



TRINITY GRAMMAR SCHOOL
RUGBY INFORMATION
BOOKLET 2019



TRINITY'S FIRST PHOTO OF 1ST XV - 1916



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TRINITY RUGBY PHILOSOPHY

DISCIPLINE →

1. Be prepared at each session
2. Controlled aggression
3. Support your team
4. Referee is always right

COMMUNICATION →

1. The more that you vocalise your actions in a positive and constructive way, the better you play
2. Keep your coach and age group co-ordinator in the loop with matters arising for you

FITNESS →

1. be physically prepared to play
2. be in control of your energy
3. arrive at game day with solid sleep and nutrition prior to game day

RECYCLING OUR BALL →

1. Be urgent to breakdown (win the race to ball carrier)
2. "Shoot" past the ball carrier
3. Second support players lock down onto ball carrier

DEFENCE AND DEFENDING →

1. Low tackle focus - drive hard and aim at the hips
2. Defend in groups - the man each side of you is just as important
3. Never be beaten on the inside

PLAY FOR FIELD POSITION →

1. Try and play the game in the opposition half
2. Chase the tackle with enthusiasm
3. Effect the tackle

ATTACK →

1. All players need to be aware of the pattern being run
2. Players to run hard with the ball
3. Follow the phase play attacking structure

SUPPORT →

1. Be committed to your team and School
2. Acknowledge good play and never highlight bad play
3. Get behind one another
4. Support the 1st XV

TGS CURRICULUM CONTINUUM

1. To provide whole of school coordinated, systematic, progressive and coaching to all players in the program. The coaching and education will be in line with long term player development models that will support the players to reach their potential and perform at many levels of rugby. Players will be developed both on and off the field in order to provide 'Whole of Player' development; and
2. To compliment and actively support holistic student development, programs and activities

	TGS Rugby Training Age	Chro. Ages	Stage of Training	Teaching and Learning Focus	Levels of Proficiency
STAGE 1	0 - 2	10- 12	Growth and Development,	Players explore skills through building confidence. Develop a good understanding of rugby through targeted core skill development. Extension and refinement of fundamental movement skills	Fundamentals Technique and Awareness 6-12 Pathway cues
	2 – 3	12 -13	Skill Learning and FUNdamentals		
STAGE 2	3 – 4	14- 15	Competition and Playing,	Develop capacity to perform in drills with intensity and the ability to understand position specific and core skills. Incorporate tactical and technical awareness. High repetition. Building Skills, Game Base and Capabilities	Fundamentals and Transition (game based development) Technique and Skills Habit forming skills
	4+	16 +	Skills Habits and Sense of Self		
STAGE 3	6+	Premier	Competition and Playing	Develop a good understanding of individual and core skills and the how and when to implement them. High level of individual training and a developed game sense which ensures better decision makers. Sound technically and tactically. High repetition	Transition Application Technique Habit forming Skills Principles Game Understanding Holistic Player Focus Mentoring PSS
	TGS Rugby Development Program	15+	Skill Execution and Decision Making Demonstration of Potential	Develop a capacity for all sessions, individual and unit, to meet high level skill benchmarks. Stage will include continual maintenance and remedial work. Tactical and technical knowledge learnt both on and off the field, will allow players to adapt and control open skill situations. Moderate repetition	

3. CURRICULUM PURPOSE

The TGS Rugby Curriculum will support quality coaching and player experience through a common TGS Rugby literacy and player development focus areas. A clear and identifiable Teaching and Learning Model linked to stages of learning.



SENIOR RUGBY CALENDAR 2019

TERM 1

MARCH 2019		
Saturday 16th March (Week 7)	Full Winter Trials #1	All Players
Saturday 23rd March (Week 8)	Full Winter Trials #2	All Players
Saturday 30th March (Week 9)	Full Winter Trials #3	All Players
APRIL 2019		
Saturday 6th April (Week 10)	Winter Trials AJ Rae Shield – Newington v TGS (Trial – Away)	Selected Teams
Thursday 11th and Friday 12th April	TGS v Wanganui Collegiate (NZ)	Selected Players
Wednesday 24th and Thursday 25th April	Rugby Camp	1st, 2nd XV's and U16A
Friday 26th April (Week 2 – Holidays)	TGS 1st and 2nd XV Riverview	Selected Players

TERM 2

MAY 2019		
Saturday 4th May (Week 1)	Black and Green Shield – TGS v St Patrick's College, Strathfield (Home)	All Teams
Saturday 11th May (Week 2)	GPS Trial - Shore (Away)	All Teams
Saturday 18th May (Week 3)	GPS Trial - Scots (TBC)	All Teams
Saturday 25th May (Week 4)	TGS v Oakhill (Trial - Home)	All Teams
JUNE 2019		
Saturday 1st June (Week 5)	GPS Trial – St Joseph's/Kings (Away)	All Teams
Thursday 6th June (Week 6)	U16CAS (Easts Rugby Club, Woollahra)	Selected U16 Players
Saturday 15th June (Week 7)	TGS v St. Aloysius' (CAS Round 1 - Home)	All Teams
Saturday 23rd June (Week 8)	Barker v TGS (CAS Round 2 - Away)	All Teams
Tuesday 25th June (Week 9)	CAS v GPS (Representative)	Selected Players
JULY 2019		
Monday 8th – Saturday 13th July (Week 2 – July Holidays)	Australian Schools Rugby Championships	Selected Players

TERM 3

JULY 2019		
Saturday 27th July (Week 1)	TGS v Knox (CAS Round 3 - Home)	All Teams
AUGUST 2019		
Saturday 3rd August (Week 2)	Cranbrook v TGS (CAS Round 4 – Away)	All Teams
Saturday 10th August (Week 3)	TGS v Waverley (CAS Round 5 – Home)	All Teams
Wednesday 21st August (Week 5)	Winter Sports Presentation and Dinner (6:30 pm - Assembly Hall)	By Invitation

PREP/JUNIOR CALENDAR 2019

TERM 1

MARCH 2019

Saturday 30th March Year 4-6 Winter Trials

TERM 2

MAY 2019

Saturday 4th May (Week 1) IPSHA – Round 1

Saturday 11th May (Week 2) IPSHA – Round 2

Saturday 18th May (Week 3) IPSHA – Round 3

Saturday 25th May (Week 4) TGS v Cranbrook– Round 4

JUNE 2019

Saturday 1st June (Week 5) IPSHA – Round 5

Saturday 15th June (Week 7) IPSHA – Round 6

Saturday 22nd June (Week 8) IPSHA – Round 7

TERM 3

JULY 2019

Saturday 27th July (Week 1) IPSHA – Round 8

AUGUST 2019

Saturday 3rd August (Week 2) IPSHA – Round 9

Saturday 10th August (Week 3) IPSHA – Round 10



RUGBY COACHING STAFF

Director of Rugby Coaching **Mr William Campbell** | wcampbell@trinity.nsw.edu.au | **9581 6077**

Master in Charge of Rugby **Mr Andrea Folli** | afolli@trinity.nsw.edu.au | **9581 6081**

	Head Coach	Assistant Coach
Age Group	Ms Marian Dunbar	
Conditioner		
1st XV	Mr Nick Pay	Mr Will Campbell
2nd XV	Mr Mitchell Kearsley	Mr Nick Pay
3rd XV	Mr John Allen	Mr Andrea Folli
4th XV	Mr Brad Wirth	Mr David Chilton
5th XV		
Age Group	Mr Kai Ikeuchi	
16A	Mr Kai Ikeuchi	Mr Neil Smallfield
16B	Mr Matthew Miller	Core Coach
16C	Mr Adrian Shipp	Ms Marian Dunbar
Age Group	Dr Timothy Barden	
15A	TBC	Core Coach
15B	Mr Alex Simpson	Dr Timothy Barden
15C	TBC	
Age Group	Mr Ben Morrissey	
14A	TBC	Core Coach
14B	Mr Ben Morrissey	Core Coach
14C	Mr Ian Moran	Core Coach
Age Group	Mr David Magro	
13A	Mr David Magro	Core Coach
13B	Mr Phillip Roser	Core Coach
13C	Mr Scott Seeto	
13D	TBC	
13E	TBC	
Preparatory and Junior School		
PRIMARY MIC	Mr Suliasi Niulala	
Prep/Jnr 1st	Mr Suli Niulala / Mr Craig Hassall	
Year 6 7s	Mr Mark Gannon / Mr Paddy O'Callaghan	
11A	Mr Adam Short	
Year 5 7s	Mrs Rosemary Arnott / Mr Paddy O'Callaghan	
Year 4 7s	Mr Joshua Lucas	

PLAYER WELFARE

At Trinity the safety and well-being of the boys who play Rugby is paramount. Effective injury prevention involves a host of measures such as physical preparation (e.g. conditioning, warming-up, stretching and cooling-down); skill and technique development; use of protective equipment; and the management of general safety issues by administrators, coaches, referees and other personnel.

Mouthguards are a key piece of equipment that must be worn by all players. Trinity Rugby players have the opportunity to purchase (with a 15% discount) a custom-made mouthguard.

Dental Prosthetist contact details:

Michael Ianniello
(phone 9560 7885)
Address: 99 Marion St Leichhardt.

The School uses the services of a physiotherapist who is at hand on game day and is available for consultation at the School on Wednesday from 3.40pm and on Tuesday, and Thursday, morning from 7.00am.

Physiotherapist contact details:

Tom Lombardo
(mobile 0412 425 402) - for personal consultation only.



Rugby Union is often inappropriately perceived to be a rough and dangerous game. Most of the injuries which occur in schoolboy Rugby Union can be prevented through appropriate physical and technical preparation by players to ensure that they are performing at their peak.

The main individual risk factors for injury in Rugby Union are:

- Presence of a physical deviation/deficit or illness
- Level of physical fitness and skill level
- Psychological factors
- Body structure and technique

Preventative Measures for Rugby Union Injuries are outlined below:

1. Pre-Season Screening

- The aim of the system is to enable medical doctors to compare athletes' baseline results with suspected post concussions assessment. This will assist medical doctors to make informed decisions while also providing parents and guardians with advice during the recovery process.
- Identify deficits and old injuries susceptible to re-injury and address prior to competing.

2. Adequate warm-up, stretching and cool down

- Minimise chance of muscle strains/tears.

3. Adequate Physical Conditioning

- Sufficient power, speed, flexibility, technique and stamina to reduce possibility of injury, as current evidence indicates there is a very strong correlation with injuries occurring when players are tired and fatigued.

4. Correct technique

- In a contact situation correct technique and body awareness have been shown to reduce avoidable injuries.

5. Adherence to Rules of game

- "Fair play" and adherence to rules as well as rules specific to schoolboy Rugby have reduced the risk of injury.

6. Protective Equipment

- Ensure use of good gear – Boots, mouthguards, headgear, taping and appropriate clothing etc.

Although there is as yet no conclusive evidence, "blades" boots increase injuries to knees and ankles. There is a strong school of thought amongst health professionals that because of the increased traction provided by the boot, there is an increased risk of serious injury to knees and ankles.

7. Adequate Hydration/Nutrition

- Ensure good hydration and sufficient and varied diet, addressing all food groups so the body can perform at its peak.

8. Environmental Factors

- Grounds kept in good condition to avoid possibility of injury.

9. Injury Management/First Aid

- Need for appropriate identification of Injury and correct management thereof from the moment of injury to ensure speedy and safe recovery.
- Allow for sufficient recuperation after sickness/injury to ensure being ready to return to contact sport with no significant risk of re-injury.

For further details on Player Safety please refer to the Trinity Rugby webpage community.trinity.nsw.edu.au/1_senior/body_rugby.html



FRIENDS OF RUGBY

Trinity Grammar School's **Friends of Rugby (FOR)** was formed by parents of boys who play Rugby for the School both at Junior and Senior level. The focus is to support the Rugby programme both financially and practically through a close working relationship with TGS Master in Charge of Rugby Andrea Folli, and Sportsmaster Mitchell Kearsley. All Trinity Rugby supporters automatically belong to FOR. FOR provides a social network for parents, family and friends to meet, socialise and support the Trinity Rugby tradition. This is achieved through FOR meetings, events and hospitality. Fund raising activities include a Trinity BBQ at all home games (and at Bressington), sponsorship, and the annual Rugby Dinner.

Each year Friends of Rugby donates substantial funds to support TGS Rugby. Funds are directed towards supporting International and National Rugby tours for both Junior and Senior boys in the form of tour kits and cost subsidies. Friends of Rugby also supports School Rugby in providing training equipment, which at times requires a substantial outlay of funds, ensuring TGS Rugby has the latest equipment to support all training needs. In 2009 FOR purchased an enforcer scrum machine which was delivered in January 2010 and in 2012, 2015 FOR helped in supporting the Japanese and Fiji Rugby Tours by subsidising costs to boys and families.

Friends of Rugby meet at advertised times (see the weekly Bulletin) throughout the year with all supporters of Trinity Rugby welcome. Volunteer support is also encouraged for fund raising. The AGM is held annually in Term 1 when office bearers are elected. The 2019 president of Friends of Rugby is David Chesterfield.

Parental Spectator Support

- Focus upon the boys' efforts and performance rather than the overall outcome of the game.
- Teach your son that an honest committed effort is as important as victory, so that the result of the game is accepted without undue exuberance or disappointment.
- Encourage your son to play according to the rules of the game and in the spirit of fair play at all times.
- Never ridicule your son or another boy for making a mistake or losing a game.
- Remember boys are involved in organised sports for their benefit and enjoyment, not yours.
- Remember that children learn best from example. Applaud good play by both teams.
- Raise any concerns you may have with officials through the appropriate channels rather than questioning the official's judgement and honesty in public. Remember most officials give their time and effort voluntarily for your son's benefit.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Recognise the value and importance of coaches and give them your support.

PRESIDENT

David Chesterfield

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TRINITY RUGBY 2019

