



'The Bosch Huddle'

Rondebosch Boys' High School Rugby Newsletter

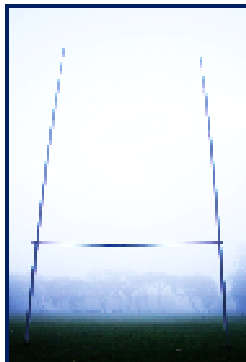


By Sean Friedenthal, Head of Rugby: RBHS
Issue # 2 March 2009



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 upcoming events calendar, and 1st XV Rugby specific news.

March brought with it the much awaited rugby trials held for the 1st XV team to be chosen to represent the school at the King Edward VII Rugby/Hockey Festival being held from the 8-13 April 2009 and to select a squad of thirty players who would attend a coaching camp from the 3-5 April 2009 at the Turners' "Bontebok Ridge" game farm in Wellington.



Some of the biggest headaches for a school coach come from hosting trials, and trying to get the right balance of selection for the season. Your head tells you one thing, your heart another and umpteen parents and player opinions confuse matters further. This year a panel of nine selectors was gathered to steer through these possible troubled waters and to develop a coherent selection policy.

A clear selection policy was communicated to the nine coaches before the games. Criteria were discussed and agreed upon and followed throughout the process. This included the asking of questions by the selectors on specific players and their positions. It must be stressed that the 1st XV coaches are looking for consistency throughout the season and in order to maintain morale for all the players, the season has been mapped out with each tournament/match marked in, and then we allocated the balance of players we intend taking should injuries occur. Hence the training squad of thirty going on camp.

For the trials held on Sunday 15 March the following criteria were used for selection:

- Handling of the ball
- Defensive capabilities in tackling
- Speed to breakdown and recycling
- Set pieces and effective work rate
- Coach-ability
- Ability to read the game and team work
- Position specific duty
- Sportsmanship



CHAD MATTHEWS

The First Fifteen for the KES festival is as follows:

Captain: Chad Matthews Vice- Captain: Stephen Wallace

Leeroy April, Michael Aristidou, Simon Bergman,

Darryn Berry, Jamie Croeser, Josua De Villiers, Justin Fielies, Matthew Foster,

Lloyd Gluckman, Edward Gregory, Chris Keet, Andrew Moir, Gareth Muller, Jonty Mylne,

Louw Naude, Benjamin Shaw, Nic Simpson, Rayn Smid, Gareth Topkin and Cameron Wright.

Congratulations and 'proudly pursue perfection'.

The subscription to the IMPACT Concussion Programme with Dr Vicky Whitefield has been very successful with over 100 players signing up for the base line test. Testing will take place on two days, Thursday 19 and Friday 20 March. Players must book times to be tested in the computer room.

A huge 'Thank you' is extended to the Boland Old Boys for their contributions towards new gym weights and their generosity and assistance with the training camp.



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

