



RHS RUGBY NEWSLETTER

Miles Toyota



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2013 1st XV Selection

Following a summer of training and preparation the trial game on Friday the 22nd February presented selectors and coaches a difficult job with the standard of play high and some positions hotly contested. Following lengthy deliberations the squad is 95% settled with a small group of players under further selection scrutiny over the coming weeks. This was necessary as there hasn't been enough rugby yet to make an informed selection and the players have worked too hard not to allow them a decent opportunity to show their abilities. There have been some very disappointed boys this week who have not made it past the first selection cut.



The first pre-season game is on the 23rd March against Lincoln HS and will be played at Rangiora HS. Kick-off time to be confirmed.



<u>2013 Press Cup Squad</u>	
Name	Position
<u>FORWARDS</u>	
Luke Ellis	Prop
Wiremu Puha-Tirikatene	Prop
Makea Tupa	Prop
Mitchell Ashwell	Prop
Craig Borland	Prop/Loose Forward
Connor MacKinnon	Prop/Hooker
Brandon Wentworth	Hooker
Tom Taylor	Lock
Max Lines	Lock
Sam Brakenridge	Lock
Marcus Hendriks	Loose Forward
Caleb Wunderink	Loose Forward
Scott Powell	Loose Forward
Luka Jackson	Loose Forward
Cameron Dyer	8/Loose Forward
Davey Mato	8/Loose Forward
<u>BACKS</u>	
Craig Stockwell	Halfback
Lemuel Hill	Halfback
Daniel Wills	First-five
Scott Allin	First-five
Jag Love	Midfield/Halfback
Ethan McDuff	Midfield
Robbie Salton	Midfield
Travel Tuapatu	Midfield
Hadrian Jackson	Wing
Josh Pellett	Wing
Orlando Brown	Wing
Louis Herman-Watt	Fullback/Wing
Cameron Millward	Fullback/Wing
Thomas Percival	Fullback/Wing
14 backs to be reduced to 12 following further trial games	



Thanks to Fiona Brakenridge for photos

Dragon Boating

The 1st XV training squad has been training on the water at Pegasus in a six week programme designed to introduce the sport of Dragon Boating to schools. The programme offers a different opportunity to gain some fitness and to bond as a team. It culminates in a race regatta – the Canterbury Secondary Schools' Dragon Boat Challenge on Wednesday 20th March- and the boys are thoroughly enjoying the process. Their timing and technique in the boat has room for improvement but the potential is there. We would like to thank the Aoraki Dragons for providing this opportunity.



Air Rescue
and Community
Services

In September 2012 the RHS Rugby Club was successful in gaining a grant from Air Rescue and Community Services. This grant, for \$2571, has enabled RHS Rugby to purchase a range of equipment for use by RHS players, including tackle suits, speed sleds, power chutes, a ripper rugby set and a weighted vest. This training equipment is already in good use, with goal post pads and flag pole protectors still on order but due to be here for the rugby season.

RHS Rugby would like to sincerely thank Air Rescue and Community Services for supporting rugby at RHS through this grant.

Junior Rugby Development Programme

Approximately 25 players from Years 9 to 11 have been training with Mr Josh Harrison and former student and 1st XV player Blain O'Loughlin on Wednesday mornings before school. A combination of skill development as well as strength and conditioning work is helping develop these young players for the coming season. The now legendary strongman circuit was in full flight this week. It is great to see so many keen and willing to get involved.

Many thanks must go to Mr Harrison for his time and expertise.



Pictured the 2012 Academy players with the t-shirts awarded at the end of Term 4



Morning training for the 2013 Junior Development Programme players



1st XV Programme for 2013

16 th March	Burnham Military Camp and Team building Day
23 rd March	vs Lincoln HS @RHS, 12noon K.O
Easter	no rugby
6 th April	vs St Andrew's @RHS, K.O to be confirmed
12 th – 14 th April	Southern Tour
13 th	vs Dunstan HS, Alexandra, 12noon K.O
14 th	vs Waitaki Boys, Oamaru, 12noon K.O
20 th – 22 nd April	Christchurch Boys High School International Rugby Festival
27 th April	vs Ashburton College, Ashburton, 12noon K.O
4 th May	Press Cup Round 1: vs St Bedes College

Summer Training

The Summer Training Academy had the boys keeping their fitness up over the summer to ensure they were ready for the upcoming season. The Sunday morning sessions at Woodend Beach included running along the beach, speed training, strength circuits and touch finished off with a cooling-down dip in the sea.

