



# 'The Bosch Huddle'

Rondebosch Boys' High School Rugby Newsletter



By Sean Friedenthal, Head of Rugby: RBHS  
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The rugby fraternity would like to congratulate Leeroy April on his attendance at the Investec International Rugby Academy which took place during April. This was the first of two advanced courses facilitated by Gary Gold (Assistant Springbok Coach) and Ian McIntosh (former Springbok Coach and Selector). Players from various schools attended this week-long course including Maritzburg College, Durban High School, Grey College, Hilton College and Paarl BHS.

Well-known rugby specialists presenting and assisting at the course were Mark Andrews, Jacques Botes, Mark Lawrence, Dick Muir, Hugh Reece-Edwards, Joost vd Westerhuizen and Braam van Straaten. The enormous dedication and hard work of players at this course was realised when the Academy side beat Glenwood 60-3 at a fixture on the last day.

RBHS currently has 42 coaches involved in the 20 rugby sides and although we are fortunate to have such enthusiasm for the sport, very few of our competitor schools can field as many teams in each age group. As a result the U14D and U15D teams, in particular, have not played as many games this season. We are trying to arrange matches for these teams. Injuries have also taken their toll on senior teams which has impacted on the structure of these teams.

RBHS Old Boys, Hanyani Shimange (Springbok) and Anton Van Zyl (Stormers) together with Tom Dawson-Squibb, have been providing specialised training for the U16 teams to boost their confidence in all aspects of their game plan. Thank you to Tom Dawson-Squibb who has also been providing mental coaching for both the U14's and 1<sup>st</sup> XV.

- All teams were issued with Gilbert rugby balls displaying our RBHS logo.
- All teams have received water carriers and RBHS water bottles as well as new touch flags.
- Thank you to Johann Buitendag (Budgie) for the water container which will assist in weighing down of the scrum machine during training for our already strong pack of forwards.
- Thank you to the BRSC for the much-needed coaches rain jackets.
- Thank you to Mr Robert Blows for the two portable stainless steel drinking stations which now aid numerous players being able to drink at one station.
- The School issued ties and caps to coaches to wear on match days.
- We are still hoping to secure training golf shirts and lounge shirts (to wear to matches) for coaches.
- We are currently investigating clothing for the referees for the 2011 season and sourcing a new supplier of the 1<sup>st</sup> XV jerseys.
- The school has asked the BRSC to assist with financing of coaches fees to enable RBHS to maintain the high quality of its existing coaching staff and keep abreast of opposition schools.
- We are looking to repair or replace contact and tackle bags that have been worn out and/or damaged from overwork. If any parent has contacts for this service please email: [friedenthal@rondebosch.com](mailto:friedenthal@rondebosch.com)
- A temporary stand which seats approximately 100 people was erected and used by Old Boys during the last home match. We would like to encourage as many Old Boys as possible to make use of this stand for the upcoming home fixtures between Wynberg (29/5) and Bishops (5/6).
- Opposition reserves now have seating during matches on our new 10-seater stand on Rugby A.

The Fitness Centre is being used daily from 06:00-07:30 by players under the supervision of boarder master, Justin Mitchell. U14, 15 and 16 players are also invited to attend these sessions.

We are urgently in need of a scale, a stepper, a treadmill and a wall-mounted boxing bag for the Fitness Centre.

If anyone has any contacts please email: [friedenthal@rondebosch.com](mailto:friedenthal@rondebosch.com)

Aubrey Stout, a Biokineticist from ETA, has been employed to monitor the fitness levels of players which coaches felt were not of an acceptable standard.

First indications of this monitoring by Bleep Test show an average use of only 48% VO2 Max, which is below the recognized level. All coaches will be assisted with fitness exercises for their players.

Physiotherapist, Mike v Rheede has been busy working with players from all age groups. A tracking system of injuries has been co-ordinated with Rudrich Claassen (Head of Medics) to be forwarded to Clint Redhead of Sport Science Institute for analysis.

Parents are encouraged to consider the Impact Concussion programme which provides for the baseline test prior to an injury at a cost of only R330.

Gustaf Pienaar (1<sup>st</sup> XV manager) and two boys recently attended a video analysis course to update their skills which will aid in correctly analysing the video footage of matches. Equipment and licensing continues to present a challenge in rolling this out to and all teams. Currently we pay R 5000 per year per computer, which places huge strain on already stretched budgets. Cheaper options of equipment and software are being investigated. If anyone has contacts for video camera's and/or computers please email: [friedenthal@rondebosch.com](mailto:friedenthal@rondebosch.com)



We are investigating an interactive rugby web page for learners, sponsors and parents and would like to encourage you to forward any photos you may have to the School, for inclusion on this page once it has been set up.

The 1<sup>st</sup> XV change room is undergoing a phased revamp. Wooden name boards have been put on the walls. The room now has a fridge for drinks, ice and a physio bed was purchased which is being used for pre-match strapping of 1<sup>st</sup> XV players. Ice-bins have been placed in the shower area and are working well. Our thanks to Mr Sean Hill for providing the ice.

The branch which was cut down from the Johannes Melkbos tree has been placed inside the change room which has started the tradition of "touching the branch" for good luck.

Thanks to a donation from the **Berry** family (Darryn E'09), we now have a memorabilia wall with framed jerseys. We will be adding the signed jerseys of Super 14 teams, the Hurricanes and Blues, who recently trained on Rugby A, to this wall. RBHS also hosted the British Army who trained on the Meadows field. Boys enjoyed learning from watching some of their training sessions during break times.

The FNB Classic Clash will take place on 5 June against Bishops and this match will possibly be broadcasted live. It has been agreed that sponsor's wedges will be placed in front of the new stand. The Spur food tent will be positioned in an area where the smoke will not cover the pitch.

The Western Province U18, U16 and U15 trials for the Southern Regions were held at Rondebosch for last two weeks. Numerous players that were sent to the first round of trials in all age groups have made it to the second round.



***It's all about support!!***



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