



HOËRSKOOL PAREL VALLEI HIGH SCHOOL

PV Rugby Newsletter Term 2 / PV Rugbynuusbrieff kwartaal 2

"The 6 week break, I believe, is a Godsend to rest, recuperate and give the players a fair chance to heal properly."

This was a tough and long strip of rugby: the WBHS Festival, WP trials and 10 – 13 games "back-to-back" that really tested our depth and reserves to the limit! Nevertheless, we made it to the other side with fantastic results from our 1st XV and junior teams. Therefore, it is critical that the boys stay fit and conditioned throughout the next 6 weeks; not just rest on their laurels. Another 8 matches lie ahead after the break against big boys like Worcester Gymnasium and Pearson High. All recently appointed S & C coaches received fitness tests, conditioning standards and parameters to follow our players work at home or on vacation.

Hiermee die betrokke "Ouderdomsgroep S & C afrigters" vir die volgende 6 weke:

- / 14 - JJ Niewoudt (Universiteit Stellenbosch)
- / 15 - Jacques du Plooy (Virgin Active)
- / 16 - Lara Vee (Me in Motion)
- / 19 - Charl Punte (Blaauw and Associates)

Sleuteldoelwitte is uiteengesit in 2015 wat uitgevoer moes word. Dr Ian Malherbe (Hoof van PV se beheerliggaam) het onlangs daarop gewys dat alle blokkies afgemerk is! Hiermee daardie doelwitte weer, veral vir ons nuwe junior ouers aan boord!

- Naseisoenfiksheidsprogramme
- Voorseisoense krag- en kondisioneringsfase
- Ten volle funksionele en ondersteunende rugbyouer Komitee
- Alle afrigters na onderhoude op meriete gekies en geplaas met spanne
- Gereelde plaaslike en internasionale ervare gasafrigters
- Voorseisoense motivering-en spanboukamp vir spelers en hul pa's
- Koördinering van afrigterskwalifikasies en fasilitering van kursusse vir afrigters
- Kontantborgskappe vir nuwe rugbytoerusting
- Gereelde rugby Komitee, -afrigters en individuele spelervergaderings
- Vennootskap met top rugbyanalise sagtewaremaatskappy vir statistieke
- Intense bemerking wat gerig is op junior werwing in die Helderberg
- Vestiging van 'n nuwe ingesteldheid en benadering vir alle betrokkenes
- Absolute geloof, vertrouwe en harde werk.
- Parel Vallei Rugby -eenheid

I would like to restate my rugby philosophy that PV Rugby's ONLY MISSION is to transform young men into gentleman, through the amazing vehicle that is rugby!

I would like to introduce and imprint the 4 'A's to Success on our PV players and parents:

1) Academics.

The fully functional, rugby organizational structure and foundation runs parallel to the school's mission, in providing a balanced education. This means you plan well, as with rugby; you study well, as with rugby; you show up for class, as with rugby. You execute by writing exams well, as with rugby and playing matches. Failure to do so, as with rugby, will result in disciplinary action.

2) Attitude.

Parel Vallei Rugby strives to nurture and develop individual talent in an arena that promotes teamwork, sportsmanship, respect, discipline and humility. There is no room for apathy. Your word is your honour! There must be total commitment to team spirit, towards unity, to being the best you can be.

3) Advancement.

For too long there has been a culture of just competing and that being good enough. The spate of recent upsets against Premier B schools and the successes of the under 14, 15 and 19 groups has been breeding a culture of winning and what it feels like. It is time we stand tall in it and start preparing and fighting to retain it. That is Bulldog Spirit. Abraham Maslow said, "In any given moment we have two options: to step forward into growth or to step back into safety...".

4) Achievement.

Success not always measured in results but is measured in the ripple effect the changing scholar, gentleman, rugby player has on his environment, e.g. his family, his workplace one day, his circle of friends and community. We are in it not to win it, but to change lives. That is when the magic of winning naturally starts occurring. That is the magic of rugby. This is success!

Die PV Rugbyinligtingsbrosjyre wat ek weekliks op sosiale media versprei, is nie net 'n lys van die tyd wanneer en die veld waar die seuns speel nie, maar bevat ook die naam van die skeidsregter van die betrokke wedstryd. Oor die afgelope 18 maande, het baie skeidsregters gekom en gegaan by PV, maar hierdie seisoen het ek dit verfyn na slegs 6 hoogsgekwalfiseerde en ervare skeidsregters om op te tree by Parel Vallei wanneer ons rugby uitgestal word tuis vir die gemeenskap. So ook met die twee grensregters by die onder 19 - rugbywedstryde.

Hierdie twee here oom Dan de Villiers en Nico le Roux doen dit uit hul liefde vir die spel, die skool en die gemeenskap. Een van hulle ook nog die afgetrede, voormalige president van die WP Rugby Skeidsregtersvereniging! Dit gesê, enige ander vorm van bevraagtekening van besluite van offisiële amptenare op die speelveld, of enige gedrag wat PV Rugby of die naam van die skool oneer aandoen, sal dienooreenkomstig hanteer word. Daar is 'n gedragskode vir ouers en toeskouers en as jy nie bewus was hiervan nie, hieronder volg dit weer. Verstaan asseblief, nooit wil ek die gees, steun of vaderlike aanmoediging demp nie.

Kom ons werk almal saam om Parel Vallei se tuisveld bekend te laat staan as intimiderend, maar altyd binne die raamwerk en etos van die spel!

OUER-GEDRAGSKODE

Ons skool moedig 'n gesindheid van samewerking en skoletrots aan. Om dit te kan bereik het ons die samewerking en ondersteuning van elke ouer nodig.

Ouers moet hulle asseblief daarvan weerhou om enige ongevraagde aanmerkings oor of kontak met skeidsregters, afrigters en spelers/opponente tydens wedstryde te maak.

Skeidsregters se beslissings en afrigters se keuses moet te alle tye gerespekteer word.

Konfrontasie by sportgeleenthede skep verleentheid en word ten sterkste afgeraai.

Toeskouers word vriendelik versoek om nie tydens wedstryde op die krieketkolfblaai, asook enige velde en bane waar wedstryde plaasvind, te beweeg nie.

Ons glo dat die spelers, afrigters, onderwysers en ouers almal deel van die Parel Vallei-sportfamilie is en dat ons almal moet saamwerk tot voordeel van ons kinders en die belang van die skool.

Thank you all for a wonderfully successful 2nd term. A very special mention and deepest thanks goes to those on the rugby committee and to Hennie Groenewald, Parel Vallei High RPC Chairman, for your astute leadership. To all the parents, Keep supporting our boys, no matter what, keep believing and the magic will follow! Be safe on your travels. I look forward to seeing everyone back, roaring to go!

Thinus Pienaar. Head of rugby. Parel Vallei High School.



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