat Junior Rugby Tournament](#)
- 3rd Junior League matches - Round 5  
U5/6, U7 & U8 mini friendlies @  
Zayed Cricket Stadium
- 24th Junior League matches - Round 6  
U5/6, U7 & U8 mini friendlies @  
Zayed Cricket Stadium

International Touring Schools

Sedbergh/Quins half term Rugby Camps

## MARCH 2024

- 3-4th DC 10's
- 9-10th [Al Ain Junior Rugby Tournament](#)

## APRIL 2024

- 20th Junior League matches - Round 7  
U5/6, U7 & U8 mini friendlies @  
Zayed Cricket Stadium
- UAERF Junior and Senior League Finals

## MAY 2024

- End of Season Junior Awards
- Captains Dinner (all Seniors)
- Coaches, Managers & Medics brunch
- End of Season Gala Rugby Ball
- Annual AGM meeting

All fixtures are subject to UAERF approvals and changes due to scheduling requirements



# A introductory message from social media/marketing manager & Quins creative lead, Nick Davies.

**Quins have a new end of season goal of becoming the leading UAE Rugby Club on social media.**

Following a positive 2022/23 season we are not that far away. As a result of increased activity of greater match awareness, match photography and increased efforts on our social media platforms our social media presence made big strides last year.

However, to take this to the next level I need your help to support the plans for this coming season. This will take very little effort from you personally but I just need you to help provide 'newsworthy' information. Anything that can promote rugby and the Club will be helpful and will be considered for our regular Instagram and Facebook posts. Photos of games, training, tournaments, smiling faces, or even quotes and back stories will be really appreciated.

Thank you in anticipation.

**Please follow us on Instagram @  
#abudhabiQuins**

# 2023/24 MATCH JERSEY

The seasons match jersey has been designed and developed by the Club in partnership with our supplier, Tsunami.

There are a number of key additions to the jersey this year as well as our standard design requirements.



## DID YOU KNOW...

1. As part of our constitution, our jerseys must include the UAE National colours of red, green, white and black
2. The quarters design is aligned with the traditional Harlequins UK jersey and helps distinguish us from the other UAE clubs
3. A new hashtag for our club song, *You fill up my senses* (#YFUMS) has been added to all senior/junior jersey collars (and supplementary tops) to make them more personal
4. A cluster of small UAE coloured diamonds have been added to reflect the affiliation with the UK Harlequins brand whilst respecting our local history



## Quins Bat Cave

In the off season Quins have converted a store room into a new team analysis room that will be available to review the recorded matches and for other team discussions. The 'Bat Cave' will be available for all teams and use of the room and facilities will need to be scheduled.

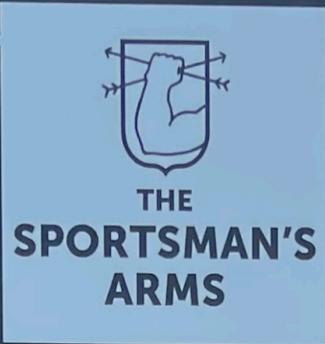
## Match recordings and analysis

This year, Quins have invested in a Veo match camera. With its ability to capture full field video and Ai driven analysis, Veo can help coaches and players dissect matches, identify strengths and weaknesses, and enhance performance. Its a powerful tool for improving strategies, player development, and overall team performance.

All you need is the Veo app to be able to watch recordings of the matches on your phones.

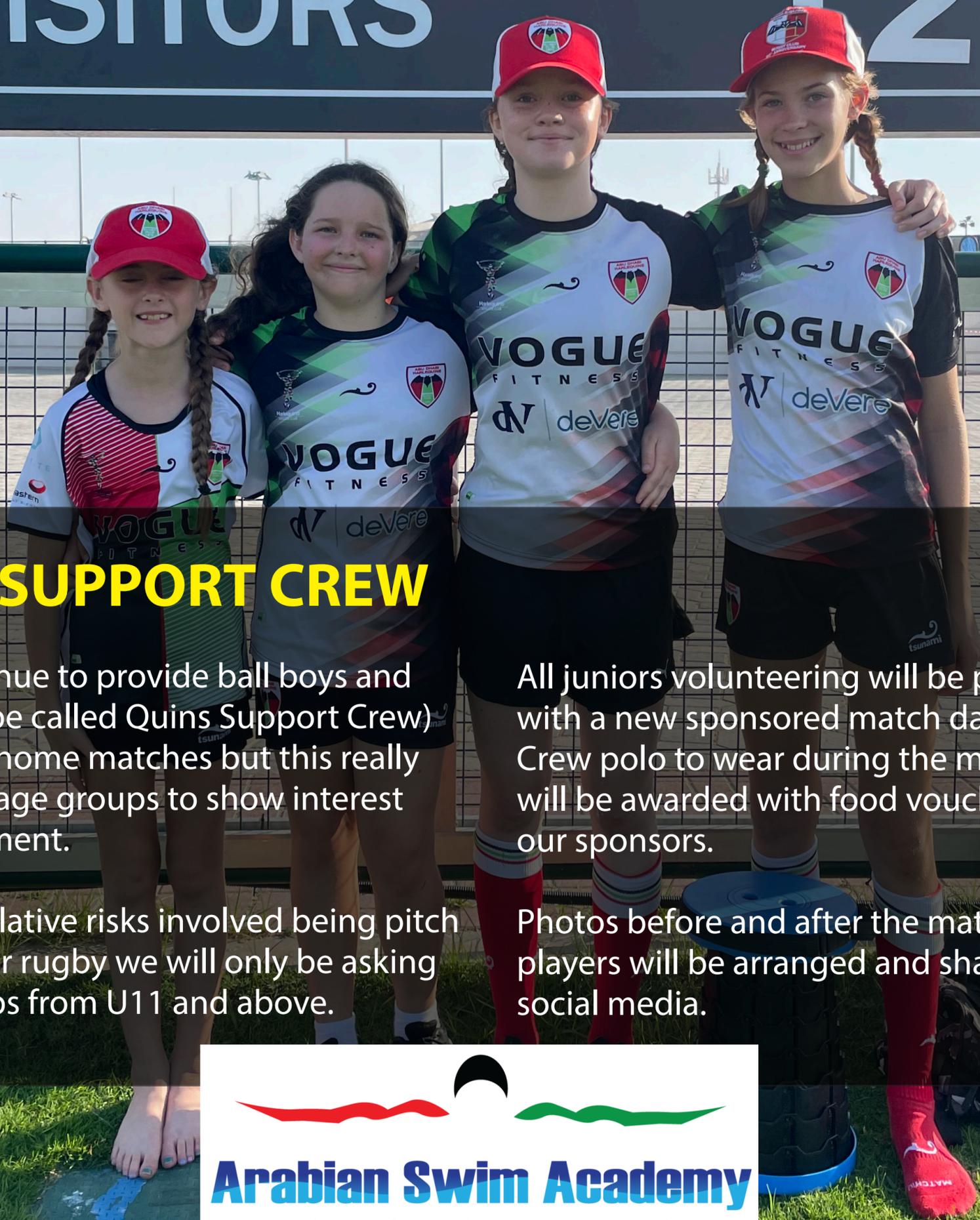
Whilst the camera is intended for primarily for senior home matches, it will be available to other interested junior teams when the seniors are playing away. This facility will only be available at home (Zayed Sports City) and will need someone to manage the recording and process.

Nick Davies will communicate with Head Coaches on availability.



# HARLEQUINS VISITORS

# 14 12



## QUINS SUPPORT CREW

We will continue to provide ball boys and ball girls (to be called Quins Support Crew) for all senior home matches but this really relies on the age groups to show interest and commitment.

Due to the relative risks involved being pitch side for senior rugby we will only be asking for age groups from U11 and above.

All juniors volunteering will be provided with a new sponsored match day Support Crew polo to wear during the matches and will be awarded with food vouchers from our sponsors.

Photos before and after the match with players will be arranged and shared on social media.



# Become a QUINS Volunteer

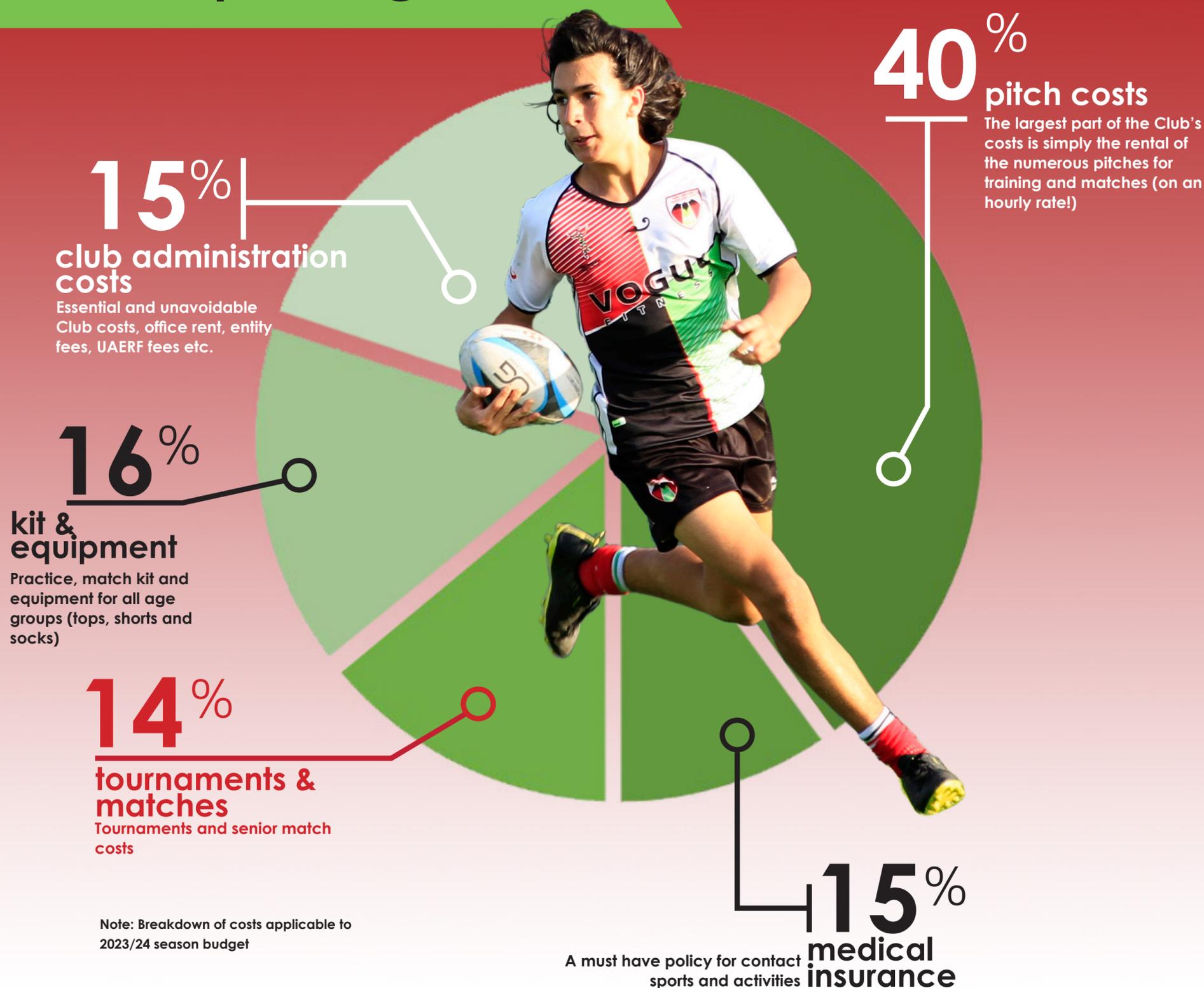
This Club is run by a large group of fantastic volunteers who appreciate what rugby can offer to children. We cannot do it without you.

This is a plea for more parents to volunteer their services to their respective age group head coach and get involved. Your effort helps massively!!

We are always appreciative of help with;

- coaching
- team managers
- team first aiders (training will be provided)
- other roles that support the operation of the Club (speak to Junior Manager Candice Woodhead for further information)

# where do my Quins membership fees go?



## Other regularly asked questions...

### Q. what don't I pay for?

**A.** Quins is an amazing, not-for-profit, community club. The committee members, administrators, coaches, managers and first aiders all give their time for free. Over a season that is a considerable amount of time...

### Q. are the coaches qualified?

**A.** Yes, the head coach of each age group holds World Rugby certification such as Level 1 or Level 2 coach. They also complete annual assessments in areas such as concussion and age grade considerations and may be qualified in rugby strength and conditioning. The Club routinely organises World Rugby courses to be delivered to our volunteers to maintain skills and currency.

### Q. how do my membership fees compare with other activities?

**A.** Quins is a not-for-profit Club and represents great value for money compared with many other sporting activities; even more amazing when you consider the amount of rugby provided in training and matches. Because the coaching and administration is free, it enables us to charge a very reasonable membership fee for a 7-8 month season. This fee is less than many one term fees in other sports clubs. The fees are based on the non-discretionary expenses the Club needs to pay.



Above: Approx cost comparisons with similar sports for one term of training twice a week

## where do my Quins membership fees go?



### Q. why rugby?

**A.** For many people arriving in Abu Dhabi as new expats, the Club provides a large part of their social activity and a chance to make friends. The mini and youth players usually become rugby crazy, and their on-pitch friendships often translate to school and social friendships. Safety is our primary concern and the progression from non-contact to contact rugby is progressive and at the pace dictated by the players. Benefits of rugby include fitness, learning how to be part of a team, coordination and, most importantly, loads of fun!

### Q. what don't I know about Abu Dhabi Harlequins?

**A.** Abu Dhabi Harlequins was established in 1970 and was originally called Abu Dhabi Bats, hence the bat on our logo today. Playing in such a dynamic city as Abu Dhabi means we are always ready to adapt as the cityscape changes around us. Over the years the Club has been involved in many charitable acts. For many years, members have, out of their own pockets, sponsored orphans in Phuket, Thailand. It has been amazing to hear the stories of how these children have gone on to lead successful lives. If you wear an Abu Dhabi Quins shirt in Phuket, you may well get engaged in conversation by people who know connection between the Club and their community. In recent times we have run several events to raise money for local and international charities and we are an affiliate Club of London Harlequins.

### Q. how can I get involved?

**A.** as a community club, Quins always needs volunteers in order to thrive. Why not join the coaching team or offer to be a first aider? The Club will provide training, so even if you have little to no rugby experience you can learn under the experienced head coach - and it's a great way to be involved in your child's activities. The team manager role is crucial, and no rugby experience is required. At the Quins tournament, the pitch marshals are key to keeping the whole tournament on track, so parent volunteers are always welcome. If you are interested in joining the team, simply ask your head coach or manager how to get involved.



# Membership Discounts



**MUDON**

**10% Discount**

on 321 Sports, Circuit X and Bab Al Nojoom on Hudariyat Island, Abu Dhabi

**McCafferty's**

**20% Discount**

on food and beverages at McCafferty's in Yas Bay (Hilton Hotel), Abu Dhabi



**15% Discount**

Contact Arabian Swim Academy for further information



**20% Discount**

on all drinks purchased from Spinneys Shops (Galleria Mall shop, Najda shop, Khalidiya shop, Muroor shop, Al Reem shop, Mussafah shop, ICAD shop, Al Bandar shop, St. Regis shop, Hamdan shop and Reem Mall shop)



**Varied Discounts**

Up to 40% off selected items

20% off bike services

15% off bike rentals

Contact Yas Cycles for further information on offers



**15% Discount**

On all exterior cleaning services for residential properties within Abu Dhabi.

Contact HydroClean for further information

سمایل رایت  
دنتال کیئر

smilerite  
DENTAL CARE

**10% Discount**

Contact Smilerite for further information on what services are included



**20% Discount**

Off food and beverages

Terms and conditions may apply



The unofficial Club song is 'Annie's Song' written by John Denver. It is often referred to as 'senses'. You will often hear its renditions at senior socials or after key victories!! Its hashtag (#YFUMS) is included on all of the senior and junior playing jerseys. The words to the first verse are included below and are compulsory learning...

*You fill up my senses  
Like a night in a forest  
Like the mountains in springtime  
Like a walk in the rain  
Like a storm in the desert  
Like a sleepy blue ocean  
You fill up my senses  
Come fill me again...*



### Did you know...

When the Abu Dhabi Harlequins were first formed more than 52 years ago, there was not a single grass pitch available. The team trained and played on sand pitches and often trained under street lights just like bats gathering around the light source.

# Your 2023/24 Club Committee

Chairman

Angus Woodhead

[chairman@abudhabiquins.com](mailto:chairman@abudhabiquins.com)

Vice Chairman

Aubrey Roberts

[vicechairman@abudhabiquins.com](mailto:vicechairman@abudhabiquins.com)

Club Captain

Joe Lynch

[clubcaptain@abudhabiquins.com](mailto:clubcaptain@abudhabiquins.com)

Club Secretary

David Jacobs

[secretary@abudhabiquins.com](mailto:secretary@abudhabiquins.com)

Junior Manager

Candice Woodhead

[juniormanager@abudhabiquins.com](mailto:juniormanager@abudhabiquins.com)

Events Manager

Antonia Magryta

[events@abudhabiquins.com](mailto:events@abudhabiquins.com)

Commercial Manager

Casper Kruger

[commercialofficer@abudhabiquins.com](mailto:commercialofficer@abudhabiquins.com)

Medical Officer

Rob Church

[medical@abudhabiquins.com](mailto:medical@abudhabiquins.com)

Membership

Craig Griffin

[membership@abudhabiquins.com](mailto:membership@abudhabiquins.com)

Treasurer

Michael Mulligan

[treasurer@abudhabiquins.com](mailto:treasurer@abudhabiquins.com)

Marketing/Creatives

Nick Davies

[marketing@abudhabiquins.com](mailto:marketing@abudhabiquins.com)

## Non Committee

President

Andy Cole

[president@abudhabiquins.com](mailto:president@abudhabiquins.com)

Head of Rugby

Matt Thomas

[dor@abudhabiquins.com](mailto:dor@abudhabiquins.com)

And finally, to all  
associated with the  
junior section please  
remember.....

These are kids  
This is only a game  
The coaches, managers &  
first aiders are all volunteers  
The referees are human  
This is NOT the World Cup...

Here's to a fantastic new season.  
We hope you enjoy your rugby and  
everything that the sport provides. If you  
want to get involved please do reach  
out to the committee who would love to  
hear from you.