

# NBHS REPRESENT – Welcome to rugby at NBHS

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The late great Sir Brian Lochore coined the phrase, “Better men make better All Blacks. The kaupapa/philosophy of rugby at NBHS is quite simply “Better young men make better NBHS rugby players”.

The better our young men are at home, within the wider community and within school the better people they will be and the better rugby they will play.



We aim to deliver a positive rugby experience for ALL at NBHS. A team for everyone of every ability as well as high performing age group and senior representative teams. It is compulsory for all students who attend NBHS to play for NBHS rugby teams. HBRU enforces this policy so any student attending NBHS is not eligible to play for junior clubs or Under 21 club teams.

In 2019 NBHS rugby teams made up a quarter of all teams playing rugby in the Hawkes Bay wide Secondary Schools rugby competition.

In 2020 NBHS will again have multiple teams in the junior F, E and D grades competitions as well as the HB wide Div one competition.

Our Under 15 team and three, yes three 3<sup>rd</sup> XV teams play against the other HB Secondary School 1<sup>st</sup> XV's in the Div One and Div Two HB wide competition.

Our NBHS U14 and U15 representative teams play a number of traditional fixtures as well as attending serious national tournaments each year. U14's attending the 8 team Super 8 Tournament and our U15's attending the 16 team National Under 15 Tournament.

NBHS 1<sup>st</sup> and 2<sup>nd</sup> XV teams do not play in Hawkes Bay wide secondary school competitions. They play across the North Island in the Transit and Super 8 competitions as well as a number of traditional fixtures through the year.

Rugby wouldn't occur at NBHS without the support and commitment from our wider community. Parents, caregivers, relatives, friends and supporters of the school all play a part in NBHS being able to provide rugby at all levels to all those who want to play. Rugby at NBHS functions due to the commitment and dedication of all our volunteer coaches and team support people.

Please contact me directly if you are interested in coaching or being a team support person for NBHS rugby team in 2020.

The coaching role is self-explanatory. Please don't think the game has moved on since you last played or coached, I can assure you that what is important, hasn't changed. Positive, committed people with a passion for rugby and supporting young men are the most important pre – requisites of coaching a team at NBHS. We will help you with the coaching stuff. We don't coach complexity at NBHS, the simpler we can make the game, the more we can focus on the fundamentals the better and harder our young men will play.

We run in-house coach development sessions prior to season start and I'm on call for any help and support throughout the season.

The team support roles are targeted at people who are happy to help with team organisation and communication (e.g setting up a team Facebook page, loading results and photos of games and

trainings). It's a critical role that ensures not only players and supporters are clear but enables our coaches to focus on coaching.

### **Hawkes Bay Secondary School Rugby weights and grades 2020**

#### **Division 1 & 2**

Under 19 Open

#### **Division 3 & 4 (D Grade)**

Under 14 Open

Under 15 Open

Under 16 under 65kg

(No U17 players)

#### **Division 5 & 6 (E Grade)**

Under 14 under 75kg

Under 15 under 63kg

(No under 16 players)

#### **Division 7/F Grade:**

Under 15 under 53kg

Under 14 under 56kg

Stay tuned for information on upcoming weigh ins and trials where applicable. Also remind the boys to keep an ear out assemble, class notices and an eye on the main school notice board for rugby information.

Once again, welcome to rugby at NBHS. Together we'll ensure our young men have the best rugby experience, learn to graft through the tough challenges and build stronger friendships with their NBHS brothers.

if you have any queries and or are interested in a coaching or support person role with any of our rugby teams please contact me on the below details.

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