



Joshua (Josh) van der Flier is an Irish rugby union player for Leinster and Ireland. Josh mostly plays as flanker.

His rugby debut for Ireland was in the 2016 Six Nations tournament against England.

Joshua grew up in Wicklow town and started playing rugby when he was five years old.



Early life:

Joshua was born on April 25th 1993. He grew up with his mum and dad, Olly and Dirk. He has one brother, Johan, and two sisters, Kirstin & Julie. He attended the Glebe National School in Wicklow and then boarding school in Wesley College.

Starting out with sports:

"I always played sport in the garden or doing summer camps when I was very small. I started rugby when I was 5 years old in Wicklow Rugby Club. My brother played and dad coached, so I was brought along to training sessions."

Is your family sporty?

"Very sporty! All of us enjoy playing sport and if not sport then we enjoy being active. A very outdoor family!"



How did you choose your sport?

"I always enjoyed rugby from the start.

My Dad, Grandad and uncles had all played rugby and I grew up listening to stories of them playing so I guess it was an obvious choice!"



What competitions have you been a part of?

- Pro 14
- European Cup
- Six Nations
- World Cup, 2019

What is your greatest sporting victory?

I have been fortunate enough to play in some big games but my greatest would have to be Ireland's first win v New Zealand in Chicago."

What is it like to be part of a team?

"It is great.

You learn so many skills that are useful in other parts of life but more importantly you develop great friendships and it is a lot of fun."

Something surprising about you:

"I don't drink coffee, which I'm told is very strange!!"

Differentiated Reading Activity

Junior

When did you build your first Christmas Shoebox?

"I built my first shoebox in primary school, I can't remember exactly what age I was but definitely early on!"

What is your favourite thing about the Christmas Shoebox Appeal?

"It is incredible to have the opportunity to make a child smile, to make them happy and share the joy of Christmas that most of us get so accustomed to."

What are your motivations in life?

"I like to **do everything as well as I can**. I try to **work really hard towards my goals** and make a big effort to be the best version of myself. **Self-improvement** and constantly trying to get better at everything is a big motivator for me, especially professionally. Aside from that I like to **have fun** and enjoy myself with friends, family or out playing sport!"



QUESTIONS:

When was Joshua van der Flier born:

Where did he grow up?

When did he start playing rugby?

Name a competition that he has played in

Who did Joshua's team beat in Chicago?

When did Joshua make his first Christmas Shoebox?

ANSWERS:

When was Joshua van der Flier born:

April 25th 1993

Where did he grow up?

Wicklow town

When did he start playing rugby?

At the age of five.

Name a competition that he has played in

Accept any of: Pro 14, European Cup, Six Nations, World cup, 2019.

Who did Joshua's team beat in Chicago?

New Zealand

When did Joshua make his first Christmas Shoebox?

In primary school

A huge thanks to Joshua van Der Flier for being the Team Hope CHRISTMAS
SHOEBOX APPEAL ambassador for 2021!