



HOËRSKOOL PAREL VALLEI HIGH SCHOOL

Parel Vallei Rugby Newsletter Term 1:

The kick off to the Parel Vallei High School rugby season 2016 occurred in the March holidays with unparalleled success! Now I enjoy a weeklong break, before school commences and 4 days later we play our WP league fixture and season opener vs Milnerton High the 9th of April.

When I lit the first fire at the “Rugby Bekendstelling’s Braai” in February I smiled, realising that it was that time of the year again! Close to 150 parents and players shared supper on the beautiful Parel Vallei school grounds around the clubhouse. As the sun was setting over the Helderberg Mountain all listened to welcome messages from myself, Mr Schenck (headmaster) and Hennie Groenewald (rugby committee chairman) and socialised well into the night talking all things Parel Vallei. What stood out for me more than anything was the large number of new, amazing, committed fathers and mothers ready to help push PV rugby forward into the future. Not only is the mind-set of the rugby player being changed, but, more importantly, that of the parent. This event was followed by the first meeting of old and new parents selected to the Rugby Committee supporting the school in all things rugby.

PVRUGBY COMMITTEE 2016:

CHAIRMAN:

Hennie Groenewald

SECRETARY:

Adre Knipe

TREASURER:

Shamuel Ishmael

U/14 Representatives:

Hernus Dempsey
Phillip Ellis

U/15 Representatives:

Adre Knipe
Karlien Prinsloo

U/16 Representatives:

Elma Salt
Albert Burger

U/19 Representatives:

Sarah Timberlake

Toni Strauss

Ian Malherbe

(GB Representative)

In our second year of the Fathers and sons camp in Grabouw, we saw even more Dad's join this unique experience where players, coaches and fathers bond. A more coach centred approach was used as well as an "endurance and stamina" regime. Players were pushed beyond their limits; teams pushed to their extremes; all with a clear goal in sight. The Sunday lunch saw dirty, tired and relieved faces as the cars were packed and the buses rolled out. This, I believe, laid the foundation for gutsy performances seen already this season. (Jeugland vs PV u14).

The final pre-season tour (u/15 & 16 High Performance RPC Academy group) came to an end over the Easter weekend and a 5 month process started last September reached its climax! All four age groups that toured or attended high performance centres, were exposed to specialist coaching. Parel Vallei's under 14s garnered nationwide respect at famed Outeniqua High School's "Kwagga Week" with 2 wins from 3 outings; on the final day recording a great win of 34 – 19, very worthy over rivals from up North, Centurion!

Parel Vallei rugby's u/19 flag is also flying high after 3 quality wins over strong opponents on the recent SCST Week in George. The Bulldog's 1st XV ending up unbeaten and closing off with a 31 – 10 win over strong SWD Academy. This came on the back of an unbeaten Boland Landbouskool Rugby Day with 2 from 2 there! Congratulations coaches Stefan Kruger, Angelo Fritz & Johandre Labuschagne plus players! We are extremely proud of this start to the 2016 season. Thank you all PV rugby players for exemplary representation of Parel Vallei High School on all 4 tours; thank you coaches for your work in ensuring this and leading by example.

The key to any organization or team's success is the ability to spot weakness and identify means for improvement. This has been seen to over the last six months, and I have since ensured the coaching of age group A teams to be overseen by well experienced coaches/players and stalwarts of high school rugby in Boland and beyond.

Herewith our age group head coaches:

u/14 – Beau Schoeman (Junior Springboks/Gazelles/Boland)

u/15 – Hugo Cloete - 2nd year head coach (OKP/Helderberg/Boland)

u/16 – Adrian de Guisti - 2nd year head coach (Lions/Maties/Waterkloof)

u/19 – Stefan Kruger - 2nd Year head coach (Daunsty RFC/Stellenberg)

With a strong and talented senior group (u/16 & u/19) it is important they are managed correctly. Thus key coaches covering specialist areas have already been involved, cross coaching teams towards a united brand. I recently unveiled a "6 Point Game Plan" to be implemented in 2016 throughout Parel Vallei rugby. It is a coaching blueprint/foundation to be built upon by input from all role-players involved. It can be defined as a broad based coaching guideline that focuses on a structured game plan promoting uniformity and continuity throughout PV rugby. It is based on coaching positional and territorial

intelligence, not so much defining a brand of rugby Parel Vallei High School is going to play, but a structure that will allow us to play conventional, winning rugby within our positional and physical limitations.

In closing, I want to stress all the more so in the light of recent meetings and interaction with parents, that I see PV rugby as one big organism. I do however understand a parents responsibility to ensure only the best for their boy. Our organism as it stands is made up of 160 such boys and my job is to ensure each is treated like the next: no team, no player, and no parent receiving preferential treatment. When the whole is healthy and happy, so will be the sum of its parts.

Rugby blessings

Thinus Pienaar
Head of rugby

