



'The Bosch Huddle'

Rondebosch Boys' High School Rugby Newsletter



By Sean Friedenthal, Head of Rugby: RBHS
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Bosch Rugby Supporter's Club Annual 'Capping Dinner'.

We often hear the rugby field referred to as a battlefield, a place not for the faint hearted or weak willed.

There is no doubt that Rugby is a very physically demanding sport, and the higher the level played, the higher the emphasis is placed on the physical aspects of preparation and mental toughness. A prime example is, Tarryn (our physio) being asked to get Chris Keet patched-up and back on the field after suffering a nasty facial gash against Bishops.



As coach for 2009, I gave a lot of thought to the chemistry, training, needs and goals that would be needed into making this group a successful composition of individuals who would ultimately proudly bear the responsibilities of wearing the blue and gold jersey each week, preserving the pride of those that have played before and the many different traditions and levels of history that exist across the Bosch rugby environment.

For many years, individual skill was seen as a key component of being selected in successful Rondebosch sides - this year was no different. The personal attributes of paceman like Hendri Van Niekerk and Justin Fielies, deception and strength on the ground unlike Jamie Croeser, the solid tackling defence of Daniel Gluckman and successfully being able to play various positions well and with an accomplished skill factor was Chris Keet, all willingly showed their talent each week.

More and more as our season evolved, other considerations had to be taken into account when selecting a side, from the King Edward VII Festival against Westville Boys' High school, the hosts KES and Pretoria Boys' to The Cape Schools Week and Grey College, Selbourne and Muir. The issue of physical presence being my number one consideration, the need to dominate our opposition, especially those teams from Boland. Luckily for us one player none more intimidating than SA Schools and Craven Week hooker Gareth Topkin was found and secondly the skilful bulldog ability and the team needed the coolness of head to make correct decisions under pressure, this became our vice-captain Steven Wallace's weekly role.

The success of this year's team is that it had one requirement that is necessary for any team, the necessity of players to have a "warrior" like attitude. Captain Chad Matthews I believe demonstrated this attribute in each game. Playing as warriors is what often made them more deadly than their opponents, The St Stithians and Bishops games spring to mind.



A number of our opposition could well have had on paper a more skilled team of individuals in their respective positions, but they lacked the "warrior attitude" in their hearts to compete and got run over by recognisable strength this year, our scrum. To have uncontested scrums in more than two matches proved our domination in this area. One such game being against the hardened Paarl Gym community.



Our side contained individuals like Joel Carew, Jonty Milne and Benjamin Shaw, who were prepared to put their bodies on the line for each other and the team for eighty minutes, to play above any individual performance goals and make correct decisions under pressure. Enough warriors could be found this year that were prepared to put in the hard physical, tactical and mental work, Darryn Berry and Matthew Foster certainly showed the way. Having prepared for the tough fixture list from October last year the team sacrificed their school holidays, public holidays and any free time for training.

The 2009 season could possibly be summed up as 'How many games are won and lost in the last 5 minutes?' The team's true character generally came through at this point, thanks to fitness coach Kyle Dodds. It was a pity not to play SACS a second time round, as the first game proud to be one of our highest scoring matches. The rain god's certainly played their part this season and nearly all our matches were played in the rain, our match against Paul Roos being called off due to flooded fields.



Many 'Thanks' go to *Gustaf*, our manager, video analyst and statistician, who would suggest that many of our games were won by our digging in and fighting for every inch of the territory, taking the battle up front with *Louw Naudè* and *Raÿn Smid* physically contesting each ruck, and in the later stages of a game when physical and mental endurance were being tested at a higher level the ever ready substitutes of *Grant Greeff*, *Edward Gregory* and *Andrew Moir* would lend a hand. And in our time of real need *Nic Simpson* would simply be called on and immediately display a "warrior attitude" and ultimately score a try or two.

Of course, every rugby team also needs a higher intelligence and *Simon Bergman* our resident scientist filled this role, as well as sheer determination and brawn by *Michael Aristidou*, and of the chosen warriors are also intelligent long range kickers, play makers like *Scott van Breda*, who built our recipe for success through the boot.

We cannot forget about individual skill in our side - surely *Cameron Wright* ranks amongst the best. All players in modern rugby must be able to pass, run evasively, take the ball into contact correctly, tackle safely, kick with precision and communicate effectively as well as playing their respective individual and unit positional requirements. I believe this year we had some of the finest.

At the end when the fat lady sings, you will find yourself with a good spread of warriors on your side; know that you have played with some of the best skilled players *Rondebosch* has ever seen.

Who knows - next year you may just end up with the right chemistry mix and you might have an enjoyable and successful season playing for your province, club, university or country. Wherever you find yourself next year and the years to come, keep the "Pride, the Passion and the Perfection" in all you do!



We have two awards this year, the "Golden Boot" and the "Players Player of the year". It gives me great pleasure congratulate **Scott van Breda** on receiving the "Golden Boot" award for 2009.



The "Players Player of the year", voted by the players for the player who in their mind deserves to be known as the player of the year. A person they would gladly go to the end of the world for. The "Players Player of the year "for 2009 is **Chris Keet**.



Altius et Latius
It's all about support!!



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