

- 13s v Oxley 10.30am (A)
- 14s v Oxley 11.30am (A)
- 16s v Oxley 11.30am (A)
- 1<sup>st</sup> XV v Oxley 12.30pm (A)

Prep Rugby

- 9s v Barker 9am (A)
- 11s v Redfield 9am (H)
- Prep 1<sup>st</sup> XV v Mosman 9am (H)



ISA  
Round 7 v Oxley College  
Saturday 17<sup>th</sup> June  
At Bowral

Prep Rugby  
9s at Taylor Field  
11s at Home  
1st XV at Home

## RUGBY CONVENOR

### Senior Rugby Results vs All Saints College

Last Saturday, we undertook our annual trip to Bathurst by bus to play All Saints College. We were greeted with sunny conditions and a surprisingly mild temperature. All Saints College, switched the playing fields with the 13s finding themselves on the larger main field. This was a very close match that CCGS seemed always in control, but All Saints never gave up to close the gap in the score at full time. Well done boys, you have continued on your winning way and it is evident that your game is improving every week.

The 14s played on the smaller field but took control early and were never headed to run out convincing winner. The 16s game was a classic that could have gone either way. The CCGS boys played with great courage and determination against last year's premiers and were very unlucky to go down narrowly at full time. The 1st XV match was down on quality and up to half time there was nothing separating the teams. All Saints College, picked up their intensity in the second half and ran away with the match.

This week, we enjoy some rest as the long weekend is fast approaching. I look forward to our next matches v Oxley College in Bowral on the 17th June. Buses will be available once again for this trip.

**Link to ISA Rugby page for the results table:**

<http://www.isa.nsw.edu.au/winter-sports/rugby/>

## CCGS 1<sup>st</sup> XV

### CCGS 1<sup>st</sup> XV 14 defeated by All Saints College 29

The squad travelled over the mountains to Bathurst to meet All Saints College on their home ground. The team greatly appreciated the support of the younger teams who stayed to watch the final match of the day.

The first half was a close encounter with both teams trading tries leading to a 14 all score line at the break. In the second half, CCGS was kept scoreless and All Saints dominated possession and territory to win the match 29 -15.

Although many players tried their best, a combination of injuries, poor discipline and errors led to a disappointing result. Some positive aspects were our improved restarts and kick off receptions. These were areas we specifically worked on and yet other areas of our game still let us down when we are under pressure. Many players have excellent skills, but poor focus and a lack of urgency is placing too big a load on too few players in the team.

Every player is encouraged to use the break to refresh, heal the aches and pains and take a positive approach into the remaining games. There is still time to achieve success and make the last year of school rugby both enjoyable and memorable for the Year 12 members of the team.

Tries M Mare, H Gray  
Conversions M Mare 2

Phil Lenard  
Coach



## CCGS 16s

### CCGS U16 14 defeated by All Saint's College 17

What a turn-around from Round 1! All Saints wanted to repeat their earlier win and began with two very quick tries. Minor mistakes allowed All Saints to score their tries, but overall the half turned out to be fairly equal. Our boys weren't going to roll over, and with grit and determination they clawed their way back. The game see-sawed from one end of the field to the other as both teams gained possession. 7 to 12 at half time.

The second half proved to be a more even affair, with both sides scoring a try apiece. A biased opinion would suggest that CCGS Under 16s were the better side in the second term. Our skills have greatly improved and our willingness to push them made All Saint's dig deeper than they have had to in the last 4 years.

Possession is gold. Awareness of what is happening around the field is important. Belief in yourselves, your abilities, and needing to win, will give you the edge in the finals. Congratulations boys on the overall improvement in all facets of your game. Never give up.

Tries: Campbell Gray, Dane Schoffl. Goals: Oscar Baker 2

Richard Thomas



## CCGS 14s

### CCGS 14s 34 defeated All Saints College 12

The boys had endured the 4 hour bus trip to Bathurst well and their intentions were clear in a positive warm up before the game. The boys finally started a game in dominating fashion, grabbing early field position and applying great pressure on All Saints with controlled multiple phases. Seb Plummer used his pace to score out wide in the 7th minute to highlight the early pressure. CCGS continued with wonderful pressure and Jesse Venner backed up to score after wonderful controlled team work in the 16th minute. Seb Plummer converted the try. Next it was Jack Jenkins to outpace the cover defence in the 20th minute after some great lead up by the forwards. Once again Seb Plummer converted the try. Score at half time was CCGS 19 – ASC 0.

The second half started off well with excellent running rugby resulting in a second try to Jack Jenkins in the 30th minute. All Saints from this point started to get back into match on the back of some CCGS mistakes. They scored a converted try in the 32nd minute and the play was now end to end as All Saints grew in confidence. CCGS scored in the 34th minute on the back of a well- executed driving maul from a lineout close to the line. Jesse Venner scoring his second try as he plunged over. An excellent unit try by the forwards. All Saints then scored again in the 40th minute but CCGS responded well to score a late try to Noah Stewart in the 42nd minute. A special highlight of the match was the excellent low tackling of Will Trethewy who showed his team mates the way to cut down an opponent on many occasions.

Remember boys, shoulders only in tackles.



## CCGS 13s

### CCGS 13s 27 defeated All Saints College 24

It's always difficult to win away from home and particularly in Bathurst. Our focus this season has been to start strong and this has been a hallmark of the 13s performances in 2017. The boys had another strong start and had put two tries on the opposition before they realised what had happened. The first went to Spencer after sustained pressure and excellent work from the forwards at the breakdown. Spencer crossed in the 3rd minute and this was backed up by Lachlan in the 7th minute after crashing over close to the sideline. At this point in time, the opposition hadn't put their hands on the ball. I couldn't have hoped for a stronger start to the match. From here ASC found their speed man in space scoring a length of the field try. They backed this up shortly after and we went into half time 12-12.

The boys improved their defence and tackling focus early in the second half as the game stood in the balance. Tom made some barnstorming runs through the middle and this was backed up by Alex Power on the fringes and Oscar and Jonah out wide. After sustained pressure Harrison B cross for a try in the 32nd minute. This was followed by a double to Alex Power in the 37th and 40th minutes. From here it looked as though we had the match won. Unfortunately, we let the All Saints side back into the contest. This was due to inconsistent work at the breakdown. We had done the hard work, but didn't push over the ball and turned it over on 4 or 5 times, while they were under pressure. The opposition went in for two quick tries in the 46th and 49th minutes to make the game closer than what it should have been. That being said, it was great to come away with the win and even better to see the boys singing their team song in the middle of ASC main oval. Well done boys!

Power 2, Douglas-Byrne, Holden, Burke tries; Pulbrook conversion

Blake Berczelly  
(Coach)



## Prep Rugby Convenor

Well the weather was back this week, cancelling training – thankfully there are no games this weekend. A good time for the long weekend with more rain on the way.

Last weekend saw some mixed results across Prep Rugby. Congratulations to the Under 11s who victory against Trinity reversed their first round loss. A very satisfying result!

Thank you to our coaches and managers who again have compiled this week’s match reports.

Last weekend’s results are as follows:

CCGS Prep First XV defeated by St Aloysius 17-14

CCGS Under 11s defeated Trinity 31 - 21

CCGS Under 9s defeated Cranbrook 35 – 15

Here is an iPhone highlight video from Saturday’s Under 9s game put together by Leigh Taylor (Lewis Patrick’s mum).

Link below, enjoy!!

<https://vimeo.com/220448421>

Password: CCGS030617



IPSHA Rugby Round 7 – 17 <sup>th</sup> June				
Prep Firsts	CCGS V Mosman Prep	Home	CCGS Rugby 1	9:00am
11s	CCGS V Redfield	Home	CCGS Rugby 2	9:00am
9s	Barker V CCGS	Away	Taylor Field	9:00am
IPSHA Rugby Round 8 – 22 <sup>nd</sup> July				
Prep Firsts	CCGS V Tudor House	Home	CCGS Rugby 1	9:00am
11s	CCGS V Tudor House	Home	CCGS Rugby 2	9:00am
9s	CCGS V Sydney Grammar Edgecliff	Home	CCGS Rugby 2	10:00am
IPSHA Rugby Round 9 – 29 <sup>th</sup> July				
Prep Firsts	CCGS V St Ives	Home	CCGS Rugby 1	9:00am
11s	Sydney Grammar – St Ives	Away	Cowper 1	9:30am
9s	Scotts Gold V CCGS	Away	Kirkland Oval Senior School	9:00am
IPSHA Rugby Round 10 – 5 <sup>th</sup> August				
Prep Firsts	Riverview B V CCGS	Away	TBC	9:00am
11s	Bye TBC	TBC	TBC	TBC
9s	CCGS V Wyvern	Home	CCGS Rugby 2	9:00am

## CCGS Prep 1<sup>st</sup> XV

### CCGS Prep 1<sup>st</sup> XV 14 defeated by St.Aloysius 17

This game provided a real learning curve for the boys. After dominating the first half territory and possession and going into the break with a 14-5 lead, they managed to lose by a mere three points. As pointed out by the coach, it was poor decision making that really cost the team the game. Forced passes, failure to play to the team's strengths and rushing up in defence were three errors that proved costly. However, once again, the effort of the boys could not be faulted. From the opening whistle, there was excellent commitment in the rucks and the early repeat phases provided plenty of opportunities, including the ones that set up two blockbusting tries by Aiden Deacon. During this period there were valuable charges by Will Funnell, Michael Reiss and Bowen Pursehouse. This created chances for the backs and fill-in five eighth Angus Muma was able to make a good fist of his first game for the Firsts.

The second half was a very even affair, with both teams tearing into the breakdowns and contesting fiercely. It was obvious that Aloysius intended to play to their strength and throw it wide and, despite valiant efforts by the CCGS backs, gaps were beginning to appear. The hosts crossed to close the gap to 14-10. The 12s fought back via determined runs from Toby Burns, Zak Pierce and Zac Nicholson and they had two real opportunities when attacking in the Aloysius quarter, but, unfortunately the chances were spurned by poor passes and dropped balls. These mistakes would come back to haunt them as, once again, Aloysius took advantage of mistakes and penalties to cross out wide. The conversion made the score 17-14 and that was the end of the scoring.

Bad luck boys! It was a performance full of merit but there are a few things that need some fine tuning.

Deacon 2 tries, Burns 2 goals

Steve Dunstan



## CCGS 11s

### CCGS 11's 41 defeated Trinity 11's 21

Perfect, cool conditions for rugby had all excited for our second home game of the year. Coming off a loss against Trinity at our last meeting we all knew it would be a tough job to protect our home turf. After a great weekend at the 7-a-side tournament last week the boy's confidence was in the right place.

What we came up against was a well drilled side who had size and weight over us and also a determination to compete for the win. The game got off to a lightening start with a scintillating try to Hunter Wynn from the kick-off. Then the hard work started. To Trinity's credit they looked after the ball and trundled it up the field repeatedly to lead at half time by two converted tries.

The determination and commitment from our boys was the difference in the second half. A great carry from Lucas displaying low body height and leg drive lifted spirits. This was closely followed by a clever try to Mikey to get us back in the game. We then were entertained twice in a row by Jack McHugh who managed to run around every player on the field not once but twice to get Grammar in the lead.

The real standout was the selfless, tough contribution in a grinding game from Isaac, Max, Flynn, Tom and Harrison that kept us in the game. Backed up by a great try from Hunter Curtis.

We are now looking forward to our next home game after a week off.

Thanks to all our supporters – it makes a difference.

Steve Mudge



## CCGS 9s

### CCGS 9s 35 defeated Cranebrook 9s 15

A focused and energetic CCGS took the field against the Cranbrook School on a dry and dusty field at Collegues, Rose Bay. With a deep kick off, CCGS applied effort and hard hitting defence forcing Cranbrook backwards.

Isaac applied a strong tackle on his opposite number, dislodging the ball. Swooping and regathering he ran to the try line. Isaac would repeat this action again in the match, a just reward for his consistent effort and optimistic attitude. Strong swerving runs from Lewis and Christian enabled our team to go forward and committed 'clean outs' from Cato, Sam Jones and Jack Gray proved valuable in keeping the ball. Jonah displayed strong leg drive in the tackle forcing back the Cranbrook attack. Seizing an opportunity on the blind side, Jonah scooped up the ball and supported by Asher made the try line.

Max Chung played with positive purpose and had immediate impact in attack and defence. He was instrumental in turning over opposition ball and making significant line breaks. 'One line' defence by CCGS managed to frustrate the opposition and with mounting pressure we were camped on Cranbrook's try line. Asher and Lukas were ever ready in attack and defence. With a good tackles from Jack Gray and Maddox CCGS enjoyed driving the opposition back.

Second row pair of Ethan and Auden made some good runs with the ball and took to the task of 'clean out' providing a good platform for our backs to pass and run. Macuauley gave all his energy to the game. He made a speedy and strong run and applied himself to cleaning out opposition players. In this match, he led the clean out count. Jack Phyland continues to create havoc in the ruck cleaning out with purpose, creating valuable steals and darting runs.

From a good scrum Sam Matthews scored a smart try. Max Chung made a line break, sprinting down the sideline and managed to place the ball in play. Sam Jones displayed good strength and leg drive in the forwards, bullocking his way just short of the try line. His forwards rallied around him driving over the ball. Our team performed their set moves well and had the opposition guessing and hesitating. This was highlighted with Christian and the forwards combining with Jonah for the team's final try.

CCGS played well as a team and enjoyed a well deserved victory. Our team maintained composure, performed effective clean outs, consistently made effective tackles and made the most of their attacking opportunities. In addition to this the boys displayed excellent discipline and played with great spirit and sportsmanship. Thank you to our parents for their positive support.

Try scorers: Jonah Cummins x 3. Isaac Curtis x 2. Sam Matthews x 1.

Coach: James Cummins



**Round 6**

**Central Coast Grammar School Rugby**

**ISA Rd 7 v Oxley College, Bowral**

**Saturday 17<sup>th</sup> June.**



CCGS Team	Opponent	Venue	Time
1 <sup>st</sup> XV	Oxley College 1 <sup>st</sup> XV	Governors Field 1	12.30pm
16 s	Oxley College 16s	Governors Field 1	11.30am
14 s	Oxley College 14s	Governors Field 2	11.30am
13 s	Oxley College 13s	Governors Field 1	10.30am

**Bus 1** (Coach) ( 13s, 14s, 16s ) departs RLC at 7.15am  
 Staff for Bus 1 – Berczelly, Geddes, Curtis, Thomas, Henderson-Foley up only

**Bus 2** (Mini Bus & trailer) (1st XV squad) departs RLC at 8.15am  
 Staff for Bus 2 – Kensey, Lenard, Thomas return only

**Please note:** All players on Bus 1 will stay and support the 1st XV in their match. Bus 1 will depart immediately after the 1st XV match has been completed. Both buses will stop at McDonalds Mittagong on the trip home.

Full school uniform is to be worn on the bus.

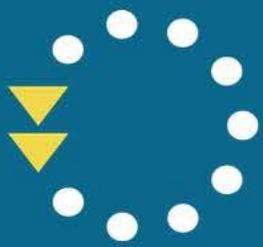
## CCGS SENIOR RUGBY DRAW & IMPORTANT DATES 2017 SEASON

DATE	TYPE	OPPOSITION	VENUE	NOTES
<b>TERM 1</b>				
Mon - Wed				
<b>12<sup>th</sup> March – 15<sup>th</sup> March</b>	Incoming Tour	Collingwood School (Canada)	CCGS	16s & 1 <sup>st</sup> XV (Host Families required x 3 nights) for 44 Boys
Saturday				
<b>25<sup>th</sup> March</b>	ISA Division 2 Gala Day	ISA Division 2 various	Bowral	1 <sup>st</sup> XV
Wednesday - Sunday				
<b>19<sup>th</sup> April – 23<sup>rd</sup> April</b>	Victorian Tour	Melbourne Schools	Melbourne	1 <sup>st</sup> XV Squad
<b>TERM 2</b>				
Saturday				
<b>29<sup>th</sup> April</b>	ISA Rd 1	All Saints College	CCGS	
Saturday				
<b>6<sup>th</sup> May</b>	ISA Rd 2	Oxley College	CCGS	
Tuesday				
<b>9<sup>th</sup> May</b>	ISA Rugby Trials	(16s and Opens invitation only)	Oxford Falls	Private Transport
Saturday				
<b>13<sup>th</sup> May</b>	ISA Rd 3	Redfield College	Dural	Private Transport
Saturday				
<b>20<sup>th</sup> May</b>	ISA Rd 4	Chevalier College	CCGS	
Saturday				
<b>27<sup>th</sup> May</b>	ISA Rd 5	St. Andrew's Cathedral School	Sydney University	Private Transport
Saturday				
<b>3<sup>rd</sup> June</b>	ISA Rd 6	Al Saints College	Bathurst	Bus Transport
Sunday				
<b>4<sup>th</sup> June</b>	ISA Rep Rugby Training,	(16s and Opens)	BMGS	Private Transport
Saturday				
<b>17<sup>th</sup> June</b>	ISA Rd 7	Oxley College	Bowral	Bus provided
Sunday				
<b>18<sup>th</sup> June</b>	ISA Rep Fixtures	Pittwater Rugby Park	Narrabeen	
Thursday				
<b>22<sup>nd</sup> June</b>	Hunter Valley Grammar School Sports Day		CCGS	Opens, 16s, 14s
Fri, Sat, Sun				
<b>23<sup>rd</sup> – 25<sup>th</sup> June</b>	NSWSRU Rep Trials	Knox Grammar School		
<b>TERM 3</b>				
Saturday				
<b>22<sup>nd</sup> July</b>	ISA Rd 8	Redfield College	CCGS	
Saturday				
<b>29<sup>th</sup> July</b>	ISA Rd 9	Chevalier College	Bowral	Bus provided
Saturday				
<b>5<sup>th</sup> August</b>	ISA Rd 10	St. Andrew's Cathedral School	CCGS	
Saturday				
<b>12<sup>th</sup> August</b>	ISA Division 2 Semi Finals		Oakhill College	Private
Saturday				
<b>19<sup>th</sup> August</b>	ISA Division 2 Finals		Oakhill College	Private

**Presentation Night (TBC)**  
**Wednesday 30<sup>th</sup> August**

- **CCGS Hall**

**JS – 5.30pm to 6.45pm**  
**SS – 7.00pm to 9.00pm**



# COASTSPORT

PHYSIO + SPORTS MEDICINE

## CCGS INJURY CLINIC

What to do when you get injured at school sport?

### R

#### REST

*No activity, running, sport*

### I

#### ICE

*Ice for 20 minutes every 2 hours*

### C

#### COMPRESSION

*Use a compression bandage or skins to assist swelling management*

### E

#### ELEVATION

*Elevate the affected/injured body part to assist swelling management*

**Visit the Coast Sport Physiotherapist at the CCGS clinic.**

**Location:** First aid room of the RLC

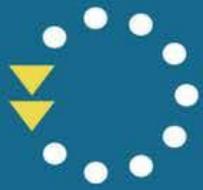
**When:** Mondays between 3-5pm

**Booking:** Email ([paul.geddes@ccgs.nsw.edu.au](mailto:paul.geddes@ccgs.nsw.edu.au)) or talk with Paul Geddes to organise a time

**Cost:** \$40 (claimable via private health)

*If you are unable to attend the CCGS Clinic, please call our rooms on 4356 2588 to organise a time in the Coast Sport Clinic to have your injury assessed.*

**Feel Well | Move Well | Perform Well**



# COASTSPORT

PHYSIO + SPORTS MEDICINE

## OPEN 7AM to 7PM

### 6 Days Per Week

#### Services:

- Physiotherapy
- Podiatry
- Sports Nutrition
- Exercise Physiology
- Massage
- Clinical Pilates
- Yoga
- Work Injury
- Sports Coverage
- Sports Medicine
- Sports Screening
- Orthopaedics



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