



WAVERLEY COLLEGE
Rugby

RUGBY 2019 **TEAM** GUIDE



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Welcome to Season 2019

Welcome to the 2019 Rugby season!

I want to take this opportunity to wish all of our students, staff and coaches the very best for the 2019 Rugby season. Last year was a great year for Waverley College Rugby with a number of boys going on to represent Waverley and CAS at the highest levels. We had some impressive results in all age groups and performed very well against some tough opposition.

2019 will be another test for our Rugby program with games once again playing GPS and ISA powerhouses. However, I am confident that with the great coaches and staff we have that Waverley College once again will be the shining light of CAS. Many of our senior players will be attending the Sanix Tournament in Japan as part of their preparation, and competition for spots to wear the Double V is going to be fierce. Regardless of what team boys play for, they are just as valued and are key members of the Rugby community.

I also want to take this opportunity to thank the rugby Supporters Group and all parents who volunteer their time to assist in delivering our program. Many of the positive relationships, strong reputation and great product we deliver is thanks to the hard work of these Mums and Dads. I also want to thank all of the hard work that our Convenor Mr John McCoy and our senior coaches Mr Paul Cornish, Mr Scott Coleman, Mr James Horrocks and Mr Kyle Newbury have put into the off-season program.

Last year was a great season for us and we will have to be at our best on and off the field to emulate this. Hopefully, we can bring the Henry Plume Shield back home to its rightful place!

Good luck and 'Go the Waves!'

Mr Steve O'Donnell
Director of Co-Curricular



WAVERLEY COLLEGE

Rugby

Welcome from the Convenor of Rugby

It was the iconic Australian character Darryl Kerrigan from the film, "The Castle", who famously spoke the words, "It's not just a house, it's a home!" When reflecting on these words, there can be no doubt for many Waverley families, past and present, that Queens Park is not simply a piece of land. It is our home. It is a part of who we are as Waverlians.

It is a special area which gathers our community together, from the Old Boys and parents, to those young men who proudly represent the school each week in the 1st XV right down to the 10As at Waterford. We all enjoy the highs and lows that can be felt by this funny game they say is played in heaven. But ultimately, it is the special bonds between mates on the field, parents in the grandstands and supporters behind the BBQ which make the Saturday tradition so uplifting.

I would like to welcome all players, parents and supporters to the 2019 season. I would particularly like to welcome the new families to Waverley College Rugby. I hope that you all get a chance to visit Queens Park throughout the season to discover what a thrill it is to be immersed in our wonderful community.

It is a historic season for Waverley College as we will be representing our nation at the Sanix World Rugby Youth Invitational Tournament in Japan. Considered a 'mini World Cup' for Schoolboy Rugby, Waverley will be facing up against schools from around the world including New Zealand, South Africa and Ireland, to name a few. We wish the representing players and coaching staff all the best for a safe and successful trip.

Across the rugby program, 2019 is a season which will provide all players with an opportunity to have more of a say in what can be done to improve our standards. This is an attempt to make rugby more engaging and more enjoyable for all, which is what rugby should be all about.

Safety is again a priority in 2019, as all players will be asked to complete the DSST testing to assist in monitoring concussion. A greater number of players will also have the chance to use the weights room throughout the season, which may assist in the prevention of injuries.

I wish all players and coaches the best for the upcoming season. I also look forward catching up with many families and friends at our home, Queens Park!

WAVERLEY TO WIN!

John McCoy

Convenor of Rugby



WAVERLEY COLLEGE
Rugby

Waverley College Rugby Supporter Group

Over the years, Waverley College has had many success stories. This comes back to the great opportunity and support provided by our parents and friends. Waverley College has been blessed with fantastic support from parents over the years and I would like to invite any interested parents to continue this support in the 2019 season.

The Supporter Group is looking at a number of initiatives to assist with the development of rugby at Waverley College and would appreciate any help from members of the community who may have time to spare.

Assistance might include helping serve at the Queens Park canteen for an hour on Saturday, assisting with cooking the weekly BBQ or helping to organise Presentation Night.

If you are able to contribute, please contact Supporter Group President, Mr Denis Hickey E: denis.hickey@optusnet.com.au

SUPPORTER GROUP MERCHANDISE

AVAILABLE FOR PURCHASE AT THE QUEENS PARK CANTEEN ON SATURDAYS

HATS \$20

JACKETS \$65



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WAVERLEY COLLEGE
Rugby

Code of Conduct

PLAYERS

- Play by the rules and in a spirit of good sportsmanship.
- Play for the 'fun of it' and not just to please parents and coaches
- Control your temper. Verbal abuse of officials or other players, deliberately fouling or provoking an opponent, and throwing equipment are not acceptable nor permitted in any sport.
- Work hard both for yourself and your team. Your team's performance will benefit, so will you.
- Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
- Cooperate with your coach, team mates and opponents. Without them there would be no game.

In the event of a player or athlete being sent off during a CAS fixture, it is the responsibility of that boy's Headmaster, at his discretion, to determine the penalty. It is generally understood among Headmasters, however, that the student will serve at least one week's suspension from participating in the CAS competition.

PARENTS

- Focus upon the student's efforts and performance rather than the overall outcome of the game. This assists the student to set realistic goals related to his ability by reducing emphasis on winning.
- Teach your son that an honest effort is as important as victory, so that the result of the game is accepted without undue disappointment.
- Encourage your son always to play according to the rules of the game.
- Never ridicule or yell at your son or any other student for making a mistake or losing a game.
- Remember that students are involved in organised sport for their benefit and enjoyment, not yours.
- Remember that children learn best from example. Applaud good play from both teams.
- If you disagree with an official, raise the issue through the appropriate channels rather than

question 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. They give of their time and resource to provide recreational activities for your son and his team mates and deserve your support.

SPECTATORS

- We encourage students to support their school teams and to be dressed in the school's uniform while doing so.
- We expect barracking to be enthusiastic but not to be fanatical or designed to heckle or belittle or disturb opponents. For example, barracking for or against during a kick at goal is always bad sportsmanship. Students should be encouraged to barrack for their school rather than for an individual team member. Booing, whistling, playing or beating musical instruments are all in bad taste and unacceptable.
- Vocal support for any team should never encourage violence or rough or illegal play.
- Encroaching onto the field of play or shouting suggestions at players/referees/umpires are not allowed.
- It is never acceptable to express disapproval of a referee's or umpire's decision - no matter whether the person be an adult or schoolboy.
- There is a complete ban on all alcoholic drinks at grounds where games between Associated Schools' teams are being played.
- We expect our players to be modest in success and generous in defeat, not showing in either case any undue emotion. Good play, by our own school and by the opposing school should be applauded willingly and openly.
- At all times, spectators should leave the area of the game tidy and free of rubbish when they leave.

We look to adults (parents, old boys and other spectators) to set an example by their self-control at matches.

Player Expectations

GENERAL

- Every player who pulls on a Waverley College jersey is expected to try their best and give their all for their school.
- Every player is expected to play in the spirit of the game, displaying good sportsmanship and respect for opposition players.
- While achievement on the rugby field is important, school work is a priority. Involvement in rugby is not an excuse for failing to complete academic work.

ATTENDANCE AT TRAINING

- Each player is expected to attend a compulsory two training sessions per week.
- In the unfortunate event that a student receives a detention, students must not miss training to complete the detention. This will not be an excuse to miss training. You will be expected to negotiate a time for detention that does not clash with your training.
- If you are absent from training you must provide your coach with a note from your parents.

ATTENDANCE ON GAME DAY

- All students must be present and ready to play at least 30 minutes before the match to ensure a full team warm-up is undertaken.
- Players MUST reserve for the game following their own, for example, 'C' players must be available as reserves for the 'B' fixture. This does not apply to changes in age groups.
- Reserves are the only players allowed on the bench. All other players will be asked to move to the supporters' area.
- If you are ill on Saturday and cannot play, you are still expected to turn up to the venue to inform your coach and support your team.
- If you are so ill that you cannot attend the fixture, you will need to inform the Director of Co-curricular and Convenor of Rugby of your absence via email and provide a medical certificate on your return to school.

- Injured players MUST still attend their matches unless approval has been granted by the Director of Co-curricular.
- If a player requires leave for a Saturday fixture an application must be made to the Director of Co-curricular at least three weeks in advance.
- Any student who receives a Saturday detention for a curriculum or behavioural issue will miss their rugby commitment regardless of their team selection. A change in detention date is not an option.
- Players who repeatedly fail to attend training and fixtures will have their position at the college reviewed.

UNIFORM

- All players must have the correct uniform before entering the field of play. This includes jersey, shorts (blue for Junior, age 13-16; black for Opens), socks, mouthguards and boots.
- Players are encouraged to wear head protection.
- Reserves are required to wear the college tracksuit.
- Players in the 16A, 1st XV and 2nd XV teams are required to wear their full school uniform to the venue as well as to the after match function.

MISCONDUCT

- Any form of misconduct will not be tolerated.
- Players who receive red cards will be required to appear in front of an internal judiciary consisting of the Convenor of Rugby, Assistant Director of Co-curricular, Director of Co-curriculum and, in some instances, the Head of College.

2019 Rugby Season Draw

TERM	WEEK	DATE	ROUND	OPPONENT	13S/16S/ OPENS	14S/15S
1	8	23/3/2019	TRIAL	Internal	Home	Home
	9	30/3/2019	TRIAL	Internal	Home	Home
	10	6/4/2019	GPS TRIAL ROUND	Riverview	Home	Away

2	1	4/5/2019	GPS TRIAL ROUND	Shore	Home	Away
	2	11/5/2019	GPS TRIAL ROUND	St Augustines	Away	Home
	3	18-May	GPS TRIAL ROUND	St Joseph's	Home	Away
	4	25/5/2019	GPS TRIAL ROUND	Riverview	Away	Home
	5	1/6/2019	GPS TRIAL ROUND	Kings	Home	Away

6 8/6/2019 NO SPORT - QUEEN'S BIRTHDAY WEEKEND

	7	15/6/2019	CAS ROUND 1	Knox	Home	Away
	8	22/6/2019	CAS ROUND 2	St Aloysius	Home	Away

3	1	27/7/2019	CAS ROUND 3	Cranbrook	Home	Away
	2	3/8/2019	CAS ROUND 4	Barker	Away	Home
	3	10/8/2019	CAS ROUND 5	Trinity	Away	Home

2019 Winter Season Training Schedule

	13	14	15	16	OPENS
MONDAY	3:30-5pm	3:30-5pm	3:30-5pm		
TUESDAY				3:30-5pm	3:30-5pm
WEDNESDAY	3:30-5pm	3:30-5pm	3:30-5pm		
THURSDAY				3:30-5pm	3:30-5pm

NOTES

- All players are to attend two (COMPULSORY) training sessions.
- Students must train in an appropriate jersey, rugby shorts, boots and mouth guard.
- Students who claim they have been recommended by health professionals to have 'no contact' during training sessions will require a note to verify this.
- Extra training including goal kicking, general play kicking, passing practice for halfbacks and throwing practice for hookers will occur at various points throughout the season. This will be advertised in Nurrunga and the Team App.

Player Safety

Player safety is an extremely high priority at the college.

As rugby is a contact sport injuries do occur, however the college has a number of strategies in place to ensure players are well prepared before running onto the field of play. These include:

ARU SMART RUGBY COACHING COURSES

All rugby coaches at the college must have Smart Rugby accreditation. This course, when applied to the training settings, ensures all players are well aware of the safety procedures and protocols set by the ARU. This includes safety at the scrum and in the tackle.

SKILLS COACHING

Extra skills coaching will be supplied to all teams in 2019. This ultimately ensures better player knowledge around technique, which reduces the chance of injury.

FIRST AID

Each Saturday at the Queens Park and all other playing fields, First Aid personnel are present. This is another compulsory directive of the ARU. This year, the Waverley College Nurse, Adele Cutbush will also be present during each training session.

PROTECTIVE EQUIPMENT

Waverley College encourages players to wear protective equipment such as mouthguards (compulsory), head gear and shoulder pads. Head gear is available for purchase at the school uniform shop.

Junior School Rugby

The Waverley College Junior School continues to be a great starting point and proving ground for many boys in their early years of playing the game of rugby. The school is also very lucky that it gets to draw on many talented players already playing the game in strong local rugby competitions. However, the winds of change are beginning to bite into the rugby ranks throughout the Sydney Rugby scene. Schools are beginning to see numbers fall and the game is being challenged. The introduction of far more diverse sports programs in some schools and a general drift away from rugby is affecting us all, despite this we still have a good number of interested participants.

Luckily for us the decline has steadied for the 2019 season with current numbers indicating we will retain the same numbers of teams as in 2018. In 2019 we will be looking at TWO U12 15-player teams with a possible two Sevens Squads. The Sevens scene is certainly one area of rugby seeing growth in our local IPSHA Competition. The U11s are also holding numbers in relation to 2018. In 2019 it is looking like we will possibly field three 12-player teams and again two Sevens Squads in the hope of involving as many boys as possible into the game. Our U10s has enough boys for the one team we field each year and there may be some opportunity for these boys to play in a higher grade to allow them as much involvement as possible.

So many boys aspire to greatness at this age and there is always fierce competition for the graded teams chosen. Even with smaller numbers this year it will be a very competitive process, and despite selection angst we hope all our boys enjoy the game and see opportunities wherever they get selected to improve and move up the ranks. Participation is always our number one goal.

All our Rugby is played using the ARU Development Path rules. This means our 10's and 11's play 12-a-side rugby. Our 12's play 15-a-side rugby and where we can we try to give some boys some Seven-A-Side experience in the 11's and 12's if numbers allow.

It is quite regular to see a number of the Junior School Rugby Teams go through the season undefeated, and if not, most are always very competitive in the Independent Private Schools Heads Association (IPSHA) competition in which we play.

Our season consists of ten Saturday Games and very competitive House Blitz Day competition. It is quite a spectacle to see Queen's Park alive with rugby on this day as well as all the football and AFL boys playing in an equivalent competition on the adjacent fields.

One of the great highlights of the rugby calendar for the Year Six boys is the early season tour to Armidale for the annual TAS Primary School Rugby Tournament. This carnival is played over a weekend in the Easter School Holidays and is without a doubt one of the most amazing tournaments any boy will ever get to play. Forty boys (two teams) from our Junior School Rugby ranks are invited to attend a weekend of rugby against about 45 schools/clubs from up and down the east coast of Australia. Schools from the ACT, Queensland and NSW Country along with many of Sydney's Private Schools meet to play in this tournament, which will be celebrating its fifteenth year of operation in 2019. This year we will make our thirteenth trip up the New England Highway to Armidale for the tournament thanks solely to the generosity of staff who give up the first weekend of their holidays to be involved in the weekend. Without them we would not be going.

There is no demarcation between the private schools in the Junior School arena, such as GPS, CAS and ISA, as well as other associations that group schools as seen in the High School Systems. This means the juniors get to play against many schools from many associations such as: Riverview, Shore and Scots form the GPS - Trinity, Knox, Barker, Cranbrook, St Aloysius from the CAS and St Patricks College from the ISA. The boys get to play against all these and a number of other private schools around Sydney and beyond. It makes for a diverse and interesting competition and certainly initiates our many new parents into the private school world during our home and away season.

Some of our Year Six boys, get the opportunity to trial for the NSW Combined Independent Schools (NSW CIS) Rugby Representative Team. We have had many successful students make this team and come home with State Championships over the years.

Despite lower numbers than usual we still have over 100 boys still keen to play Rugby in the Junior School and we will work hard to give them the opportunity to play; improve their game; and enjoy the game and the friendship and memories that come from it.

Communication and Updates

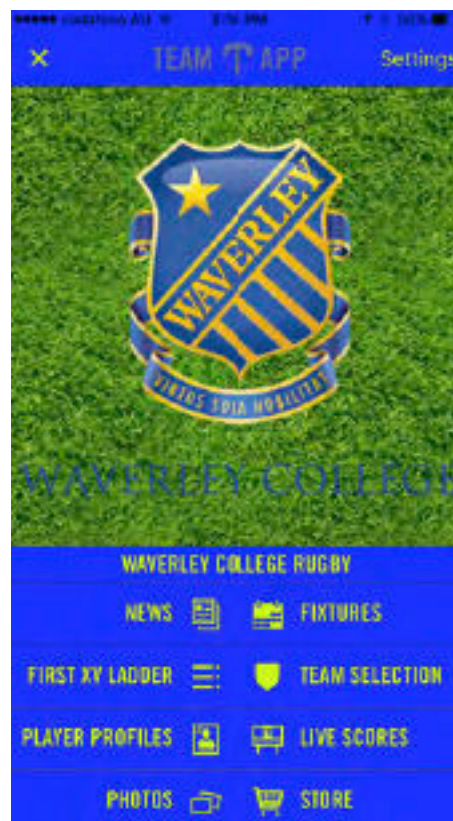
WAVERLEY COLLEGE RUGBY TEAM APP

The Waverley College Co-curriculum Directorate is now using a free app to communicate with all rugby teams and their supporters.

Team App is a platform that will allow our rugby community to improve communication by integrating everything you need to know about rugby at the College, including:

- News
- Fixtures
- Competition ladders
- Selection news
- Player profiles
- Live scores
- Photographs

So if you would like to access this information on your mobile devices, simply download this free app which is available for both IOS and Android devices. Once the app is downloaded, search for Waverley College Rugby and register. You will then be authenticated by the College and given access to the information.



Waverley College Rugby Contact Information



WAVERLEY COLLEGE
Rugby

Combined Associated Schools (CAS) Member Schools

CONVENOR OF RUGBY

Mr John McCoy
E: jmccoy@waverley.nsw.edu.au
P: 02 9369 0624

ASSISTANT DIRECTOR OF COCURRICULAR

Mr Stephen Wilmot
E: swilmot@waverley.nsw.edu.au
P: 02 9369 0655

DIRECTOR OF COCURRICULAR

Mr Stephen O'Donnell
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All coaches can be contacted via
the Assistant Director of
Co-curricular or the Convenor of
Rugby.



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WAHROONGA



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119 Prospect Road
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WAVERLEY COLLEGE
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