



'The Bosch Huddle'

Rondebosch Boys' High School Rugby Newsletter



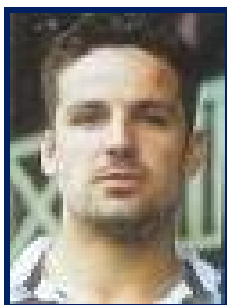
By Sean Friedenthal, Head of Rugby: RBHS
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Welcome to the Rondebosch Boys' High School Rugby Coaching & Development Newsletter. The aim of the newsletter is to provide coaches, players and parents with monthly up-to-date information regarding relevant coaching, training or sporting issues throughout the course of the year. Each edition will include articles, each specific to junior and senior coaches; general coaching & development news/updates; an up coming events calendar, and 1st Xv Rugby specific news.

New Staff Members

The coaching staff boosted its ranks with the former Sharks player Clinton Van Rensburg, assisting the school with backline training especially the 2nd XV. Tom Dawson-Squibb has the task of preparing the mental conditioning and well-being of all the teams whilst on age group specific camps. The first will be the under 16's running from Friday 27-Saturday 28 March to be held at school. The 1st XV squad will look to camp in Tulbach from the 3-5 April, just before their KES tour.



Clinton Van Rensburg



Tom Dawson-Squibb

News

The coaching staff have introduced a Mentor programme, with senior and junior players, 'adopt a team' for the growth of our 'Boschie Gees"! and the 1st and 2nd teams have been given the task of assisting a Boys Children Home of street children as part of their community service. The players will be collecting new and used clothing, shoes and sports goods to give to the home. Coaches and families can expect fun filled days, as part of a de-stressing and team building exercise.

The pre-season training program finished in its current format on Saturday the 14th of February. The program ran from November over 15 weeks and consisted of weights, speed, and conditioning & 2 x skills sessions per week.

Over the course of the program all participants (57) achieved substantial improvements in core skill level, strength and speed. The programme will now concentrate on position specific conditioning, with the fitness and handling skills continuing throughout. Trial games are set for Sunday 15 March starting at 16:00. Four 30 minute matches will be run, and a squad of 22 announced to go to Johannesburg for the KES festival.

There are still two coaching positions open to our Old Boys who are keen to give back to the Bosch community.

Our rugby boys are encouraged to support the 'IKEYS' team at their home games, as numerous Rondebosch Boys are in the team. The seniors attend the previous game, the u15 the 16 February and the u16's will attend the 9 March at 16h15.

Thanks

Rondebosch Rugby would like to thank the Bosch Rugby Supporters' Club for their assistance with financial bursaries to numerous young players, and to the Boland Old Boys for their contributions towards new gym equipment. We encourage all our parents to join the Bosch Rugby Supports Club.



It's all about support!!



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