

YEAR 7 RUGBY NEWSLETTER – SEPTEMBER 2022

Welcome and RGSHW Rugby Philosophy



At RGSHW, we strive to create an ambitious, engaging and challenging environment where every player, regardless of experience in the game, is given the time and support to maximise their potential on and off the field.

For us to be able to do this, we take a needs-centred approach to training and fixtures, allowing players to make their own decisions, learn from those experiences and have autonomy over their own development. The foundation of RGSHW Rugby is based around good behaviours - a strong work ethic, a positive attitude to learning, and a desire to seek mastery of the sport. These characteristics will be the foundation for their future development.

With RGSHW rugby, we see success as:

1. Enjoyment
2. Maximising every player's potential
3. Lifelong participation
4. Creating elite sportsman

Competition is at the core of everything we do, whether that is challenging ourselves to perform to our full potential, or competing with each other to bring the best out of team mates, as well as externally against some of the best schools in the country.

As parents, we welcome you at our games, supporting the players through their 7-year RGS rugby journey. Fixtures usually take place on a Saturday morning, when we run as many as 6 teams, so that wherever possible we can try and give every pupil the chance to experience the match day with their friends and team mates. I am looking forward to meeting you all on the touchline in September.

Training Schedule and Parent Morning

After school training sessions for all Year 7 pupils will be every Wednesday (3:45pm-5pm) and these will begin on Wednesday 14th September. Saturday morning training sessions will begin on Saturday 10th September. The details for this are:

Meet time: 8:20am

Start time: 8:30am

Finish: 9:30am

Pitch: Nick Duncombe

There will be members of staff on hand to show you exactly where to go when you arrive.



We will also be looking to run a presentation for all parents alongside training on Saturday 17th September at 8:30am. This will also be held by Nick Duncombe pitch and it will give you a chance to ask any questions regarding RGS Rugby.

The extra-curricular training sessions are optional, but we would love to see as many pupils there as possible.

Year 7 Lead Coach & FRORGS Reps



Jack Burroughs is the Lead Coach for the Year 7 group. Jack's ability to form key relationships with the students and his patient approach to coaching mean that he creates a superb environment for each pupil to fall in love with the game in their own time. Jack will be supported at each session by Luke Huelin (Head of PE & Level 3 RFU coach) and me, as we see the Year 7 group as a hugely important squad.

Any logistical information that is sent out to the parents is usually done via the year group reps. We are looking for two reps per age group, to support with logistical communication and the organisation of our fundraising events.

If you would like to volunteer as a FRORGS Rep, we would love to hear from you, so please contact me at jjh@rgshw.com if you are interested. Until we have the year group reps in place, Jack Burroughs, job@rgshw.com, will be the main point of contact if you have any questions.

James Honeyben
Head of Rugby / Strategic Lead for Sport

Message from Francis Kucera, Chair, Friends of Rugby of RGSHW

Dear Y7 Rugby Parent

On behalf of the Friends of Rugby of RGSHW committee (FRoRGS), welcome to the 2022/23 season and welcome to the RGS rugby family!

RGSHW aims to be the best state school in the country at rugby. We play all over the south of England and the Midlands against top independent schools such as Brighton College, Warwick and Whitgift and the odd state school who can compete with us, such as Champion. This season got off to a great start on Saturday with pre-season games against Reading Blue Coat School where the Senior Squad and U15s won well. After a long, hot summer, it was great to see the boys back out on the pitch and parents supporting on the touchline. For Year 7, the season gets off to a start on Saturday 10th September with rugby training.



FRoRGS is a group of volunteer parents who (i) help with communication between School and parents in relation to rugby and (ii) organise fundraising events during the year. Each year group has a representative who is the first port of call for questions and queries and the channel of communication from School to parent. It is great to have two reps per year group to spread the load so, if you are the parent of a keen rugby player and keen to get involved yourself, please let me know.

As to fundraising, in short, we need to raise around £60,000 a year to put on the current rugby programme. Many of our parents donate via subscription to the rugby section at RGS. Annual subs are the second biggest revenue stream for

FROGRS after the Sportsman's Dinner (see below) and are essential to the rugby programme. Many donate by monthly direct debit but there are those who make annual payments. We will have a presentation to Year 7 parents on 17th September where we will talk about this in more detail. Here is the link if you would like to donate – [Rugby Subscriptions](#).

A separate message will go out in School comms about our biggest fundraising event of the year, the Sportsman's Dinner, which we are holding on Thursday 6 October. Please come along if you can as it is a cracking evening and will get you into the swing of what being a rugby parent at RGS is about. If you would like to attend and join a Year 7 table, please contact Vik Kapoor - vikrugby@gmail.com.

We have other events planned: Comedy Night on 26 November 2022; Burns Night on 28 January 2023; and a Touch Rugby & Beer Festival in June 2023 (the Saturday after the last A level exam). Please put these dates in the diary and come along and support them.



If you have any issues or suggestions, feel free to contact me on rgshwfrorgs@gmail.com or 07917 436260.

That's it from me, so all the best for the new season and the new school year!

Francis Kucera, *Chair, Friends of Rugby of RGSHW*