



'The Bosch Huddle'

Rondebosch Boys' High School Rugby Newsletter



By: Sean Friedenthal, Head of Rugby: RBHS
Issue #5 June 2009

Congratulations and our best wishes go to the three players that made the Western Province Academy team: **Joel Carew** - loosehead prop, **Justin Fielies** - left wing and **Rayn Smid** - lock.



Joel Carew



Justin Fielies



Rayn Smid

Once again our school has also produced a Craven Week player with hooker **Gary Topkin** representing Western Province in the Craven week being held in East London during July. Gary scored his first try against the Boland Craven side on Tuesday in a friendly warm-up match which saw Province run out victorious by over 50 points.

The players will be training and playing matches for their province leading up to the weeks and will therefore be unavailable for selection for their school sides against **Bishops 20 June 11:20**, and the **Cape Schools Week** being played at **SACS** against **Grey 27 June 12:00**, **Selbourne 29 June 09:00** and **Muir 1 July 12:00**.

Although this is a blow to the team, we are pleased that they have been recognised by the province. This also offers opportunities for players who have been on the edge of 1st XV rugby getting an opportunity to play at the highest level.



Gareth Topkin

As we hit the mid season break, it is good to look back at the performances of our teams and revisit areas that we feel need attention. The senior teams have performed well and have shown their strength against all opposition, our U16 and 15 age groups battled flu and injury to maintain a winning edge and will have the coaches working extra hard to produce positive growth and winning skills with the players available come the new term.

Our thanks go to RBHS Old Boy, Dennis Nick for his sponsorship of a new scrumming machine. This will ease the load on the larger machine and can be used on fields as a teaching device as it is designed to ski on the grass rather than dig into the turf. Teams can now practice running their backlines off the machine as well as teaching the eighth-man, flanks and scrum-half how to work the hinge or vacuum area around the scrum.

Once again the Impact Concussion programme has shown its worth over the high school's examination period as doctors were able to have data to assist their diagnosis of player's concussion in games. Player's exam scripts and marks are carefully analysed by staff in the case of a boy suffering from concussion.

A gentle request from the coaches is that the parents watching the games comment about their own son's performance and refrain from negative comments and shouting at the players from the side-line. We ask that parents watch their own child and when they come off the field win or lose, comment on their own performance, stressing and emphasising their positive play. The game is hard enough without parents slating a player's poor performance.



Thanks to Global Trading for generously sponsoring five High School coaches to attend the Jake White's Winning Ways Coaches Academy.

The academy was held at Paul Roos in Stellenbosch over three days and was a first in a series of courses to be held around the country for rugby coaches.

Delegates were given lectures by: Dr Sherylle Calder (two time World Cup medal holder - visual performances), former Springbok physiotherapist, Clint Readhead, Balie Swart - scrumming techniques, Dr Henning Gericke - the psychology of the game, Prof Derik Coetzee - all aspects of players' conditioning and nutrition. The lectures included practical demonstrations with question and answer time from all present. Drills and skills lectures were presented by the experts - Eddie Jones and Jake White each evening.



Rondebosch coaches with Eddie Jones and Jake White



Balie Swart making use of our coaches, Tim Rawbone and Brad van der Westhuizen in a scrum coaching demonstration - 'Getting the technique right'

It's all about support!!



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