



SYDNEY BOYS HIGH SCHOOL **RUGBY INFORMATION BOOKLET**

SBHS First 1st XV Rugby – 1884



1973 1st XV Rugby - 1973 - GPS Premiers



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SBHS RUGBY PHILOSOPHY

COMMUNICATION

- Communication is a must for all players on the field in defence and offence.
- The more a player is able to vocalise their actions in a positive way the more cohesive the team will perform.

GETTING TO THE BREAKDOWN

- The breakdown is critical to ball retention, forwards must ensure they are first to the breakdown and in numbers.
- Speed to the breakdown ensures the best possible chance of the ball being retained or won for your side.
- Where a back is closest to the tackled player he must engage himself to ensure his side has the first physical presence at the contest.

CONTESTING THE BREAKDOWN

- Practice to ensure your placement of the ball at the breakdown is perfect (long & strong).
- Clean out opposition strongly low from the ground up in an upwards & forwards direction.
- Protect the ball at all times to give the halfback clean access to distribute.

DEFENCE

- Communicate loudly the defensive alignment pattern- HOLD UP!
- Ensure line speed is FAST and coordinated so that all players attack the opposition line together.
- Be strong and physical in contact, make the effort to drive the opposition backwards in every tackle.

PLAY FOR FIELD POSITION

- Be smart about exploiting the opposition defensive pattern weaknesses, easy territory can be made through careful and planned kicking into the opposition half.

PRODUCTIVE ATTACK

- Players must look to exploit any gaps made by the opposition.
- Look to run to the weak side shoulders at every instance when in possession of the ball.
- Strong hard running at 80% maximum speed when receiving the ball gives you the best chance of breaking the opposition tackle.

DECISION MAKING

- Rugby is a game of speed and requires quick urgent decision making. You will not always make the correct decision in play, but your team mates are there to back you up when things go wrong. Make your decisions with a view to applying pressure to the opposition and placing them in situations where they are liable to make mistakes.
- Make decisions quickly and immediately, this will give your team an advantage.

DISCIPLINE

- Discipline in all areas of the game is critical, whether it be on the training paddock or at the ground on game day. Turn up for training on time and bring all your required training gear. This includes water bottle, mouthguard, head gear, boots, shorts and jersey.
- Respect your teammates and the opposition, respect the referee at all times, his decision is final.
- Support your team mates in a positive encouraging way.

RUGBY PLANNER-Senior & Junior SCHOOL

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	GAME
			1	2	3	4	
5 W3, T1	6 Moore Park West Sprints & Middle Distance Training	7	8 Rugby Skills - Tuesday am	9 Seniors Pre Season	10	11	
12 W4, T1	13 Moore Park West Sprints & Middle Distance Training	14	15 Rugby Skills - Tuesday am	16 Seniors Pre Season	17	18	
19 W5, T1	20 Moore Park West Sprints & Middle Distance Training	21	22 Rugby Skills - Tuesday am	23 Seniors Pre Season	24	25	
26 W6, T1	27 Moore Park West Sprints & Middle Distance Training	28	29 Rugby Skills - Tuesday am	Seniors Pre Season			

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	GAME
			Rugby Skills - Tuesday am	1 Seniors Pre Season	2	3	
4 W7, T1	5 Moore Park West Sprints & Middle Distance Training	6 Rugby Skills - Tuesday am	7 Rugby Skills - Tuesday am	8 Seniors Pre Season	9	10 HOR	
11 W8, T1 tag Lunch times - yr	12 Moore Park West Sprints & Middle Distance Training CHS Rowing	13 CHS Rowing	14 Rugby Skills - Tuesday am	15 Seniors Pre Season	16 Moore Park West Jaggar Gift	17	
18 W9, T1 tag Lunch times - yr	19 ESMarks School Athletics Carnival	20 ESMarks School AthleticsCarnival AM Cross Country Carnival PM	21 ESMarks Sport Training ESMarks All Junior Rugby Skills	22 ESMarks Sport Training ESMarks All Senior Rugby Skills	23 No Training recovery day	24 Blacjtown AM 1st Invitational Carnival	
25 W10, T1 tag Lunch times - yr	26 Moore Park West Sprints & Middle Distance Training Rugby -A/B to attend sprints Lunch - Lineouts, Scrums	27 Training Lunch - Rugby Kicking	28 ESMarks Senior Training ESMarks All Junior Rugby Skills	29 ESMarks Junior Training ESMarks All Senior Rugby Skills	30 No Training recovery day	31 SOPAC PM 2nd Invitational Carnival	

RUGBY INFORMATION BOOKLET

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	GAME
1 W1, T1	2 Moore Park West Sprints & Middle Distance Training Rugby -A/B to attend sprints Lunch - Lineouts, Scrums	3 Lunch - Rugby Kicking	4 ESMarks Sport Training ESMarks All Junior Rugby Skills	5 ESMarks Sport Training ESMarks All Senior Rugby Skills	6 Good Friday	7 Rugby Investec 7s SCOTTS	1
8 Easter	9	10	11 Rugby Training	12	13 Rugby Training	14	
15	16 Athletics Camp 9.30-12noon A/B Rugby players to attend	17 Athletics Camp 9.30-12noon A/B Rugby players to attend	18 Athletics Camp 9.30-12noon A/B Rugby players to attend	19 Rugby Training	20 No Training	21 Warm-up Track 3rd Invitational Carnival Convenor's Carnival	
22 W1, T2	23 Moore Park West Sprints & Middle Distance Training Rugby -A/B to attend sprints Lunch - Lineouts, Scrums	24 Lunch - Rugby Kicking	25 ESMarks Sport Training ESMarks All Junior Rugby Skills	26 ESMarks Sport Training ESMarks All Senior Rugby Skills	27 No Training	28 SOPAC AM 4th Invitational Carnival	
29 W2, T2	30 Moore Park West Sprints & Middle Distance Training Rugby -A/B to attend sprints Lunch - Lineouts, Scrums						

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	GAME
W2, T2		1	2 ESMarks Sport Training ESMarks No Rugby Skills	3 ESMarks Sport Training ESMarks No Rugby Skills	4 No Training GPS Athletics Assembly	5 SOPAC GPS Finals Carnival	
6 Week 3, Term 2	7 Rugby -Only A/B to attend Lunch - Lineouts, Scrums	8 Lunch - Rugby Kicking	9 Rugby - Senior McKay Rugby - Juniors MPW Lunch - Lineouts, Scrums Juniors	10 Rugby - Junior Sport Rugby - Seniors McKay Lunch - Lineouts, Scrums Seniors	11 No Training	12 SHS vs. ST PIUS	2
13 Mother's Day Week 4, Term 2	14 Rugby -Only A/B to attend Lunch - Lineouts, Scrums	15 Lunch - Rugby Kicking	16 Rugby - Senior McKay Rugby - Juniors MPW Lunch - Lineouts, Scrums Juniors	17 Rugby - Junior Sport Rugby - Seniors McKay Lunch - Lineouts, Scrums Seniors	18 No Training	19 St. Stan vs. SHS	3
20 Week 5, Term 2	21 Rugby -Only A/B to attend Lunch - Lineouts, Scrums	22 Lunch - Rugby Kicking	23 Rugby - Senior McKay Rugby - Juniors MPW Lunch - Lineouts, Scrums Juniors	24 Rugby - Junior Sport Rugby - Seniors McKay Lunch - Lineouts, Scrums Seniors	25 RUGBY CAMP	26 InterSchool Trial McKay	
27 Week 6, Term 2	28 Memorial Day Rugby -Only A/B to attend Lunch - Lineouts, Scrums	29 Lunch - Rugby Kicking	30 Rugby - Senior McKay Rugby - Juniors MPW Lunch - Lineouts, Scrums Juniors	31 Rugby - Junior Sport Rugby - Seniors McKay Lunch - Lineouts, Scrums Seniors			

RUGBY INFORMATION BOOKLET

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	GAME
					1 No Training Armidale Trip	2 Tas vs. High	4
3 Week 7, Term 2	4 Rugby -Only A/B to attend Lunch - Lineouts, Scrums	5 Lunch - Rugby Kicking	6 Rugby - Senior McKay Rugby - Juniors MPW Lunch - Lineouts, Scrums Juniors	7 Rugby - Junior Sport Rugby - Seniors McKay Lunch - Lineouts, Scrums Seniors	8 No Training	9 Long Weekend	
10 Week 8, Term 2 CRANBROOK TRAINING	11 Rugby -Only A/B to attend Lunch - Lineouts, Scrums CRANBROOK TRAINING	12 Lunch - Rugby Kicking	13 Rugby - Senior McKay Rugby - Juniors MPW Lunch - Lineouts, Scrums Juniors	14 Flag Day Rugby - Junior Sport Rugby - Seniors McKay Lunch - Lineouts, Scrums Seniors	15 No Training	16 GRAMMAR vs SHS	5
17 Father's Da Week 9, Term 2	18 Rugby -Only A/B to attend Lunch - Lineouts, Scrums	19 Lunch - Rugby Kicking	20 June Solstice Rugby - Senior McKay Rugby - Juniors MPW Lunch - Lineouts, Scrums Juniors	21 Rugby - Junior Sport Rugby - Seniors McKay Lunch - Lineouts, Scrums Seniors	22 No Training SHS VS CRANBROOK	23 No Game	6
24 Week 10, Term 2	25 Rugby -Only A/B to attend Lunch - Lineouts, Scrums	26 Lunch - Rugby Kicking	27 Rugby - Senior McKay Rugby - Juniors MPW Lunch - Lineouts, Scrums Juniors	28 Rugby - Junior Sport Rugby - Seniors McKay Lunch - Lineouts, Scrums Seniors	29 Melbourne Trip	30 Melbourne Trip	

JULY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	GAME
1 Melbourne Trip	2 Melbourne Trip	3	4 Rugby Training - All Teams	5	6 Rugby Training - All Teams	7	
8	9 Senior Rugby Training	10	11 All teams Rugby Training	12	13 All teams rugby training	14	
15 Week 1, Term 3	16	17 Lunch - Rugby Kicking	18 Rugby - Senior McKay Rugby - Juniors MPW Lunch - Lineouts, Scrums Juniors	19 Rugby - Junior Sport Rugby - Seniors McKay Lunch - Lineouts, Scrums Seniors	20 No Training	21 SHS vs Waverley	
22 Week 2, Term 3	23 Rugby -Only A/B to attend Lunch - Lineouts, Scrums	24 Lunch - Rugby Kicking	25 Rugby - Senior McKay Rugby - Juniors MPW Lunch - Lineouts, Scrums Juniors	26 Rugby - Junior Sport Rugby - Seniors McKay Lunch - Lineouts, Scrums Seniors	27 No Training	28 SHS vs. NEWINGTON	7.00
29 Week 3, Term 3	30 Rugby -Only A/B to attend Lunch - Lineouts, Scrums	31 Lunch - Rugby Kicking					

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	GAME
Week 3, Term 3			1 Rugby - Senior McKay Rugby - Juniors MPW Lunch - Lineouts, Scrums Juniors	2 Rugby - Junior Sport Rugby - Seniors McKay Lunch - Lineouts, Scrums Seniors	3 No Training	4 I vs. SHS	8
5 Week 4, Term 3	6 Rugby -Only A/B to attend Lunch - Lineouts, Scrums	7 Lunch - Rugby Kicking	8 Rugby - Senior McKay Rugby - Juniors MPW Lunch - Lineouts, Scrums Juniors	9 Rugby - Junior Sport Rugby - Seniors McKay Lunch - Lineouts, Scrums Seniors	10 No Training	11 SHS vs. SHORE	9
12 Week 5, Term 3	13 Rugby -Only A/B to attend Lunch - Lineouts, Scrums	14 Lunch - Rugby Kicking	15 Rugby - Senior McKay Rugby - Juniors MPW Lunch - Lineouts, Scrums Juniors	16 Rugby - Junior Sport Rugby - Seniors McKay Lunch - Lineouts, Scrums Seniors	17 No Training	18 KINGS vs. SHS	10
19 Week 6, Term 3	20 Rugby -Only A/B to attend Lunch - Lineouts, Scrums	21 Lunch - Rugby Kicking	22 Rugby - Senior McKay Rugby - Juniors MPW Lunch - Lineouts, Scrums Juniors	23 Rugby - Junior Sport Rugby - Seniors McKay Lunch - Lineouts, Scrums Seniors	24 No Training	25 JOEYS vs. SHS	11
26 Week 7, Term 3	27 Rugby -Only A/B to attend Lunch - Lineouts, Scrums	28 Lunch - Rugby Kicking	29 Rugby - Senior McKay Rugby - Juniors MPW Lunch - Lineouts, Scrums Juniors	30 Rugby - Junior Sport Rugby - Seniors McKay Lunch - Lineouts, Scrums Seniors	31 No Training		

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	GAME
Week 7, Term 3						1 SHS vs. SCOTS	12
2 Week 8, Term 3	3 Rugby -Only A/B to attend Lunch - Lineouts, Scrums	4 Lunch - Rugby Kicking	5 Rugby - Senior McKay Rugby - Juniors MPW Lunch - Lineouts, Scrums Juniors	6 Rugby - Junior Sport Rugby - Seniors McKay Lunch - Lineouts, Scrums Seniors	7 No Training	8 SHS vs. GRAMMAR	13
9	10	11	12	13	14 No Training	15	
16	17	18	19	20	21 No Training	22 Autumnal equinox	
23	24	25	26 Yom Kippur	27	28 No Training	29	

RUGBY INFORMATION BOOKLET

SBHS-THE COACHES PERSPECTIVE:

"The game of rugby is a unique and wonderful game that brings together a myriad of boys from many different backgrounds and places them in situations where they must learn to trust and work together in pressure situations towards a common goal.

Sydney Boys High school has a proud tradition of rugby and it is a pleasure to build on its rich rugby history through participation and coaching in the schools rugby program. As a coach, it is my responsibility to ensure that students/players are given the best possible opportunity to advance their skills and knowledge of the great game of rugby so they are able to progress to new and improved levels of play. The commitment of the coach is as important as the commitment of the player, and by setting high standards of expectation encouraging the players to work hard and be goal focused player growth and development is achieved. The discipline, perseverance and energy required to be successful on the rugby pitch adds immense value to the personal characteristics of the players, they are qualities which are learnt for life"

Mr MARK PAVONE

SCHOOL SPORTS-MASTER & Under 16 A Coach

"Coaching rugby at SBHS is an enormous privilege, providing a platform for students to learn the intricacies of the game and develop their rugby skills is extremely rewarding. Players learn from each other, as much as they will from the coaches and it is a coaches role to develop and facilitate a players growth and depth of character, so that they are able to better understand and grasp the qualities of camaraderie, commitment, and discipline that rugby requires.

Rugby is much more than a game, in many ways it is an analogy for life, requiring the same disciplined commitment for success not dissimilar to the personal and spiritual lessons provided by family and friends. Rugby is a game of challenges, often demanding of those who play it. It is a game of relationships that teaches players mateship, discipline and respect. It teaches the player on both sides the same lesson without favourites"

Mr Simon Kacimaiwai

1st XV & Rugby Head Coach

"I see myself as a coach doing a job that I love – I have a passion for rugby, both as a game, and for the way in which it embraces and teaches social and emotional concepts such as courage, loyalty, sportsmanship, discipline and teamwork.

As a coach I see it as my role to ensure that players are given opportunities to develop their core skill level, decision-making, and ability to execute precisely under pressure within a structured environment that constantly challenges the player, whilst at the same time providing them with support and encouragement. Furthermore, by stressing the nature of rugby as a team sport and focusing on getting players to communicate, take responsibility, and to hold themselves accountable for their various roles within the team (be they big or small), I aim to ensure that the players understand that the strength of the team must be more than the sum of its parts, and thus help them to achieve positive results and performances that they can be immensely proud of."

Mr Sam Gribble & Mr Pat McDonnell

2nd XV COACHES

RUGBY INFORMATION BOOKLET

SCHOOL COACHES

MIC of Rugby	Mr George Barris- E: barrisg@sydneyboys-h.schools.nsw.edu.au Phone: 02 9361 6910
Sports Master	Mr Mark Pavone- E: pavonem@sydneyboys-h.schools.nsw.edu.au Phone: 02 9361 6910
1st XV & Head Coach	Simon Kacimawai- E: kacimawai@sydneyboys-h.schools.nsw.edu.au Phone: 02 9361 6910
2nd XV	Mr Sam Gribble & Mr Pat McDonnell- E: gribble_sam@hotmail.com
3rd XV	Mr A Cipolla- E: cipollaa@sydneyboys-h.schools.nsw.edu.au
Under 16's Coordinator	Mr Mark Pavone- E: pavonem@sydneyboys-h.schools.nsw.edu.au
U16 A	Mr Mark Pavone- E: pavonem@sydneyboys-h.schools.nsw.edu.au
U16 B	TBA
U16 C	TBA
Under 15's Coordinator	Mr A Hannon- E: hannona@sydneyboys-h.schools.nsw.edu.au
U15 A	Mr C Barris- E: barrisc@sydneyboys-h.schools.nsw.edu.au
U15 B	Mr S Lou-E: samuson@gmail.com
Under 14's Coordinator	Mr G Barris- E: barrisg@sydneyboys-h.schools.nsw.edu.au
U14 B	TBA
Under 13's Coordinator	Mr P Scrivener- E: scrivenerp@sydneyboys-h.schools.nsw.edu.au
U13 B	Mr M Aldous - E: aldousm@sydneyboys-h.schools.nsw.edu.au
U13 C	Mr G Stein- E: steing@sydneyboys-h.schools.nsw.edu.au



RUGBY INFORMATION BOOKLET

PLAYER SAFETY

The Safety of all **SBHS rugby** players remains the **utmost priority of the school** rugby coaches.

All rugby coaches are required to attend the Compulsory NSWRU Smart Rugby Program to keep themselves up to date with law changes and specific requirements relating to injury prevention before being permitted to coach, to ensure the game is played at a level safer than ever before.

Playing smart rugby, with the correct **TECHNICAL KNOWLEDGE** significantly reduces the risk of injury on the field. When combined with safe practices such as warming up correctly, the proper and consistent use of protective equipment, i.e. Mouth-guards, headgear and shoulder pads, all work to reduce the risk of game related minor injuries.

Rehydration in the warm weeks leading up to the start of the main season is especially important, plenty of water during the warmer temperature days will ensure the body is kept cool and properly hydrated.

TRAINING

Regular and consistent attendance by students playing rugby at weekly practice sessions is mandatory for the school to be competitive on the playing field. Coaches and teachers commit their time and resources to ensure that practice sessions are organised, structured and skills taught in a safe environment.

Rugby players are required to attend weekly practice sessions on time, to be properly prepared with the correct training attire and to be respectful of team mates and the coaches during the learning sessions. Be prepared to accept feedback and to give feedback to your team mates and coaches. There is no replacement for hard work in a positive, encouraging environment which permits and encourages contribution from all parties.

STRENGTH & CONDITIONING

SBHS encourages all its students and players to attend the school gym for weekly strength and conditioning sessions. A complete time table is available from the gym office and can times to attend be coordinated in conjunction with the strength and conditioning coach Jason Tassell who will advise on the best times for each age group to attend. The following link gives an excellent introduction to the school gym facility:

<http://www.sydneyboyshigh.com/sport/weights-training>



The Alan May Weights Room at Sydney Boys High School