

- 13s v Chevalier 10.30am (A)
- 14s v Chevalier 11.30am (A)
- 16s v Chevalier 10.30am (A)
- 1<sup>st</sup> XV v Chevalier 12.00pm (A)

Prep Rugby

- 9s v The Scotts 9.30am (A)
- 11s v Syd Grammar 10.15am (A)
- Prep 1<sup>st</sup> XV v Syd Grammar 9am (H)



ISA  
Round 9 v Chevalier College  
Saturday 29<sup>th</sup> July  
At Bowral

Prep Rugby

9s at St Ives Christison Park 3  
11s at St Ives, Cowper Field 2  
1st XV at CCGS, Rugby 1

## RUGBY CONVENOR

### Senior Rugby Results vs Redfield College

**CCGS 1st XV 19 defeated by Redfield College 29**

**CCGS 16s 56 defeated Redfield College 27**

**CCGS 13s 31 defeated by Redfield College 54**



Welcome back for the final games of the competition and the all - important lead up to the finals. Last Saturday, we hosted Redfield College under warm and sunny skies. Redfield are currently experiencing some numbers issues in the 13s and 14s with both games changed to 12 aside matches. The 13s demonstrated great courage in matching the very strong small cohort from Redfield. Both teams scored some great tries but Redfield ran out the winner. The 14s was an arm wrestle for the first half with both teams trading points in an entertaining first half. CCGS stepped up a gear in the second half and ran away with a comprehensive victory.

The 1st XV enjoyed the fact that many injured players from Term 1 had now returned for play which was pleasing. Redfield are the only undefeated team in the 1st XV competition and started like a house on fire. CCGS got in the grind in what was an entertaining first half of rugby. It was more of the same in the second half with little separating the teams although Redfield made fewer errors and capitalized to win a high quality match.

This Saturday we play our final way games against Chevalier College in Bowral. Buses are provided. See you all on the sidelines.

**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 19 defeated by Redfield College 29

The competition recommenced with CCGS hosting the undefeated Redfield College team. It was pleasing to see so many of our injured players returning fit and healthy enabling us to field a competitive team which played strongly for the full 70 minutes.

The visitors scrum dominated early giving Redfield the majority of possession. At halftime, we trailed 17 -7 despite a great defensive effort and some good attacking raids on their line. Two relatively soft tries early in the second half, saw Redfield establish a 29 -7 lead, but our team show tremendous spirit and persistence to dominate the last 15 minutes, scoring the last two tries.

The quality of rugby played was very high and our team lifted to meet the standard that has been set by Redfield all year. This should give us optimism for the remaining games and allow us to farewell the Year 12 players with some excellent performances.

One very pleasing aspect was the remarks of the referee, who thanked the teams for the great attitude with which the game was played and the respect both teams gave him. A team's character is often best judged by the way they conduct themselves in defeat, knowing they gave their best effort and played the game in the spirit of the contest. Our team showed these qualities and the players should be proud of this accomplishment.

Once again, the support of parents and supporters was outstanding. In particular, the team thanks the effort of parents who provide and serve the wonderful spread of food that our visitors and boys enjoy at the conclusion of our home games.

Phil Lenard  
Coach



## CCGS 14s

### CCGS 14s 56 defeated Redfield College 27

The 14s played a 12 aside game against Redfield College who are currently struggling with player numbers at the moment. The opposition were willing to play contested scrums but this made it very challenging when replacing players through the game. From the kick off, play went from end to end and with greater space on the field and some excellent long range tries scored by both teams.

It was fairly even at half time but in the second half CCGS asserted its authority in the match with a lift in intensity and increased accuracy in attack and defence. This was a fantastic team effort with all players contributing as the team ran out convincing winners on the day.

Tries: Hudson Bush x 3, Noah Stewart x 3, Riley Mears x 1, Sam Millard x 1, Louis Sturm x 1, Seb Plummer, 1 try and 2 conversions, Angus Schoffl, 1 conversion



## CCGS 13s

### CCGS 13s 31 defeated by Redfield College 54

It's very rare that I'm happy after conceding in excess of 50 points, but on this occasion I can honestly say that I'm proud of the performance the side put in. We started slowly conceding two tries in the opening 2 minutes of the game. They had a huge outside centre, who also had quite a bit of pace and strength, and he punished us nearly every time he touched the ball. After the initial onslaught of points, the boys injected themselves in to the game. Some excellent phase play saw Alex Pulbrook score a try next to the posts in the 3rd minute. He converted his own try and we were back in the contest. The opposition was under pressure following a barnstorming kick return from Hamish – he did this to the Redfield side all match! From here we had the opposition under pressure for a number of minutes. Alex Pulbrook went in for another try in the 8th minute, which he converted. It was the opposition's turn now to put us under pressure. Their big centre ran the length of the field, scoring his third try for the match. In the 17th minute, Harrison was rewarded with the try of the season. Outstanding support play saw the team go 60 metres to score out wide after touching 7-8 pairs of hands – the crowd and coaches went up with joy. Alex converted and we hit the lead 21-17. The menacing centre scored his fourth try on the stroke of half time leaving us 22-21 down.

We started slowly in the second half and Redfield ran away to a 34-21 lead. Not to be discouraged the boys rose to the challenge, scoring two of their own. A powerful run saw Tom score out wide in the 35th minute and a clever tap play and low body height saw Alex Power go over in the 38th minute. We were back in it again trailing 34-31. From here the man mountain punished us and as we began to tire. Four late tries blew the score out to 54-31. This wasn't a true reflection of the game and our performance. The game was played with great courage by all who took the field. It was by far our best performance of the season. This week we travel to Bowral to face Chevalier in our last match before the semi-finals.

Pulbrook 2, Power 38th, Burke 35th, Rindfleish 17th tries; Pulbrook 3 conversions  
3rd 8th

Blake Berczelly  
(Coach)



## Prep Rugby Convenor

Congratulations to all our Prep Teams – 3 very deserving victories. Great work players and coaches alike!

Prep First XV defeated Tudor House 19 - 15

CCGS U11's defeated Tudor House 35 – 12

CCGS Under 11s – defeated Sydney Grammar Edgecliff 49 -17

The fixtures this weekend have changed a little.

CCGS Prep First XV V Sydney Grammar St Ives – 9am kick off – CCGS Rugby 1

CCGS Under 11s V Sydney Grammar St Ives – Kick off 10:15 – Cowper Field 2

CCGS Under 9s V The Scotts College – Kick off 9:30am – Christison Park 3,  
(south west) Old South Head Rd, Vaucluse

**Please note that the Under 11s and 9s have new game details**

Luke McLoughlin

Prep Rugby Convenor

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

### CCGS Prep 1<sup>st</sup> XV 19 defeated Tudor House 15

In a tight, physical affair, the Prep Firsts fought back bravely to come from behind and beat the visiting Tudor House. As is customary for the 12s, they dominated early possession and territory with the forwards, once again, laying an excellent platform. Aiden Deacon, Michael Reiss, Zac Nicholson and Bowen Pursehouse all made early surges, most of them coming on the back of recycled ball from the pack. It came as no surprise when livewire flanker, Zak Pearce burst over to put the firsts in front. After this, the strong Tudor House team began to take charge and moved down field via their penetrative backs. They crossed wide out to level the scores five all.

Following the kick off, the visitors moved swiftly down field again and, after a long break by their rangy five-eighth, they scored again to take the lead. However, this was short lived and, after strong runs by Deacon, Reiss and Pearce, Lucca Mare hurled a speculating pass to the left. Barney Irvine-Rundle plucked the ball out of the air and flew over to tie the game. With Deacon's calm conversion, CCGS hit the front and it looked as though they would take the lead into half time. But this wasn't to be as Tudor House took a quick penalty tap and scored their third try wide out on the left side. 15-12 to the visitors at the break.

At half time, Jason urged the team to keep winning the ruck, lift the focus at kick offs and to avoid errors with the ball. The first two instructions were carried out to the letter as the team, led by a tireless Noah Owens, Angus Muma and Shamus Betts, controlled the ruck and provided an impenetrable defensive wall in the second stanza. Wave after wave of Tudor attack was repelled and it proved to be the difference. Jack Todd's outstanding head-on tackle that prevented a try was typical of the team's commitment. The Firsts threatened to take the lead when Logan Radford made a long run then then, shortly after, Lochie McClelland rumbled over the line, only to be held up. However, CCGS could not be denied. From the ensuing scrum, Deacon decided to take responsibility as captain and No. 8 and pick the ball up and smash his way over. Once again, the Firsts had the lead and this time they wouldn't give it up as they held out for the final 6 minutes to win the game.

Steve Dunstan

Pearce, Irvine-Rundle, Deacon tries. Deacon 2/3 goals



## CCGS 11s

### CCGS 11s 35 defeated Tudor House 11s 12

Perfect, cool conditions (including frost) for rugby had all excited for our final home game of the year. After the winter break of four weeks off rugby we were nervous how we would fare against a team we have yet to compete with. As it turned out the break and the work some of the boys did at holiday rugby camps had the boys hungry and firing.

The CCGS boys got off to a strong start, dominating possession and the contact zone. Early strong carries from Max Murray and Jack McHugh set the pace and we got away with two tries. By no means were Tudor House easy beats. They hit back with crafty runs and if wasn't for great tackling from Oscar Fort and Tom Potts we would have been in trouble. On one occasion a hand off to Lucas Ma saw had Lucas bending the opposition line, posting the ball beautifully for Casper to shoot the ball wide so Hunter Wynn could have another scintillating run. It was very satisfying to feel the positive energy in the team at half time. Isaac Wasiliev roused the team with a motivational "let do it boys!" call that rallied the team for a tough second half.

The second half was the finest half of rugby this team has ever played. Every player dug in and did something great. But the highlight had to be the barnstorming try from Harrison Britten who seemed to carry half of Tudor House over the line after a 25m metre surge. Other standout moments included a great run from Flynn Jones while filling in at inside centre, tries to Jack McHugh, tackles by Mikey Tripolone and bustling runs from Maison Patrick. A big welcome back to Lucca Phillips who filled in as if he had never been gone.

We are now looking forward to another great performance in our penultimate game of the season in St Ives this Saturday "let do it boys!"

Thanks to all our supporters – it makes a difference.

Steve Mudge



**Round 9**

**Central Coast Grammar School Rugby**

**ISA Rd 9 v Chevalier College, Bowral**

**Saturday 29<sup>th</sup> July.**



<b>CCGS Team</b>	<b>Opponent</b>	<b>Venue</b>	<b>Time</b>
<b>1<sup>st</sup> XV</b>	<b>Chevalier College 1<sup>st</sup> XV</b>	<b>Chevalier College Main Oval</b>	<b>12.00pm</b>
<b>16 s</b>	<b>Chevalier College 16s</b>	<b>Chevalier College Main Oval</b>	<b>10.30am</b>
<b>14 s</b>	<b>Chevalier College 14s</b>	<b>Chevalier College Sadlier Oval</b>	<b>11.30am</b>
<b>13 s</b>	<b>Chevalier College 13s</b>	<b>Chevalier College Sadlier Oval</b>	<b>10.30am</b>

**Bus 1** – Coach Transport. Departs RLC at 7.15am.

Teams – 16s, 14s, 13s

Staff – Matthew Kiss, Paul Geddes, Tom Curtis, Blake Berczelly

**Bus 2** – Mini Bus Transport. Departs RLC at 8.30am.

Team – 1st XV

Staff – Bill Kensey, Phil Leonard

**Car** – Richard Thomas

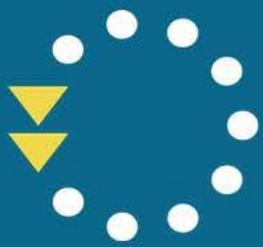
## CCGS SENIOR RUGBY DRAW & IMPORTANT DATES 2017 SEASON

DATE	TYPE	OPPOSITION	VENUE	NOTES
<b>TERM 1</b>				
Mon - Wed				
<b>12<sup>st</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>st</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

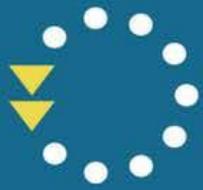
**When:** Mondays between 3-5pm

**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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