



RHS RUGBY NEWSLETTER



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PRESS CUP

Saturday 5 May 2012

RHS 1st XV v St Thomas of Canterbury College @ Mandeville

Final Score: RHS 3 STC 8

Round 1 of the 2012 Press Cup for Rangiora HS was a tough assignment against a strong St Thomas's side. Conditions were ideal at Mandeville. Players on both sides were a little nervous, especially those debuting at 1st XV level. St Thomas's showed greater composure from the kick-off and immediately went on the attack. Despite plenty of commitment to the tackle and breakdown the Rangiora defence was caught lacking in numbers and St Thomas's crossed for a 'soft try' only a few minutes into the game. 0-5



Players began to build in confidence and determination as the first half progressed. Numerous strong attacks from St Thomas's were thwarted by desperate and determined defence. Rangiora were not gaining enough ball to build any pressure on attack despite looking enterprising at times. They were rewarded with a penalty after finally breaking into the opposition's half. Kicked by Cameron Millward. 3-5

A late penalty to St Thomas's took their lead to 5 again. 3-8



The second half started as the first with St Thomas's on attack but the RHS defence was now working well and repelled the early onslaught. Ball security improved and possession began to flow Rangiora's way. With the game in the balance both sides were defending fiercely and the intensity and speed of the game was impressive. Neither side was prepared to give the game away and it was Rangiora that pressured the St Thomas's line but unable to convert

sustained attack into points against a ferocious defence. Several try scoring opportunities came agonisingly close only to be called back by the referee. Twice the forwards crossed the line but were unable to ground the ball. Full credit must go to the St Thomas's defence for withstanding the pressure applied by RHS.

It was a game that could have gone either way and despite the disappointment of losing it was a strong first up performance from the home side.

Next game: 12 May, Rangiora HS v. Roncalli College 12.00pm Rangiora HS 1



Miles Toyota



Midweek Rugby – CRFU College Day 2012

2nd XV

This year's Rangiora High School 2nd XV is shaping up to be a competitive outfit, with healthy playing numbers and some talent across the team. We entered the College Day tournament at Burnside Park with little preparation but hopes were still high. Our first game against Mount Hutt College started off well, but the opposition eventually got the better of us running away 26-5 winners. Our next three games the team played much better, making more tackles and running the ball with more purpose. Unfortunately we came out on the wrong side of the ledger in all three games; losing 3-0 to Ellesmere, 14-7 to St Thomas College, and 14-7 to Papanui (who were eventually beaten 7-0 in the final). A huge effort from the boys, and a big thankyou to Carolyn Lane who has come on board as the team manager.

Hamish Scott, 2nd XV Coach



Girls XV



The Rangiora High School Girls First XV played in the College Day tournament at Burnside on the 8th May. They faced some tough competition in the first two games, going down to Linwood and Burnside. As they day went on, they grew in confidence and took out Westland, St. Margaret's and Ashburton College to meet Lincoln in the final game.

Some big hits were made by both teams but Lincoln took it out in the end. A pleasing day finishing midway in the tournament.

Tyler Courtney and Britney Blackler stood out over the day, and Kaylee Tavendale made a great first impression on the wing.

Kathryn Bailey, Girls XV Coach



1st XV Fundraising Dinner and Auction

**Saturday 19th May, Saracens Clubrooms (Showgrounds)
from 6.30 p.m**

Great night for all – guest speaker Richard Loe, auction, meet the 1st XV

We have some awesome prizes for auction on the night, including:

- a Cook Island holiday package comprising one week's accommodation for two at Muri Beach Lodge, a Captain Tama cruise, and a Pacific Resort Cultural Evening and Dinner and airfares to the value of \$1600. Total value of this package is close to \$4000
- a round of golf for four at Clearwater
- a service voucher from PushBikes Rangiora
- Icebreaker garment
- \$200 voucher for hair service/products
- Coastal Pacific return trip for two (Christchurch to Picton)
- \$250 Interislander voucher
- artwork
- a suit hire voucher – with all those school balls coming up
- a Crusaders signed rugby ball



Website: muribeachlodge.net
Ph: (682) 54037 Email: eric@oyster.net.ck

plus lots more.....

**There are a very limited number of tickets still available for this
dinner – call 0274 306 153 or email:
sarah.davidson@rangiorahigh.school.nz**

Captaincy Seminar

On Monday 7th May Kori Jones, Nigel Gibb and Freeman Eder attended a captaincy seminar for Press Cup captains and future leaders. This was held at Burnside High from 5.30pm – 7.30pm. The evening began with a very interesting talk by Canterbury ITM Cup captain and Crusader George Whitelock. He spoke about his 1st XV experiences, about styles of leadership and about building leadership teams. He then fielded some interesting and thoughtful questions from the group. The players then took part in two workshops in which they discussed scenarios that a Captain may have to deal with during a season and after match speaking. It was a valuable and informative evening which brings to a close the player development sessions for 2012.



"You Make the Call"



Over the April school holidays, four Rangiora High School students - Daniel Mato, Seta Manuseuga, Jaega Banga and Britney Blackler - did the CRFU You Make the Call Introduction to Rugby Refereeing course. Comprising 3 days, this course is for students in Years 11-13 who would like to do something with rugby and gain NCEA credits at the same time. These students are now doing practical refereeing to complete the course, and feedback on them from the CRFU is excellent. Well done to these students.

Nutrition Evening – Sunday 27th May 7.00 p.m. Rugby-specific for 13-18 year olds RHS Staffroom

A rugby-specific nutrition seminar will be run on Sunday 27th May in the RHS Staffroom. Becky Ward (*Bsc Nutritionist*) is an Otago University trained Nutritionist as well as a personal fitness instructor, and currently works for Complete Performance endurance coaching company and The Recreation Centre at The University of Canterbury. She works with both members of the general public to improve dietary habits and lifestyle factors and with athletes to improve performance. Her areas of speciality are: sports nutrition, weight manipulation, workplace wellness and general health and well being.

Becky enjoys working with people from all sporting levels; ranging from casual recreational exercisers to high performance athletes within a variety of sports including but not limited to endurance (cycling, running, multisport, triathlon) and team sports (such as netball and rugby). In addition to this she is also starting to work with those who support athletes such as parents and umpires. Although Becky works with all types of athletes she has a real interest in working with adolescent athletes and has worked with the Regional Talent Development Netball group in Christchurch.

Becky's passion is to inspire and equip young talented athletes to look after their body through making sensible nutrition-based decisions and healthy everyday food choices; as well as to use practical sports nutrition strategies to enhance their performance and develop into their full genetic potential.

Staffroom at Rangiora High School at 7.00 p.m. Entry by gold coin donation.

No RSVP is required.

RHS 1st XV would like to thank both **Lyn Sparks** and **The SportShop Rangiora** for donating the 2012 match balls.

The
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