Saturday 31st May

ISA Round 5

- Under 13s v St Andrew’s 11.15 am
- Under 14s v St Andrew’s 12.15 pm
- Under 15s v St Andrew’s 1.15 pm
- Under 16s v St Andrew’s 2.15 pm
- 1st XV v St Andrew’s 3.15 pm

At Camperdown

Prep Rugby

- Under 9s v Coogee Prep 9.00 (H)
- Under 10s v St Patrick’s 10.00 H)
- Under 11s v SGS St Ives 11.00(A)

Saturday 31st May 2014

ISA Round 5

v St Andrew’s Cathedral School

Away at Camperdown

Prep Rugby

CCGS, St Ives

Monday 2nd June

Sports Day v

Hunter Valley Grammar School

At Maitland (Astonfield)
RUGBY CONVENOR

Senior Rugby results v Redfield College
CCGS 1st XV 7 lost to Redfield 57
CCGS 16s 21 lost to Redfield 22
CCGS 15s 14 lost to Redfield 41
CCGS 14s 0 lost to Redfield 50
CCGS 13s no game

Last Saturday we travelled down to Dural to play our strong rival, Redfield College. Unfortunately, Redfield College are not fielding a 13s team this year due to lack of numbers and it was a shame for our 13s to sit the weekend out when they are demonstrating improvement as their numbers increase. The 14s started slowly in their match, with Redfield racing to an early lead. Although our Boys demonstrated strong improvement in all aspects as the match went on, playing catch up on the scoreboard is always challenging and their opponents deserved their win. The 15s looked like they would achieve our first win with a tight match evident until mid-way through the second half when the team lost key players to injury and Redfield stepped up the pressure to run out deserved winner. The 16s played some wonderful running rugby in yet another tight contest with Redfield. Our Boys fought hard all game and were very unlucky to have a try scored against them near the uprights and a last minute loss by a point resulted. The 1st XV ran against a red hot Redfield side who were clinical in all aspects of play. This is an area that our Boys could improve as they play some very strong Rugby at times but release pressure far too often through errors.

This Saturday we travel to Sydney University to take on St. Andrew’s Cathedral School. Good luck to our five teams.
**CCGS 1sts XV**

**CCGS 7 defeated by Redfield College 55**
(Try: Corlett, Goal: Barnett)

The opposition took the lead within minutes of the start and from that point CCGS stood up and played some good defensive and attacking rugby. The difference in the half was that Redfield posted points when the opportunity came their way as opposed to CCGS who took play within metres of the try line on numerous occasions but came away with no points.

This scenario was the case for much of the game until, near the end of the game, Sam Corlett took a quick tap and crossed for a try which was converted.

Numbering up is the key to good defensive play and to be patient in the attacking zone.

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**Sports Afternoon at Hunter Valley Grammar School**

**Monday 2nd June 2014**

**Schedule of Games**

<table>
<thead>
<tr>
<th>Time</th>
<th>Team</th>
<th>CCGS Staff Member</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.00pm</td>
<td>1st XV Rugby</td>
<td>Paul Geddes/</td>
<td>HVGS Rugby 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>David Paton</td>
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</tr>
<tr>
<td>2.00pm</td>
<td>Firsts Netball</td>
<td>Emma Davies</td>
<td>HVGS Court 1</td>
</tr>
<tr>
<td>3.15pm</td>
<td>Inter Netball</td>
<td>Mel Amoroso</td>
<td>HVGS Court 2</td>
</tr>
<tr>
<td>2.00pm</td>
<td>Open Boys Football</td>
<td>Mark Steele</td>
<td>HVGS Football Field</td>
</tr>
<tr>
<td>2.00pm</td>
<td>Open and 15s Boys Tennis</td>
<td>Rob Littlefield</td>
<td>HVGS Tennis Courts</td>
</tr>
<tr>
<td>3.00pm</td>
<td>Open and 15s Boys Tennis</td>
<td>Rob Littlefield</td>
<td>HVGS Tennis Courts</td>
</tr>
<tr>
<td>3.30pm</td>
<td>Open Girls Football</td>
<td>Belinda Ho</td>
<td>HVGS Football Field</td>
</tr>
<tr>
<td>3.15pm</td>
<td>16s Rugby</td>
<td>Richard Thomas</td>
<td>HVGS Rugby 1</td>
</tr>
</tbody>
</table>

**Bus Details**

**Bus 1** (departs RLC at 12.10pm, returns RLC at 6.20pm)
Teams - Firsts and Intermediate Netball, Open Girls Football, Opens and 15s Tennis
Staff – BH, ED, MA, RL

**Bus 2** (departs RLC at 12.10pm, returns RLC at 6.20pm)
Teams – 1st XV and 16s Rugby, Open Boys Football, Opens and 15s Tennis
Staff – PG, DP, RT, MS
CORE STABILITY IN RUGBY

Your core muscles are the group of muscles between your rib cage and pelvis and need to be strong to protect your lower spine. Your core is a combination of abdominal muscles, deep spinal muscles and your pelvic floor and it is important to understand that it is not “just stomach muscles”.

Your abdominal muscles comprise of a number of layers and it is the deepest layer of this group called Transverse Abdominus which corsets around your spine and protects it. You have a number of other layers of abdominal muscles including your obliques which attach to your ribs and help with rotation and the more superficial layer of abdominals are called rectus abdominus which you would be familiar with as the “six pack” muscles.

Your pelvic floor muscles are a sling of muscles which sit deep in your pelvis and help control your bladder function but also have a significant postural component as do your hip muscles or gluteals which all work together to stabilise your back and pelvis.

It is a common error to only train abdominal muscles for power and not for endurance. Our deep core stabilising muscles are endurance muscles as they need to work for a long period of time to maintain our spinal position throughout the day. During a rugby game these muscles need to keep working for the entire game to keep protecting your spine. For this reason these muscles need to be trained in an endurance context and then progressed to more power situations once an endurance muscle pattern has been achieved.

Protecting your spine in the scrum is a crucial role of the core muscles. Your spine should be kept “neutral” and this position maintained during scrummaging. If it bends or extends too much you are in danger of injuring your spine or discs. Your core muscles are responsible for maintaining this alignment and position of your spine. The spinal part of your core muscles attach to the vertebrae and discs and protects these structures. Keeping good control and strength within these muscles may prevent you from injuring a disc during scrummaging.

Not only forwards need a good strong core. Our core allows us to run fast and attack as required so core stability training is just as important for the back line. Good core stability will allow all players to have more control over the field and become a stronger player in all aspects of the game.

If you are not sure how to improve your core muscles please discuss this with your coach or physiotherapist. A core stability program for rugby players is available on our website www.eastgosfordphysio.com.au and you are able to download this and start a specific program to improve your core.

Please contact us on 4323 7499 if you require more information.

Russell Tuckerman
Physiotherapist

24 Brougham Street, East Gosford NSW 2250
Ph: 4323 7499
E: mail@eastgosfordphysio.com.au
CCGS Under 16

CCGS 16s 21 defeated by Redfield 22

(Tries: Spencer, Dickinson, McGuiness; Goals: Henderson-Foley 3)

A game of mixed fortunes with an unexpected loss at the final whistle. The game began extremely well with both sides wanting to exert dominance. The Redfield backs were strong, our forwards dominated at times. The tries scored were team tries. Expertly handled by a number of players, each gave the CCGS spectators hope of a win. However, 15 minutes before the end of a very long game, tired legs, and penalties against, the score changed dramatically from 21 to 10 to 21 to 22. A lesson learned boys - remember the agony.
Rugby Newsletter
CCGS Under 15

CCGS 15s 14 defeated by Redfield 41
(Tries: Brown, Ireland. Goal: Oak 2)

CCGS was again in the game up to half time. A score line of 10 -7 down indicated that these boys have the ability to mix it with the opposition, however a few lapses of concentration and effort allowed Redfield the opportunity to compile easy points under the posts in just 15 minutes. To our boys credit they rallied and fought back hard to score late in the second half. I’d like to focus in this report on the positives and leave the negatives to be addressed at training. The clean outs this week were a lot better than past games. A number of boys lead by Stuart Brown and Nic Finn made some solid hit ups as well. All our boys need to commit to the training as this is essential in developing and establishing team play and personal fitness. We look forward to continued improvements in our next game.
CCGS Under 15
Rugby Newsletter

CENTRAL COAST GRAMMAR SCHOOL

CCGS Under 14

CCGS 14s 7 defeated by Redfield 50
(Try: Mare Goal: Bishop)

Redfield College proved to be a difficult opposition for the boys this week. The focus in training have been primarily on the breakdown and how to contest the ball in these situations. The boys made life harder for themselves in this game as they struggled in the first half to keep pace with Redfield. Fundamental errors and mistakes in defence ensured that points were scored against us at regular intervals.

Half-time proved to have a positive effect on the boys who began to play some smarter rugby in the second half. Some strong runs right throughout the game by Tom Herron ensured the boys managed to contest the ball more fiercely in the second half. However he wasn’t well supported in the end as Redfield wrapped up the game convincingly.

Best and Fairest
3points – Tom Herron
2points – Mikai Mare
1point – Jake Healey
Prep Rugby Corner…Round 4

Congratulations to the CCGS Under 11s who notched up their first win of the season with a close 10 points to 7 win over Redfield. Fantastic effort and just reward for your training and efforts this season. The Under 9s clearly had a hard day out against a very strong Barker College. Keep working hard, your rewards will come. The Under 10s played their best game of the season against Sydney Grammar St Ives. The team displayed great teamwork, made excellent tackles and runs scoring some well-deserved tries. Well done!

This Weekend – 31st May 2014 - Round 5
Under 9s – CCGS host Coogee Prep – Kick off at 9:00am on CCGS Rugby 3
Under 10s – CCGS host St Patricks – Kick off at 10am on CCGS Rugby 3
Under 11s – Sydney Grammar St Ives host CCGS – Kick off at 11:00am on Cowper 2

Sydney Grammar St Ives has invited the Under 11s for a BBQ after the match for a steak, drink and a chat. If you can sounds like a great idea!

* Your coach and manager will advise of time to be ready for warm up prior to game.

Vteams is now up and running. This is a great communication for our teams to use. If you aren’t getting notifications about Prep Rugby and your team please notify your coach / manager.

QUEEN’S BIRTHDAY LONG WEEKEND.
There are no games scheduled for the long weekend.

Training will still be held on the Wednesday the 4th of June (Week 6) for all teams.

CCGS Under 11

CCGS 10 defeated Redfield 7

On Saturday the CCGS Under 11s Rugby Team travelled down to Redfield College to play our fourth game of the season. We were looking forward to another game because we had been improving every week and wondered what this week might bring us...

Well, it brought us our first win in two seasons !!! We defeated Redfield, who actually quite easily beat us last year, 10 - 7 after Redfield had scored the first try. Our defence was very good all game and Redfield never made a break against us. We were able to stay up in our defensive line together and our opposition seemed frustrated that they could not get through us. Hudson Bush again controlled the kicks and backline moves extremely well and it was great to see Seb Plummer find some space. Angus Schoffl had another great game and Juah Mare had a man of the match performance making 50 tackles and at one point looking like he made eight in a row ! Redfield ran phase after phase at us near the end of the game. But honestly, we could have played for another hour without letting them score and take this win away from us. Coaches points went to Noah Stewart, Tim Wilkins and Hudson. 1 parent point went to Angus, 2 points to Mitchell Fell who was very strong and 3 points to Juah. We play Rugby to have fun and we have been doing that, and on Saturday we remembered it is even more fun when you win !!! Well done team ! Match report written by Mitchell and Tim
CCGS Under 10

CCGS Under 10s 15 defeated by Sydney Grammar Edgecliff 40

Last Saturday was another tremendous day at CCGS to play and watch rugby, ideal for the under 10s to do battle against Sydney Grammar Edgecliff. Coach McLoughlin ran the team through the pre-match training session, focusing the team and getting them ready to hit the ground running, and that is exactly what they did. Seven phases of play immediately following the kickoff, showing the commitment and enthusiasm we have been waiting for. Sydney Grammar were a strong team, with a number of reserves on the sideline, and lent us a player to help even up numbers. A true display of sportsmanship. Sydney Grammar scored early and stayed in front for the game, but we did ourselves proud. Our tenacity paid off, and we were successful in scoring three tries - one each to Austin Atherton, Toby Kitchen and Jack Barlow (our borrowed player). Harrison Betts was our kicker and did a great a great job converting one of the tries and only just missing the other by hitting the posts. Harrison really struck the ball well and we are looking forward to him kicking some more goals in future matches. The standard of play this match was certainly an improvement from the previous weeks. The team showed improvement in all areas, with some strong, determined runs, solid tackles and good work at the breakdown. Keep listening to coach, keep trying your best and keep having fun playing rugby. Special thanks to Mr Gross for refereeing and his comments at half time and after the game, and for the post match icy poles. Also special thanks to Will Jones for assisting Mr Gross.

Points scores - 3 points to Toby Kitchen, 2 points to Austin Atherton, 1 point each to Lochi McBride and Sarah Schofield
CCGS Under 9

CCGS Under 9s 5 lost to Barker 50
(Try: Radford)

The Mighty Nines travelled down to Waitara for their game against Barker and, despite a strong effort, were outplayed by a very strong side. It didn’t help when the hosts scored shortly after the kick off as this seemed to open the flood gates for a further five tries before half time. The problem was in the ruck as the Barker players continually shoved the CCGS forwards backwards and transferred the ball quickly out to their backs. However, there were some strong efforts. Aidan Deacon and Darcy Medcalf both ran strongly and Lucca Mare went desperately close after a sizzling run down the side line while in defense, Logan Radford and Mare were everywhere. The message at half time was – get low and drive over in the rucks and to reduce the number of silly, forced passes! It was a much better effort in the second stanza. Paddy Hingerty and Lochie McClelland were excellent in the ruck, Bowen Pursehouse and Tommy Laukka ran powerfully and Luke McGilvray, Jamie Ollerhead and Darcy Clair made valiant efforts in defense. Over and over again the Nines surged forward only to be repelled near the line. Halfback, Nick Moroney gave good service to the outside backs and several times the ball was passed along the line to Logan Radford only to be stopped just short. Finally, the team got their reward when, after three phases of play and excellent work by Pursehouse, Deacon and Hingerty, the ball was passed to Radford and he plunged over for a deserved try. Bad luck boys, you were beaten by a better team but you never gave up and there are lots of positive signs for the future!
ISA Round 5 on 31st May
v St Andrews Cathedral School
at
St Andrews College Sydney University
Western Avenue
off Carilion Rd Camperdown
off City Road - Parking Station Under St Andrews Oval (gold coins)

Under 9s v Coogee Prep Home CCGS 3 9.00 am
Under 10s v St Patrick’s Home CCGS 3 10.00 am
Under 11s v SGS St Ives (Away) St Ives Cowper 2 11.00 am BBQ

Sydney Grammar School (St Ives) Mawson St St Ives
Central Coast Grammar School Rugby
ISA Rd 5 v St Andrew’s Cathedral School (A)
Saturday 31 May.

<table>
<thead>
<tr>
<th></th>
<th>St Andrew’s Oval</th>
<th>Time</th>
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<tbody>
<tr>
<td>1st XV v</td>
<td>St Andrew’s Oval</td>
<td>3.15 pm</td>
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<tr>
<td>St Andrew’s</td>
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<tr>
<td>16s v St Andrew’s</td>
<td>St Andrew’s Oval</td>
<td>2.15 pm</td>
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<tr>
<td>15s v St Andrew’s</td>
<td>St Andrew’s Oval</td>
<td>1.15 pm</td>
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<tr>
<td>14s v St Andrew’s</td>
<td>St Andrew’s Oval</td>
<td>12.15 pm</td>
</tr>
<tr>
<td>13s v St Andrew’s</td>
<td>St Andrew’s Oval</td>
<td>11.15 am</td>
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Prep Rugby Round 5
31st May

Under 9s v Coogee Prep Home 9.00 am
CCGS 3

Under 10s v St Patrick’s Home 10.00 am
CCGS 3

Under 11s v SGS St Ives (Away) 11.00 am
Cowper 2