



'The Bosch Huddle'

Rondebosch Boys' High School Rugby Newsletter



By: Sean Friedenthal, Head of Rugby: RBHS
Issue #4 May 2009

Impact Concussion: A large number of our players have completed their baseline tests for the Impact Concussion programme, which allows doctors to advise and recommend treatment and recovery programmes for our boys if injured on the sports field. Part of our upgrading of coaching staff is to make them all aware of the dangers and to recognise the symptoms during each match. The importance of understanding whether a player is concussed or not is vital as it does make itself prominent in his academic ability. Normally a loss of memory or a slowing of visual and non verbal communication occurs, which can affect their academic performance for a period of time. The school is very happy to have Dr. Vicky Whitefield-Alexander (A Counselling Psychologist) head the project, who's father still holds the 1mile run record at RBHS. Should players and parents want to have the test done, this can be done on an individual basis with myself.

Parent and Players Code of conduct: Over the past few games we have noticed a number of parents and players shouting at the officials and trying to put off the opposition whilst taking their kicks. We do not believe this should be the type of behaviour or boys aspire to and would encourage all coaches, parents and players to refrain from any form of harassment of players, officials or the opposition. We believe our boys should refrain from any form of personal, verbal, physical or emotional abuse. The number of officials in all sports dwindled to shockingly low numbers and research shows that most of the officials have resigned due to the unnecessary pressure placed on them by unruly spectators and players. We at Rondebosch are privileged to have referees volunteer their time to officiate and therefore I plead that all families try to instil a policy of no harassment of officials and players.

Rugby Trials: Over thirty players from age-groups u15, u16 and u19 took part in trials at Wynberg and HTS Bellville during the month of May. It was pleasing to see the large number of boys participating from our school; we must wish them all the best in the trials and to hold their heads up high as they have performed well above the average players. A note to the parents that the extra game per week will have an effect on your son's fitness, please keep the healthy foods flowing and the vitamins well stocked. Please don't let their academic work suffer due to this extra training as exams are just around the corner. Along with trials often comes disappointment and resentment, please encourage your son should they not be selected 'that the cream always rises to the top', they will be noticed if they consistently perform.

Fields: Thanks must go out to Craig Lardner and Michael Frost from Multicote Turf for the chemicals supplied to Rugby A.



The field has taken on a new life and is knitting well for the winter season. Now that the chemical analysis has been completed the correct chemicals and time for preparation can be implemented. Our compliments to Wally Wood and Godfrey for fertilizing the field and working so hard to get rugby 'A' ready for our first home game. Finished or not the Carlton-Llyod Stand is superb, it added a new dimension to our school and I believe will revive an energy around rugby 'A'.

Parents help: There are numerous activities whereby our parents can get involved on match day. The tuckshop is always looking for helpers, please contact Sandi King; the 1st XV parents run the chalet, the old boys' have their spot and the Bosch Rugby Supporters Club are always on the lookout for new members.

Coaches: Congratulations must go to Gareth Wright and Robbie Kempson who will be assisting the Southern Kings in their preparation against The Lions. It is a privilege to have our coaches still involved at the highest level and bring back the latest technology for our teams.

Cape Schools Rugby Week: Our 1st XV will compete in the Cape Schools Rugby Week being held at SACS from the 26 June till 1 July. Our side has drawn Grey, Selbourne and Muir. Please join us over this weekend, your support will be appreciated.

It's all about support!!



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