



'The Bosch Huddle'

Rondebosch Boys' High School Rugby Newsletter



By Sean Friedenthal, Head of Rugby: RBHS
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Welcome to a new season of rugby at Rondebosch. Greetings to all Rugby fans - players, coaches, administrators and supporters. The great thing about the onset of winter is that rugby season is almost upon us again - cold, rain, camaraderie and heaps of guts.

No more early mornings at the pool, or the river, no long days at the side of the cricket field or in the heat of an indoor court. Two school training sessions a week, a game at the weekend and then of course the analysis and debate that surrounds all games.

In particular we would like to welcome all those new to Rondebosch and new to rugby. We hope your time in this vibrant community is enjoyable and memorable. Rondebosch rugby has a proud tradition and we are glad to have you part as of it. Rugby, together with the other sports, plays a critical role in the life of our community. Rugby welcomes a broad cross-section of our students and offers them a student-driven outlet for their athletic talents; a source of lifelong friendships; and, in many cases, an opportunity to experience the thrill of inter-school competition. Nowhere is the spirit of the Rondebosch scholar-athlete more in evidence than in our sports and, in particular, among our dedicated rugby players.



The year has been one already filled with new and exciting developments. The completion of our Fitness Centre under the Carleton Lloyd Stand has seen the introduction of our players to their weight programmes. The 'vibe' within the senior group has been uplifting. We will be rolling out a training programme for all the age groups. The 1st XV have already begun their programmes and will hopefully reap the benefits of the equipment throughout the season. Our sincere thanks go to all those involved in the supply and purchase of the equipment.



As with all seasons we have new coaches eager to join a highly successful training team:

- Clint van Rensburg, former Sharks player and captain of Hamilton's RFC, and Divvie Maritz join the 1st XV team.
- Aubrey Stout from ETA joins Rondebosch rugby as the Biokineticist.
- Mike van Rheede's talented hands will assist with the physiotherapy and rehabilitation of our injured players.

It is wonderful to have all these talented staff join our coaching unit.

Marc and Darin Viljoen will be working with the U16's and have already begun their training for the pre-season. Numerous old boys will also be assisting with their help and experience.



Once again I will advise all players to have a concussion baseline test done at the school in case of a bump to the head during the season. The initial test costs R320 and this enables the player to get follow-up tests and further tests should they incur a bump to their head. Results and advice from the doctor will follow each test conducted.

The 1st XV will compete on the 24 March at Canal Walk Newlands night game, then move on to their camp in Wellington at Bontebok Ridge. Once again the camp will work towards creating a working unit that will go on to the King Edward VII Rugby Festival in Johannesburg.

The U15 team will participate in the Paarl Boys' rugby festival and our juniors (U14's), will start their career off with a two day festival at D.F. Malan. We wish all teams the best during the games. All the dates for the tours can be found on the website.

Rugby Videographers/analysts required - RBHS rugby is in need of two or more student videographers/analysts to film fixtures. This is a highly valued role within the rugby community and can contribute to community service hours and/or count as your winter extra-mural activity. Please contact Mr Pienaar.

It's all about support!!



*Rondebosch Boys' High School,
Canigou Avenue, Rondebosch
Tel: 021 686 3987 Fax: 021 689 9726
Email: marketing@rondebosch.com
www.rondebosch.com*