Saturday 17th May 2014

ISA Round 3

- Under 13s v Chevalier  10.00 am
- Under 14s v Chevalier  11.00 pm
- Under 15s v Chevalier  10.00 am
- Under 16s v Chevalier  11.00 am
- 1st XV v Chevalier    12.15 pm

At Home

Prep Rugby

- Under 9s v SGS Edgecliff A
- Under 10s v SGS St Ives H
- Under 11s v Mosman H
Senior Rugby results v SCEGS Redlands

CCGS 1st XV 12 lost to Redlands 18
CCGS 16s 7 defeated Redlands 5
CCGS 15s 12 lost to Redlands 28
CCGS 14s 20 defeated Redlands 12

On a sparkling day last Saturday we hosted Redlands on what was our first home game for the year. The School looked fantastic with large groups of Parents and supporters cheering on our teams. Unfortunately, CCGS had to forfeit the Under 13s grade due to insufficient numbers. We look forward to all Players attending training this week and on the field next Saturday against our next opponent, Chevalier College, from Bowral.

The 14s returned to the winners list last Saturday with a tough win against a determined opponent. The boys played with great determination and demonstrated much improvement from Rd 1. Congratulations also on scoring 4 tries for the extra bonus point. The 15s are still missing players through injury and unfortunately met a strong opponent last Saturday to go down in a keenly contested fixture. We look forward to the 15s being at full strength this week. The 16s also demonstrated much improvement form Rd 1 with a much improved effort from all players to hold off a determined opponent in a close encounter which could have gone either way. The 1st XV match never reached great heights and it was Redlands who demonstrated greater enthusiasm at the breakdown to run out the winner in another close encounter between the two Schools.

We look forward to a strong showing by all of our five grades this Saturday against Chevalier College.

The School is looking for Parent volunteers to assist with the running of BBQs and catering for sporting home games in term 2 and 3. It would be ideal if Parents from our Rugby teams could assist. If you can help out in any way please contact Paul Geddes by email on pgeddes@ccgs.nsw.edu.au
CCGS 1sts XV

CCGS 15 All Saints College 13
(Tries: Wadeley, Barnett. Goal: Barnett)

CCGS just couldn’t get on the right foot. The game was, for the most part, played in the opposition’s half. Redlands were the first to score and with a penalty conversion took a handy 8 points to nil lead. Towards the latter stages of the half CCGS used the ball well to allow Jack Wadeley to cross for a moral building try. At the break the score was slender 8 - 5 lead to Redlands.

Within minutes of the start of the second half Redlands converted a penalty to extend their lead. The opposition were proving to be far too dominant in the rucks and mauls and continually pilfered our ball to put a great deal of pressure on our defence. They were able to capitalise on dominating possession by scoring next to the posts which took them to a 18 - 5 lead. However, CCGS came back at Redfield and on the back of a number of infringements Kane Barnett posted a fine try which he also converted. The final minutes of the game saw both teams pushing for the win. The game ended with CCGS going down to Redlands 12 - 18.
CCGS 1sts XV
EAST GOSFORD PHYSIOTHERAPY & SPORTS INJURY CENTRE
is available for CCGS rugby players

East Gosford Physiotherapy & Sports Injury Centre has supported CCGS rugby for the last 8 years and is available again in 2014.

Russell Tuckerman who has 25 years experience as a Physiotherapist treating a variety of sports injuries will be available on game days to advise on injury and to provide injury prevention strategies with strapping.

Russell will be based with the First XV Team, however, arrangements can be made by contacting East Gosford Physiotherapy & Sports Injury Centre on 4323 7499 (Mon-Fri) to see your player earlier in the day.

From watching young Rugby players pack into a ruck with poor spinal control, the East Gosford Physio Team developed a Core Strengthening program for adolescent Rugby Players. This has been designed to help these young rugby players develop the right strength patterns to protect their spines. This is available to download from our website www.eastgosfordphysio.com.au and if you would like further advice on this program, our team is available to help.

If physiotherapy treatment is required please take advantage of CCGS rugby discount available to all players (please mention this when booking appointment). All services on game day are complimentary (advice and strapping).

If you can’t find Russell on game day, ask Mr Thomas or Mr Geddes and they will direct you to our services.

Good luck for 2014.

East Gosford Physiotherapy & Sports Injury Team
www.eastgosfordphysio.com.au
CCGS Under 16

CCGS 16s 7 defeat Redlands 5
(Try: Dickinson; Goal: Fortey)

Determination can mean the difference between winning and losing. The Under 16s showed a determination on Saturday to defeat Redlands and they succeeded. The first half had both sides ferociously attacking and defending their territory. Our try came after a whole team effort after many phases beginning on our try line. One loss of attention allowed Redlands to score. The second half became a see-sawing until an injury stopped play for ten vital minutes. We resumed with a scrum 20 metres out but failed to capitalise. The last ten minutes were nail-biters. We were camped on their try-line defending with a passion. Off-side was a regular offence as we took their space too quickly. On the bell, a penalty was awarded to Redlands 30 metres out - in front. Missed! What an end to a great game.

Next week: CHEVALIER WILL NOT MISS.

CCGS Under 15

CCGS 15s 12 defeated by Redlands 28
C CGS Under 15

The U15s had their first home game of the season against Redlands on the weekend. The boys started the game strongly and were unlucky not to come away with points early in the first half which was a credit to Redlands defence. Going into the break 14-0 down the team knew they were still in the game and needed to be the first to score in the second half. Stuart Brown crossed the line, barging through some tight defence with Nic Baines con-

verting the try. The score remained at 14-7 for a large portion of the second half with Redlands scoring 2 tries late in the game which made the score 26-7 at full time. It was a fantastic effort from all the boys who played considering we had no reserves and a big thank you to Tom and Ethan for backing up from the 16s.

3 points went to Will Cornall who continues to take down opposition forwards like they stole his lunch, 2 points went to Jack Napier-Hill who ran and tackled hard all day and 1 point went to Stuart Brown who created plenty of opportunities with his strong running and offloads.
CCGS Under 14

CCGS 14s 20 defeated Redlands 12

(Tries: Herron 3, Stimson)

The first home game of the season saw the boys come up against Redlands College. After a slow start to the game last week the boys were keen to get onto the front foot against an evenly matched opposition. Some strong runs up the middle by Tim Bennett and Tom Herron ensured good field position and possession from which points eventually came. By half-time the boys had a slender lead scoring three tries to nil.

The second half on the other hand proved to be indifferent as the boys let in an early try. Redlands had gained some momentum but a few encouraging words from the captain Gordi Stokes made sure the boys kept their focus. Some outstanding work in defence from fullback James Incoll also ensured that the boys hung on for a well-deserved victory with the Final Score – Central Coast Grammar School 20 defeated Redlands 12

Overall it was a great effort made by all players. The victory was a credit to all players as the team continues to grow in confidence. An encouraging sign for future games to come.

Best and Fairest:
3points – James Incoll
2points – Tom Herron
1point – Tim Bennett

Game Photographs to share?
send them to
rthomas@ccgs.nsw.edu.au
Monday am please
NSW Waratahs Guard of Honour

This coming Sunday (18th May) the CCGS Under 11s Rugby Team will be forming the Guard of Honour for the NSW Waratahs. The Waratahs are playing the Lions at Alliance Stadium. It is a fantastic opportunity – see if you can spy the Under 11s wearing their CCGS Rugby kit on the FOX Sports telecast!!!

Players need to be at the ground by 2pm. Note to come home this week outlining meeting place, times and what to do.

Best of luck!

Training cancellations - please assume that training is on regardless of weather in the morning. Should a training session be cancelled a message will be sent to you. A decision is usually made during the school lunch break. If in doubt please ring school reception.

Round 3 matches are as follows:
9s - Sydney Grammar Edgecliff hosting CCGS - Weigall 2 - 11:00am
10s - CCGS hosting Sydney Grammar St Ives - CCGS Rugby 3 - 9:00am
11s - CCGS hosting Mosman Prep - CCGS Rugby 3 - 10:00am

Your coach and manager will advise of the time to be ready for a warm up.

Round 3 of ISA Senior Rugby is at CCGS this weekend. Please consult Rugby Newsletter for further details.

CCGS Under 11

CCGS Under 11s v Tudor House

On Saturday the CCGS Under 11s Rugby Team travelled to Bowral to play against Tudor House. We had a fantastic first half as the game went up and down the field. It was a very even game. Tudor House scored two tries in the first half. However, we felt good at half time because we knew we had done quite well against a good team with some fast runners. The second half our defence was quite good again. We did get tired near the end of the game and Tudor House scored three tries. Tim Wilkins nearly scored and Jesse Venner did some very strong running in the second half. We didn’t win but we had a tough game and most importantly it was exceptionally fun! 3 parent points went to Angus Schoffl, 2 points to Tim and 1 to Jesse. Coaches points went to Hugh Wassal, Hamish Comber and Noah Stewart. We can’t wait for this week’s game at home against Mosman. Match report by Hugh Wassal and Jesse Venner.
CCGS Under 10s 0 defeated by Coogee Prep 47

The under 10s came up against Coogee Prep in round two on Saturday. Coach ran the team through the pre-match warm up but unfortunately it still took us a little while to fire up once the whistle blew. Coogee had the run of play for most of the first half and crossed the line for a handful of tries. During the first half, CCGS showed some good defence and we need to work hard to make this more consistent. We need to tighten up our defensive line and make sure we don't leave any gaps for the opposition to squeeze through. Coach's pep talk at half time lifted our spirits and the second half was much better, with some good attacking and solid runs. Our defence also lifted in the second half and we were able to keep Coogee from scoring some tries. We need to play like this for the whole game. Next week, we need to back up the runner and protect the ball at the ruck to make sure we don't lose the ball to the opposition. Our biggest positive this game was that our game sense and structure has most certainly improved. Keep listening to coach and concentrate at training and you will see the improvement.

Best & Fairest Points – 3 points Harrison Betts, 2 points Harrison Rindflesh & Austin Atherton and 1 point to River Wright and Jules Woodcock.
CCGS Under 9s 20 lost to Tudor House 30  
(Tries: Deacon 2, Mare, Hingerty)

On a beautiful Autumn Saturday morning the Mighty Nines welcomed Tudor House to CCGS and, once again the parents were treated to a fantastic game of Rugby. Unfortunately, the team were a little unfocussed at first and they conceded two early, long range tries. However, the team came roaring back with a determined try by forward leader Aiden Deacon. This was followed by incisive charges by Nick Moroney, Paddy Hingerty, Bowen Pursehouse and Tommy Laukka while, out wide, Logan Radford and Jamie Ollerhead made effective runs.

The defence was also tightening with excellent grass cutting efforts made by Deacon, Radford and Lucca Mare. Tudor House scored another runaway against the run of play but the Nines came right back with two outstanding runs. Lochie McLelland palmed off several players on the way towards the line but was stopped short. Shortly after Mare burst away down the sideline to score his first CCGS try and make the half time score 15-10. The second half was another close battle. Tudor scored first but then Deacon crossed again to close the gap.

Despite valiant defensive efforts Darcy Clair, Mare and Radford and Ollerhead, the visitors scored twice more to stretch the gap once more but CCGS never gave up. Laukka powered forward again and threw an inside pass that Hingerty picked up on the half volley to score. Great effort boys – you all did the school proud!

Best and Fairest:
3 = Tommy Laukka, Lochie McLelland, Lucca Mare
2 = Paddy Hingerty
1 = Jamie Ollerhead
Prep Rugby Round 3 17th May

Sydney Grammar Edgecliff
Weigall Sports Ground Neild Ave Rushcutters Bay

Under 9s v Sydney Grammar - Edgecliff (Away) - 11:00am Weigall 2
Under 10s v Grammar - St Ives (Home)  9:00am - CCGS Rugby 3
Under 11s v Mosman - (Home) 10:00am - CCGS Rugby 3
Central Coast Grammar School Rugby
ISA Rd 3 v Chevalier (H)
Saturday 17 May.

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The School is looking for Parent volunteers to assist with the running of BBQ's and catering for sporting home games in term 2 and 3. If you could help for an hour or two either side of your Son’s match it would be most appreciated. If you can help out in any way please contact Paul Geddes by email on pgeddes@ccgs.nsw.edu.au