

YEAR 7 RUGBY NEWSLETTER



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, with 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, competing intrinsically to challenge ourselves consistently, 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, running as many as 6 teams in Year 7, so that wherever possible we can try and give every pupil the chance to experience the match day with their friends and teammates. I am looking forward to meeting you all on the touchline in September.

FIXTURES

All sports fixtures can be found using this link [RGSHW Fixtures](#) or by clicking on Fixtures at the top of the main school website.

TRAINING SCHEDULE AND PARENT MORNING

After school training for the Year 7 rugby squads will be every Wednesday (3:45pm-5pm) and these will begin on Wednesday 11 September. The first Saturday morning training will begin on Saturday 7 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 talk for all parents alongside training on Saturday 14th 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 open to all pupils but are optional. We would love to see as many pupils there as possible.

All co-curricular clubs & training sessions for Half Term 1 can be viewed [HERE](#)

#TheRGSHWay

The Resilient Grounded Selfless Hardworking Work ethic Way



YEAR 7 LEAD COACH AND FRORGS REPS

Olivia Caesar is the Lead Coach for the Year 7 group. Olivia's ability to form key relationships with the students and patient approach to coaching allows her to create a superb environment for each pupil to fall in love with the game in their own time. Olivia's email address is ofc@rgshw.com and she will be supported at each session by a number of coaches throughout the rugby sessions, 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 so via the year group parent reps, that form part of the 'Friends of Rugby' (FRORGS) Committee. We look to have two reps per age group, supporting logistical communication, as well as fundraising events. Nick Stroud, a new Year 7 parent, has already kindly agreed to fulfil one of those roles, so we would be grateful if one more parent was able to support.

If you would like to volunteer as a FRORGS Rep, it would be great to hear from you, so please contact me at jjh@rgshw.com if you are interested.

Any parent who would like to be added to the Year 7 distribution list for notifying parents about teams, fixtures and other information FRORGS and rugby related, can they please email rgsrugby12@gmail.com with your name, contact number, your son's name and confirm you are happy for this information to be used to add you to a WhatsApp group. If you don't want to be added to the WhatsApp group and would prefer emails only, please do let us know.

SOCIAL MEDIA

Keep up to date with all the news from the Sports Department by following us on our social media platforms:

X - [@RGSHWSport](https://twitter.com/RGSHWSport)

Instagram - [rgshw_sport](https://www.instagram.com/rgshw_sport)

James Honeyben

Director of Sport and Head of Rugby

jjh@rgshw.com



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Message from Vik Kapoor, Chair, Friends of Rugby of RGSHW

Dear Year 7 parent

On behalf of the Friends of Rugby of RGSHW committee (FRORGS), welcome to the 2024/25 season at RGS.

RGSHW has a proud heritage of producing top class rugby teams and players. The school aims to instil a love of rugby for all boys, and to compete with best rugby playing schools in the country. Our fixtures take us to schools all over the south of England and the Midlands, and often further afield in cup games. We play against the very best independent schools in the country, including Brighton College, Wellington College and Whitgift as well as a few state schools such as Campion. Last year, for the first time since 2018 due to Covid, our Senior Squad toured and 45 boys headed off to South Africa for the trip of a lifetime. This is something every RGS rugby player can aspire to when they get to Years 12 and 13. There is also a short domestic tour for Year 9 each year.

The last two years have been hugely successful; in 2023 the 1st XV won the National Schools Plate final against Barnard Castle at the StoneX Stadium having beaten Epsom College and Monmouth along the way. A great achievement and our first national senior final since Mr Honeyben was in his RGS uniform! Last season was equally as good, with the 1st XV reaching the quarter finals of the National Schools Cup, and narrowly losing in the final of the prestigious St Joseph's Festival in Ipswich.

FRORGS is a group of volunteer parents that support the rugby programme at RGS. Broadly speaking, we have two functions:

- To assist with communication between RGS and parents in relation to rugby
- To organise fundraising events during the year.

Each year group has a representative who is the first port of call for any questions you may have and the channel of communication from the School to parents. We already have a volunteer for Year 7, Nick Stroud, and he will be in touch with you shortly. It is great to have two reps per year group to spread the load and so if you are the parent of a keen rugby player and keen to get involved yourself, please let Nick or Mr Honeyben know.

As to fundraising, in short we need to raise around £60,000 a year to support the rugby programme. The majority of parents donate subscriptions to the rugby programme at RGS. Subscriptions are the second biggest revenue stream for FRORGS after the Sportsman's Dinner (see below) and are vital to reach our fundraising target. Most parents donate by monthly direct debit but there are those who make annual payments. We will have a presentation to Year 7 parents on 14 September at 8.30am where we will talk about this in more detail.

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 7 November 2024. This is always a great evening led by ex-England international and renowned presenter and pundit, David Flatman. This year our guest speaker is Ben Youngs. Please come along if you can as it will get you into the swing of what being a rugby parent at RGS is all about. Tables are for 10 or 12 guests, but if you have a smaller group or want to join a Year 7 table please let myself or Nick know. The event is open to everyone including non RGS parents so please do bring your friends along.

We have other events planned: a comedy night in the New Year; an end of season Awards Night for Year 7-9 on Wednesday 26 March 2025 and a Touch Rugby & Beer Festival on Saturday 21 June 2025 (the Saturday after the last A level exam). Please put these dates in the diary and come along to support them.

If you have any comments, issues or suggestions, feel free to contact me at vikrugby@gmail.com or 07976243514.

That's it from me for now, as a Year 7 parent myself, I look forward to meeting you all on the touchlines very soon!

Vik Kapoor

Chair, Friends of Rugby of RGSHW



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