



Rangiora High School Rugby 1st XV 2014
Initial Squad Selection 22 Players

Scott Allin
Matt Cooke
Cam Dyer
Luke Ellis
George Gardner
Jordy Gray
Oscar Howat
Thomas Harrison
Lemuel Hill
Hadrian Jackson
Davey Mato
Connor MacKinnon
Ryan McCullum
Ethan McDuff
Scott Powell
Harry Retallick-Brown
Robbie Salton
Rhys Smith
Mohsen Stirling
Craig Stockwell
Travel Tuaputa
Caleb Wunderink

Congratulations to those selected for the initial squad of 22 players. This has been the most challenging squad to select in recent years due to the number of good players that trialed. Players are both excited and nervous as they now set about the pre-season preparation for Press Cup. The door is definitely not closed for the players that missed the initial cut. Injury and form can easily present the opportunity for players in the 2nd XV to step up to 1st XV level.



Thanks to Livi Percival for these great photos of the two trial games.



1st XV Training Week

Monday 7am: Fitness focus pre-season

Tuesday 3.40pm: Combined fitness and skill development. Squad training

Wednesday Period 5: Skills focus/Game analysis (Summer sports players not expected to attend)

Thursday 3.40pm: Combined fitness and skill development. Squad training

Players head to the classroom

A new initiative in 2014 will see the 1st XV and some 2nd XV players heading for the classroom to look at game theory. This will be done over 4 x 1 hour sessions on Wednesday mornings (7am) during the pre-season. The aim is to cover much of the tactical and technical detail needed.

2nd XV Training Week

Monday 7am:	Fitness – optional for the rest of Term 1
Tuesday 3.30pm-4.30pm:	Extended squad (with Under 16s)
Wednesday Period 5:	Extended squad (with Under 16s)
Thursday 3.40pm-5pm:	Saturday squad only

2nd XV Pre-Season Programme 2014

	<u>Pre-season Tour</u>
Saturday 22 nd March	v Roncalli in Timaru (overnight in Timaru)
Sunday 23 rd March	v Timaru Boys High
Saturday 29 th March	v Waihora/Springston U18
Sunday 30th March	No 7-a-side tournament
Saturday 5 th April	Saturday competition begins
Sunday 6 th April	Billets required for Rockhampton team Mixed selection XV v Rockhampton
Saturday 12 th April	Saturday competition game
Easter Saturday to Monday	CBHS tournament (don't go on holiday!)
Saturday 26 th April	Saturday competition game (N.B. School holidays)
Saturday 3 rd May	Saturday competition game (last weekend of holidays)

The 2nd XV will be playing Marlborough Boys' College on the annual exchange, this year to be hosted by RHS on Thursday 3rd July. Boys will be required to billet MBC players.

There is also the Ashburton Exchange on Thursday 21st August.



PARADISE IN THE COOKS FOR THE COOKES

Paula and James Cooke were the lucky winners of the Cook Island holiday from last year's 1st XV Dinner and Auction. The package, which includes \$1600 of airfares, is supported by the following Cook Island businesses:

Muri Beach Lodge – Ratu and Polly Mato:
one week's accommodation (for up to 6 people)

Crown Beach Resort – Rohan Ellis:

Islands Night Dinner and Show for two

Raro Safaris Tours – thanks to Sam Crocombe for the tour

Captain Tama's Lagoon Cruises – a Captain Tama cruise for two people

Avis Rentals – 3 day free car hire

Pickering Motors - \$100 spending money



The SportShop

85 Victoria Street, Rangiora, 7400
Ph: 03 3137983 Fax: 03 3137399
Email: info@TheSportShop.co.nz
Shop: www.TheSportShop.co.nz



FRASER
GRAIN & SEED LTD



GIBB JD & ASSOCIATES LTD
Registered Public Valuers
& Consultants SPINZ
Ph: 03 313 5603 or 027 629 0350