



# RHS RUGBY NEWSLETTER

Miles Toyota



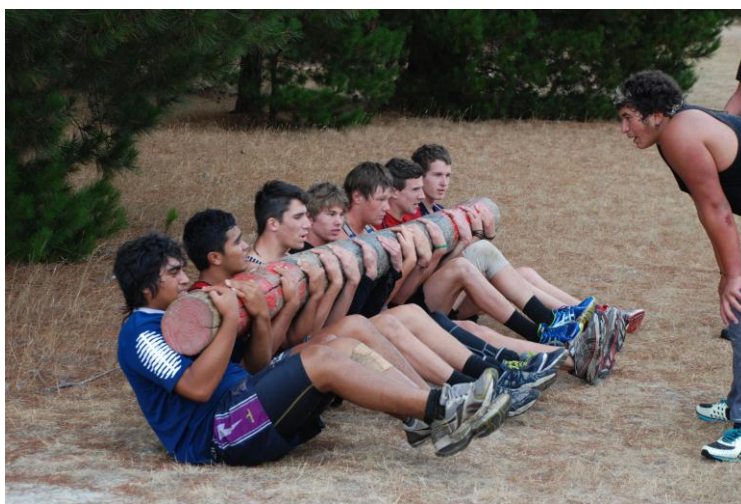
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**Parents and friends of RHS Rugby - diary Saturday May 25th for the 1<sup>st</sup> XV and Girls 1<sup>st</sup> XV dinner. Get a group together now and book your tickets. Last year sold out.... tickets available soon.**

## Burnham – Saturday 16<sup>th</sup> March

Staff Sergeant Phillip Stanbridge hosted the squad at Burnham for a morning of exercises designed to test the boys mentally as well as physically. The morning started with a fitness test and was quickly followed by several mental challenges which focussed on team work and communication. The squad was divided into 4 teams of 7 and scores were kept for each activity to generate competition amongst the group. It soon became clear that teams were able to show strengths in different activities and everyone was introduced to some basic Army discipline. Caught several times talking while the instructors were talking the squad were made to pay with what we now affectionately call "Burnham burpees"



It was a tremendous opportunity for the coaches to observe players and to assess potential leaders within the group. Communication is a vital skill in any team sport and it was very pleasing to see everyone contributing and working well together.

We very much appreciate the time and effort that Phil and Te Hai have put in on our behalf for this opportunity. They give their time freely and provided the boys with an outstanding experience and have contributed greatly to their development. They are very skilled instructors and we are very lucky to have the benefit of their talent and experience.



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## Hunting and Gathering for the hangi



The day was completed with the team enjoying a hangi at the Brakenridges with time to share their stories from the Burnham challenge.

A big thanks must go to Rik Tirikatene for the hangi, the Brakenridges for organising and hosting as well as all those who contributed food, especially the Ashwell family for the vegetables.

The first full day together as a 1<sup>st</sup> XV squad was very successful and it was a great way to start our season build up.



## MIDWEEK RUGBY REGISTRATIONS – Thursday 28<sup>th</sup> March Lunchtime in Gym 1

Signs ups for Year 9/10 Boys, Girls 1<sup>st</sup> XV and Senior Boys 2<sup>nd</sup> XV





## Dragon Boating

After five weeks of training it was the Dragon Boat Challenge Regatta on Wednesday 20 March.

Six crews competed for the Challenge, all of whom had completed the same five week induction course. Full time dragon boat crews then joined the regatta from Christchurch schools and we had the opportunity to race against some of the best crews in NZ.

The boys pulled it together on the day and with competition focussing the mind the boat sorted its timing issues and managed to move quickly enough through the water to win the Challenge final. In races against the full crews the boys showed plenty of energy and power but ultimately were not technically as proficient (to be expected). They did manage two very respectable performances and finished winning their final race of the day. Final tally: 3 wins and a second place.



Another excellent team building exercise and a lot of fun!

## Pre-season game against Lincoln High School



The first of two pre-season trial games for the RHS 1st XV was played at Amberley against Lincoln HS on Saturday 23<sup>rd</sup> March.

Rangiora won the game 22-10 with tries to Connor MacKinnon, Max Lines, Caleb Wunderink and Ethan McDuff. 1 conversion (McDuff)

It was a very encouraging start to the season with all of the new players to the squad looking comfortable at this level. The initiation to 1st XV rugby continues on Wednesday evening with a game against Ohoka's U21 Colts side.



# 1<sup>st</sup> XV Programme for 2013

27 <sup>th</sup> March	vs Ohoka U21 Colts @Mandeville, 7.00 p.m. K.O
Easter	no rugby
6 <sup>th</sup> April	vs St Andrew's @RHS, 12noon K.O
12 <sup>th</sup> – 14 <sup>th</sup> April	Southern Tour
13 <sup>th</sup>	vs Dunstan HS, Alexandra, 12noon K.O
14 <sup>th</sup>	vs Waitaki Boys, Oamaru, 12noon K.O
20 <sup>th</sup> – 22 <sup>nd</sup> April	Christchurch Boys High School International Rugby Festival
27 <sup>th</sup> April	vs Ashburton College, Ashburton, 12noon K.O
4 <sup>th</sup> May	Press Cup Round 1: vs St Bedes College



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