

NBHS REPRESENT – NBHS Rugby update – December 2017



Condor National 7's

Congratulations to the NBHS 7's team for their outstanding performance at the recent Condor National Secondary Schools Rugby 7's. All 32 teams in attendance had to qualify for the tournament resulting in the very best rugby 7's teams from around the country assembling for the weekend long competition at Sacred Heart College in Auckland. Two teams from H.B qualified for the 2017 tournament, Napier and Hastings Boys High Schools.

The NBHS team created history last weekend achieving the best result ever for the school at the National Tournament. With the NBHS 7's team finishing the weekend ranked the third best 7's team in N.Z.

They qualified top in one of the toughest pools in the tournament. On day one the team beat Francis Douglas from New Plymouth in their first game, narrowly lost to Rotorua boys in the second then demolished Cambridge High in the third pool game.

Francis Douglas were able to beat Rotorua Boys in their final game which meant that three teams from our pool ended up with a two win, one loss record. NBHS progressed as top qualifier by virtue of the best for and against points record.

On day two the team knocked out host school Sacred Heart College in a thrilling quarter final 17 -15. Very few people at the ground (including sky T.V commentators) gave NBHS any hope of winning. The team was well beaten in their semi-final by eventual winners Hamilton Boys High School who went on to beat Scots College in the final.

Special mention and thanks must go to head coach Andy Lord and his assistant Sam Greene. Thanks from all the boys and the school for the commitment and great work over an 8 week preparation and training phase.

All except two of the NBHS 7's squad are in contention for South Africa selection. The impact of the cross fit conditioning was apparent in the team's performances and with 12 of the 14 strong squad available for selection next year, all bodes well for the 2018 campaign.



Coach appointments, coach development and season schedule 2018

1st XV

Head coach: Brendon Ratcliffe

Support coaches: Dave Russell and TBC position specific coach

Team Manager: Dave Russell

2nd XV:

Head Coach: Del Whyte

Support coaches: Russell Hewitt and 1st XV coaches.

Manager: TBC.

Note: 1sts and 2nds players and coaches will work much more closely together in 2018. Primarily training as a combined squad in 2018 that separates later in the training week and on game day. This will enable more live contested training, a better understanding of core skill and systems between the two teams. As well as greater movement between the two teams based on performance, attitude game and conditioning needs of the players.

Dave Russel has done outstanding work pulling the 1st and 2nd XV playing programme together. The below playing schedule is confirmed as at 29 Nov 2017. There has been an emphasis on increasing the quality of the 2nd XV programme and working hard to ensure the schools who have said they will play are as committed and locked in as possible. 2nd XV game cancellation was a real issue in 2017.

1st and 2nd XV season schedule confirmed as at 29 Nov 2017

1 st XV		2 nd XV	
17 March	Onga Tiko Colts		
24 March	Aorere College (H)	30 th or 31 st March (tbc)	Wairoa College 1 st XV
2 nd – 8 th April	South Africa Festival 2 Games	7 th & 8 th April	Te Aute College/ Manukura/Tu Toa (3 x 40 min games) (A)
10 th April	Game – South Africa	14 th April	Lindisfarne 1 st XV (College Day)
20 – 24 th April	Kia Tu Camp at St Paul's		
21 st April	St Andrews College		
24 th April	Kings College		
5 th May	Town or Silverstream (A)	5 th May	GBHS 2 nd XV (A)
12 th May	Town or Silverstream (A)	12 th May	Rathkeale 1 st XV (A)
19 th May	Wellington (A)	19 th May	Wellington College 2 nd XV (A)
26 th May	No Game	26 th May	Hastings Boys 2 nd XV (H)
31 st May - Wed	Wairarapa College (A)	31 st May - Wed	Wairarapa College (A)
5 th June - Tue	Scots College (A)	5 th June - Tue	HVHS 1 st XV (A) tbc
9 th June	Gisborne Boys (H)	9 th June	Gisborne Boys (H)
16 th June	Hastings Boys (A)	16 th June	Hastings Boys (A)
23 rd June	Tauranga Boys (H)	23 rd June	Tauranga Boys (H)
30 th June	Hamilton Boys (A)	30 th June	Hamilton Boys (A)
7 th July	Rotorua Boys (H)	7 th July	Rotorua Boys (H)
22 nd July	Feilding High (A)	22 nd July	Feilding High (A)
28 th July	New Plymouth Boys (A)	28 th July	New Plymouth Boys (A)
1 st August	Palmerston North Boys (H)	1 st August	Palmerston North Boys (H)

3rd XV and 4th XV

Coaching team: Simon Halford, Dion Whitiri, Craig Redpath, Peter Grimwood, Parent x 1 TBA

Manager/support coach; Dion Whitiri plus one more TBC

Under 15's

Head Coach: Andy Greene

Support coaches x 2 TBC

Manager: John Stapley

Junior teams and D grade teams to be allocated from coaching pool below.

Aiden Callaghan, Ashton Johnston, Rex Newman, Farrell Chrystal, Andy Barham, Bevan Lynch, Billy Te Hiko, Sam Englebretsen, Lance Christofferson, Earl Anderson, Simon Lord, Rob Murray.

Team support/comms person per team TBA

Approach well organised parents.

Please contact directly if you are interested in coaching or taking a team support role. A core part and emphasis of my role is to support coaches at NBHS across the board. We will be running coaching workshops throughout March and I'll be an on call resource throughout the season proper.

If you've ever considered coaching or team support, there's never been a better year. Go for it and make contact, I'm happy to meet and discuss how we can welcome you in.

Coach development workshops

Three coach development workshops will be run in March for all NBHS rugby coaches. These courses will prioritise safety and simplicity. Focusing on high injury contact areas of tackle and breakdown. Set piece scrum, lineout and kickoff. Team attack, defence and counter attack.

One team support/comms workshop will be run in March. This role will prioritise team communication, organisation, first aid as well as side-line standards and behaviours.

Off Season Training Squad

The 62 strong off season training squad has just completed their 8th week of 6.30am Tues/Thurs cross fit training and are going from strength to strength. The aim of this programme has been to help players learn to push themselves harder than they have before, harder than they knew they could. There is a requirement that the South African touring squad is physically prepared for the challenges they will meet in April, but as important is the opportunity this programme has provided for all senior rugby players in the school.

The players have developed a bond and a new base level of conditioning that is better than they've ever had before. The hard work they are doing together will pay dividends throughout the 2018 season and will mean ALL senior teams including the Under 15's will have a core group of players that are better prepared than ever before.

It has been great to see the commitment being shown and observe the bonds that are establishing across the group of year 10 to 12 players.

There can and have been issues with connecting the different year groups within teams. It's great to see a year 12 partnered up and working hard alongside a year 10 or 11. Both giving it everything they've got and building respect for each other.

I must recognise and commend the work of Waka Petera from Cross Fit Napier. Waka is making a real difference to NBHS Rugby. Thank you.

The full squad assembles for a half day camp on Saturday 16th December. The aims of the camp are:

- Get a baseline aerobic fitness reading before the 5 week Christmas break
- Ensure all squad members are clear about their 5 week training and nutrition plan and where possible are in training groups
- Introduce some ball handling and contact/breakdown drills that the players can continue with in groups or on their own.
- The camp will be supported by HBRU coaching staff

The squad reassembles in late January for another round of fitness assessments, a greater emphasis on skill based work and a trial game for South Africa tour selection. This S.A touring squad will be announced on Feb 2nd.

The success of this off season conditioning programme will see a scaled down version offered to all year 9 and 10 boys wanting to play in the junior and development teams at NBHS in 2018. From February next year, one early morning group session per week on NBHS fields combining body weight resistance and conditioning exercises alongside rugby skill work under fatigue will be available for all boys who want to take up this opportunity.



Fundraising update

The golf day signified the beginning of the fundraising push.

Special thanks to the great work that Campbell Furlong did in pulling this together, it wouldn't have happened without you Tarz, thank you. The feedback from all the corporate teams that attended has been very positive. The following businesses/individuals supported the day. Please thank them on your travels and better still if you can utilise them in any way, please do.

Kiwibank, PWC, Speights Ale House, Forsyth Barr, BNZ Partners, ANZ, FMG, Gemco, Unison, Tremains, Colliers, Sothebys, Fastway NZ, Your Solutions, Account Collections, Packaging Storage, Chrystal Shearing, David Lochore. Special thanks to Lawson Robinson who opened up their Pak n Save account for beers and food as well as Travis Le Compt and Stock Co who provided a couple of stunning cube rolls for the bar-b.

This is a good example of a sponsorship initiative we can lock into the annual calendar and replicate year on year. Here's an example of the feedback (from Paul Chandler at Forsyth Barr) that is rolling in.

"Hi Brendon

It was our pleasure to be involved in the fund raising venture for the World Rugby Festival.

We only wish we had performed a bit better on the day but there is always next year and we certainly now know which trees and bunkers to avoid!!

The rugby boys we met on Monday were a great advertisement for the school and endorsement for what you are trying to achieve with the rugby programme so well done to you and everyone involved.

When you have got more information to hand in regards to the dinner / auction, please send it through.

All the best to you and your family for the festive season and 2018 which shapes as being a tremendously opportunistic year for NBHS's rugby programme.

Kind regards

Paul"

Major fundraising dinner and auction

Date confirmed for Friday 23rd Feb. We are in discussions with high profile guest speakers who will share their South African rugby war stories to ensure this evening is a great occasion and opportunity for anyone with a love of rugby.

The evening will be an all NBHS affair. Hosted at NBHS Hall and catered by hostel chefs who are excited about the opportunity to show their expertise and deliver a top end dining experience for 250 people. The NBHS in house model also enables us to make the most of sponsored provisions both liquid and solids.

25, 10 seat tables at \$125 per seat will be sold for the night. We have started to approach corporates/individuals who could support the night and within a week over half the available seat are taken.

Please have a think about your networks and who may be interested in attending what will be a very special evening. This is a wonderful opportunity for NBHS on so many fronts. Please contact directly if you want to secure a ticket or can forward contact details of a business or people who will be keen to get along.

Along with the guest speakers, the other star of the evening will be a high value auction with proceeds going towards the tour. We are targeting 20 high value auction items that will sell for \$2000 plus. These too are starting to roll in. Please contact directly if you can support the auction in any way.

- Full landscape design and planting plan by Georgina King, Landscape architect.
- Scenic chopper flight for 6 people. Jim Guerin Hawkes Bay Helicopters.
- Framed All Black jersey (replica) signed by Dan carter and Richie McCaw
- Hunting trip valued at 4-5k

Other fundraising initiatives:

I'm working directly with a group of can do parents to get initiatives underway and money rolling in. Paul Teddy, Toby Davis, John Kilmister, David Lochore, Raelene Christian Goss are doing great work on a number fundraising initiatives. Again, please contact directly if you can support in any way. Many hands make light work and the demands will ramp up once the travelling team is announced on Feb 2nd In the interim here's what we are up to:

Major raffle fundraiser. Local businesses have been approached to gift \$100 vouchers as prizes. Over \$2,500 worth of confirmed commitments within 48 hour window from the following businesses:

Star Foods \$100. Onekawa New World \$100, Pak n Save Napier \$100. Waipukurau New World \$200. Downey's Butchery \$100. Pita Pit Napier \$100. Hells Pizza Napier \$100. Burger Fuel Napier \$100. Wisey's Pies \$50. Postshop pressi card \$100. Warehouse Napier \$100. Pedal Power Avanti Plus Taradale \$100. Ocean Spa Napier \$150. Hirepool Napier \$100. Hunting and Fishing Napier \$100. Reading Cinemas Napier \$100. East Pier Napier Food and accommodation package \$370. Trailer firewood \$350. Najalu sports and remedial massage 2 x \$75 vouchers. Emporium Restaurant and Bar \$100.

The tickets will be distributed to the training squad members at the half-day camp on Sat 16th Dec. All boys in training squad will be allocated 80 tickets to sell through Christmas and Jan window. Equal effort from all and a significant return for the tour fund.

Firewood. Big oak tree, donated by the big oak Simon Tremain. Will mill the oak tree or swap for equivalent value dry Mac and gum. Squad to split and sell.

James Turner, David Lochore and John Kilmister are hitting up their local rural communities with a lamb and sheep drive. Thanks men, the response has been great.

Major event parking, vehicle security and clean up services. NCC and Black Barn have been approached and will utilise our rugby labour force through the summer period. E.g NCC Christmas in the Park at Anderson Park and HOTY show.

Once the travelling team is selected we will:

- Run a family focussed quiz night prior to team departing with \$100-\$500 value items to auction.
- Individual player sponsors.
- Continue to utilise the labour of 26 young men in major event or targeted projects.

Finally....

“Better young men make better NBHS rugby players”

The more our young men give and commit of themselves at school and at home, the better they will play on the rugby field. This is a simple truth and is the principle that will underpin and define NBHS rugby moving forward. Better young men make better rugby players who are better equipped to take on the challenges of life beyond the school gates.

2018 is an exciting year for rugby at NBHS, full of opportunity for all young men who chose to commit to the game at NBHS. We will deliver a better rugby programme and experience for all boys from F Grade right up to 1st XV in 2018 and we'll get better at doing that year on year.

There are a number of ways family and friends can support our young men through rugby at NBHS. Please do make contact to discuss any ideas around how we can support the growth and development of better young men through rugby. Please also make contact if you have thought about or are interested in committing to a team as a coach or team support person in 2018. (Contact details below).

Finally, thanks to Headmaster Matt Bertram and the NBHS Rugby Board for all the support and input this year. On behalf of Matt and the NBHS Rugby Board a huge thank you to all parents and teachers who supported rugby in 2017. Have the best of Christmas's with friends and family and here's to an exciting 2018.

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