



# 'The Bosch Huddle'

Rondebosch Boys' High School Rugby Newsletter



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Issue # 3 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 1<sup>st</sup> Xv Rugby specific news.

## **The Beginning**

Firstly, this month is a large month of 'thank you's; to the Bosch Rugby Supporters Club and the Boland Old Boys for giving us the opportunity that the training camp afforded the team to develop and grow.

There were some great lectures, work and effort made by the players, coaches, management, support staff and supporters of Rondebosch rugby, thank you!

The camp site at Turner's (E94) Bontebok Ridge was the perfect setting for a team get-away. Training rugby line-outs and performing backline moves whilst the Bontebok looked on seemed odd, yet relaxing. Meal time was a learning process on its own, with the teams having to cook for forty people on military style cookers (fun was the name of the game around supper time). The tents were only used to store the older generation and kit as the team slept under the stars, until it rained.

Secondly, 'Thanks' to staff who during the weekend gave the team lectures on various topics; on nutrition - Tarryn Povey, Backline moves - Gareth Wright, Forward play - Robbie Kempson, mental health and goals - Thomas Dawson-Squibb, motivation - Andrew Louwrens and rugby related skills, myself.

## 1st XV

- ✿ The 1st XV had a disappointing start to the season with a loss 10-0 against Paul Roos in the Canal Walk Newlands Rugby Day. The 40 minute match played at Newlands under lights offered the coaches the chance at seeing the players in their positions and playing under pressure. The warm up game came just before the Easter break, before the training camp and the King Edwards VII Rugby Festival.
- ✿ An excellent run of game strategy, planning and player management at the King Edward VII Rugby Festival saw the team climbing the confidence table and start thinking about winning each time they took the field.

The games were dotted with some fantastic displays, especially when the chips were down and our players needed to dig real deep into their fitness and concentration levels. All our matches were against high league opposition and the games won seemed lost in the first half and yet easy in the second. Our play never started off comfortably or to the pre-game plans, only after harsh or stern words at half-time did the team play their normal play.

All in all Rondebosch has some excellent players with the player of the tournament for myself being the captain Chad Matthews, followed by a number of polished performances by Louw Naudé, Michael Aristidou, Jamie Croeser and Matthew Foster to name but a few.

A lack of experience and depth in the tight five meant that a number of players were shifted each game and taught how to handle these new positions to carry us through the festival. Hopefully this problem has been solved and the best five will now start each game. The final scores being a win against Westville Boys' High School 18-15, a narrow loss to KES in the dying seconds of the game 24-15, and a well earned win against Pretoria Boys' High School 22-18.

A huge thank you must be sent to the Headmaster, parents, Old Boys and staff that attended the festival and supported our efforts.

## U15 Paarl Boys Festival

Coaches and players worked as hard as they could to have a team ready for the Paarl Boys Festival. The final results and competition helping the team prepare for the season ahead. The team played against tough opposition and narrowly lost two matches namely, Menlow Park 10-0, Jeppe Boys' High 14-13 and finally drew against Swartkops from Pretoria 0-0. Thanks to the parents and coaches who gave up their holidays for the benefit of rugby at Rondebosch.

## The Way forward

Player moral is high and training on the whole was enjoyable and light on our return from the festival, a number of factors came into play here however competition for places is great hence the feeling that they need to train is that great. The school is lucky to have the top four senior teams almost on par with each other in skills and game readiness, something that might've lacked before.

Thankfully we were able to put a team together without many injuries for the Paarl Gim match. The hush that settled across the fields in Paarl last Saturday gave the distinct feeling that not all the games were going the hosts' way. I must congratulate all the teams for fine performances. The 1<sup>st</sup> Xv half time score of 3-3 had the opposition reeling, the teams, some narrowly missing out on wins, mostly in the dying seconds of the matches. A tough day in the field but fabulous skills show by several players. Our brand of rugby worked on by all the coaches seems to be working. A feather in the 1<sup>st</sup> XV's cap was the decision by Paarl Gim not to scrum against our pack but rather take uncontested scrums, the final score being 13-6. One of the closest scores in the last ten years. This being the second school in just a few matches to crumble under our front row, well done coaches and players.



*The 1<sup>st</sup> XV gave each of the U14A team players a token rugby ball before their first match.*

*Forwards Coach, Robbie Kempson looks on as 1<sup>st</sup> XV Captain Chad Matthews hands a Bosch Rugby ball to U14A XV Captain Tyren Lee.*





Finally, it was a pleasure to have Springbok Seven's coach Paul Treu drop by training this week to watch and offer advice to all our coaches. His presence and gentle manner in assisting was of great value to all, 'thank you' for your time.

*Springbok Seven's coach Paul Treu*

### WYNBERG BOYS' HIGH SCHOOLFESTIVAL

The management and coaches wish all the teams participating in the Wynberg Boys' High School Festival the best of luck... Proudly pursuing perfection.

#### FIXTURES:

#### SATURDAY 25/4

##### Hawthornden Field

Rondebosch 1<sup>st</sup> XV vs St Benedicts 1<sup>st</sup> XV 12h10

##### Silverhurst B Field

Rondebosch 14A vs St Stithians 14A 09h50

Rondebosch 15A vs St Stithians 15A 14h40

##### Silverhurst C Field

Rondebosch 16A vs St Sthithians 16A 13h30

#### MONDAY 27/4

##### Hawthornden Field

Rondebosch 1<sup>st</sup> XV vs St Stithians 1<sup>st</sup> XV 13h40

##### Silverhurst B Field

Rondebosch 14A vs St Johns 14A 11h20

##### Silverhurst C Field

Rondebosch 15A vs St Johns 15A 09h00

Rondebosch 16A vs St Johns 16A 10h10

*It's all about support!!*



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