



RHS RUGBY NEWSLETTER



ISSUE 13: 16 MAY 2012

PRESS CUP

RHS outplayed by slick Roncalli side

This was the second game of the first round. Plenty of intent and very good pre-match preparation led to a positive start to the game with RHS dominating territory and possession. There were numerous attacking opportunities which

were repelled by a well organised Roncalli defence. Several time RHS went close to scoring and were rewarded with a kickable penalty midway

through the first half (kicked by Freeman Eder). With RHS struggling to maintain possession for long enough to continue generating scoring opportunities Roncalli gradually gained an ascendancy in both

territory and possession. Their forwards were generating good power at scrum time and initiated some very effective driving mauls from lineout. A try right on half-time gave Roncalli the lead at 3-5.

The second half started poorly for RHS. A well taken try from a lineout drive took Roncalli to a 3-12 lead. The response from Rangiora was positive with a good attacking period only to gift Roncalli's outside backs with an intercept and 7 points. This seemed to be the turning point as Roncalli grew in confidence while RHS tried everything with little going right.

This weeks game against Lincoln HS is now a must win if there is to be any chance of making the top 8.

Next game: 19 May

Rangiora HS v. Lincoln High School

1.15 pm Woodend Rugby Club



Miles Toyota



Sponsor Profile – Fraser Grain and Seeds Ltd



Contact: Alan Fraser
Location: Rangiora
Description of business: Grain and Seed Merchant
Connection to RHS: Ex pupil, and parent of ex-pupils
RHS Rugby Player: Played RHS 1st XV 1968 – 1969 as Fullback/Centre

Fraser Grain and Seeds sponsors the RHS 1st XV for the love of the game, the belief in RHS rugby and giving country boys the opportunity to improve and achieve higher honours by competing against the best in their age group in the Press Cup, which is the pinnacle of South Island Secondary Schools rugby, and finally for the comradeship and friendships forged and cemented now and for the years to come.

1st XV Fundraising Dinner and Auction **This Saturday 6.30 p.m., Saracens Clubrooms (Showgrounds)** **Great night for all – guest speaker Richard Loe, auction, meet the 1st XV**

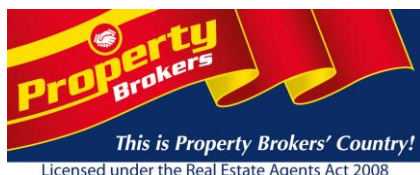
We have some awesome prizes for auction on the night, including:

- 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

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



RHS 1st XV Player Profile	
Name	Freeman Eder
Year at School	13
House	Lydiard
Preferred Position	Halfback
Previous Club	Kaiapoi
Rugby player you admire & why	Andy Ellis because he's consistent and gutsy
Most memorable Rugby moment	Tackling Johnny Turnbull in under 13s
Favourite Food	Ice cream
Favourite music	A bit of everything
Other sports played	Touch, surfing and cricket
Interests/hobbies	Sky Sport and NRL dream team
Other useful info...	3rd generation at RHS



Rugby-Specific Nutrition Evening – Sunday 27th May 7.00 p.m.

A rugby-specific nutrition seminar, focusing on 13-18 year olds, 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. Her areas of speciality are: sports nutrition, weight manipulation, workplace wellness and general health and well being.

Staffroom at Rangiora High School at 7.00 p.m. Entry by gold coin donation. No RSVP.

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

The
SportShop

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