



18/08/2015

PAREL VALLEI RUGBYOORSIG / OVERVIEW 2015

Daar is soveel te sê oor die 2015-seisoen, veral omdat daar op 'n vooraanstaande nasionale skoolsport-webtuiste vermeld is van “A rugby revival at Parel Vallei High...” . Verwagtinge is dadelik oral geskep, en deur my opsomming vertrou ek dat die pryswoorde waardig is.

Hier volg 'n opsomming van die seisoen en doelwitte bereik:

- Aanstelling as hoof van rugby (2014)
- Na-seisoen oefenprogram (2014) *nuut
- Voor-seisoen krag- en kondisioneringsfase *nuut
- Ouerrugbykomitee verkies en aan die gang *nuut
- Alle afrigters deur streng keuringsproses en op meriete verkies
- Voor-seisoen motiverings- en spanboukamp vir spelers en hul pa's *nuut
- Op 'n gereelde basis word ervare plaaslike en internasionale afrigters betrek *nuut
- Koördinering van afrigterskwalifikasieproses asook interne/eksterne opleiding
- Groot kontantborgskappe vir nuwe rugbytoerusting vir alle spanne *nuut
- Gereelde rugbykomitee-, afrigter- en individuele spelervergaderings
- Vennootskap met rugby-analise sagtewaremaatskappy vir statistiek
- Intense bemerkingsveldtog gemik op junior werwing *nuut
- Vestiging van 'n nuwe rugbysienswyse en -aanslag by PV
- Om absolute geloof en vertroue in harde werk te skep
- Parel Vallei-eenheid by almal betrokke

Ons seisoen het Saterdag afgesluit met 'n week van tradisionele derbywedstryde teen ons plaaslike teenstanders, Somerset College - 'n hoogs suksesvolle twee dae vir Parel Vallei-sport. Op rugbyfront glo ek die uitslae teen Somerset College is 'n goeie refleksie van elke wedstryd die seisoen in die verskillende ouderdoms- en graadgroepe, met uitsondering van een spesiale span en oorwinning Saterdag. Ons het oor die hele spektrum teen 24 verskillende skole gespeel. Daar was vier rugbytoere (twee uitgaande, twee inkomend).

Aan die bopunt van die PV Rugby-leer is ons onder 16-span. Hulle is die seisoen in 'n spesiale groep rugbybroeders omskep. Hulle is onoorwonne in die 2015-seisoen met 'n Top 30 SA Skole 0/16 plek op die "SA School Sports Powerade Performance Rankings". Hulle verdien veral respek, nadat hulle ook die Bredasdorp-toernooi in Julie gewen het met span- en individuele spelertoekennings! In die af-seisoen smelt hulle saam met die huidige graad 11's wanneer die huidige matrieks alle sportbedrywighede staak om akademies te fokus. Die groep vir 2016 is amper 60 spelers sterk, wat beteken dat Parel Vallei-rugby drie onder 19 senior spanne volgende jaar gaan hê. Dit is opwindend en baie belowend as ons die vlak waarop ons in 2017 wil deelneem, en die hoeveelheid spanne benodig, in ag neem!

"There is little wonder that the Powerade Performance U/14 Rugby Rankings generates as much interest as the First XV rankings when you look at the quality of rugby played at this level and the huge investment in players and resources that schools devote to their under 14s.." (SA School Sports) From humble beginnings and tough lessons in high school rugby and the demands there-of, to a formidable Under 14 squad! An amazing inaugural tour and now future start to the season saw the boys compete on the national stage at the prestigious Kwagga Week in George. Record scores were posted against us by legendary rugby schools, but grit, guts and a never- say- die attitude saw them persevere and grow to understand what "Traditional Rugby School Culture" is all about, and how deep the dedication to improve runs. The team was rewarded after a 15 match season with a historic U/14 Top 80 SA Schools Ranking and with the birth of a C team!

The group saw exponential growth as the year progressed and local primary school players, too old for their league, joined our programme, seeing numbers jump to almost 50 registered players; leaps and bounds from where we came from in previous years barely scraping an under 14 team together (the current U/15 Squad depth: 24 players). The junior Parel Vallei High School rugby programme really flexed its muscles against Somerset College recording 117

points against 13 between our U/14, 15 and 16 teams respectively! Yesterday, I spent smiling at the scenes that played out as the Under 15s recorded their first victory; the tears that flowed and the appreciative parents! A special mention of coaches Beau, Adrian and Theo: What you have accomplished with this group of boys is remarkable and encapsulates the magic that is rugby. Thank you for delivering smiles all day, all around!

At the top end of our school rugby structure, the 1st XV players and coaches were gutted as their season ended in another 'should have...' match going down 12 – 8 after leading going into half time. The most valuable lessons lie in defeat. In Bulldog Spirit, we will come back harder. To the outgoing grade 12 group and especially the first team captain and inspirational leader Lood Swanepoel, we are proud of you! Thank you for 3 years of selfless service to Parel Vallei Rugby. Your presence will be missed. You are an inspirational leader and have been a courageous captain. To the players of the class of 2015, you NEVER GAVE UP! That is what matters. Take what you have learnt, the pleasure and the pain, and make it part of who you are. Grow from it and make it part of a memorable career that lies ahead.

Last but not least, thank you to every single parent of every single boy who participated on the paddocks this year for PV Rugby. Your permission given and trust in us to develop your son is highly appreciated and underpins the blueprint of this programme. To Heinrich Kilpert and our pilot group of committed Rugby Committee Parents goes the biggest thank you of all. The backing I received at all times and arrangements of several successful social functions and activities by incredible rugby moms and dads will be what will ultimately determine the extent of our future successes. Keep believing in the future of PV Rugby and keep supporting your son's rugby quest.

This attention, care and love will show in our results, in time. Support our vision and mission and let's always remember the game is bigger than any one of us, player, parent or coach. Our most crucial part of keeping this momentum going starts now: The physical preparation and conditioning of our players for 2016. The player lists have been compiled and coaches identified to steer our Strength & Conditioning programme. Our gym is functional and the athletes involved from 1 September through until exams start in November will shortly be identified. All parents will receive permission letters for High Performance Off-Season Development that will need to be signed off.

Behind the scenes, extensive future planning and preparation has been going on, led by Nico Serfontein, to ensure the successful rolling out of Phase 3 of our long term goals and

aspirations. A big thank you to all who sacrificed their family time to sit by candlelight for more than 3 hours brainstorming the way forward. The Turn- out was memorable. If ever I was convinced we will one day soon feature in the country's Top 20 school rankings, it is now! The workshop exposed the deep pride and passion of 24 key Parel Vallei rugby supporters and role players. Thank you, Nico, for your belief and support of my vision and mission for Parel Vallei rugby. Final arrangements regarding our next workshop will be circulated soon.

Our programme continually needs your support; now more than ever! In order to acquire the correct tools I need to develop your son to maximum capacity along our LTADP and SARU/BokSmart EPD requirements, I was hoping to purchase the necessary equipment from RHINO Rugby but a possible sponsorship fell through. In the perfect game, the aim would be never to make contact as an attacking player, but as long as defenses exist and rugby is a contact game there will always be collisions within the 80 minutes of play. Coaching the collision area has taken many different forms over the past years from "live play" to the use of shields, tackle bags and suits. All have merit but what has been missing is a training aid that can bring about the desired technical training effects of the collision, looking specifically at areas that are a weakness within the game. Kit specs and prices are available below. For further information please visit the RHINO Rugby website.

RHINO COLLISION KING SQUAD TRAINING PACKAGE - R80 000.00

This package consists of the following Collision King Elements:

2 x Collision King Sleds

2 x Collision King Power Discs

3 x Arms of Steel Tackle Bags

3 x Low Tackle Bags

3 x Rip & Grip Tackle Bags

The following items are included at no charge:

2 x Collision King Nets

6 x Rhino Rugby Thunder Training Balls.

If possible, please donate and help us to train your son at an optimal level thereby making this sport as safe as possible for him to play.

PV Rugby Development Fund

Bank details:

ABSA

Acc: 2900141311

Branch: 632005

Reference: 7200/100 + Name of Comp/Parent (We have an Article 18A invoice for tax claims)

I thank you once again for an unforgettable first year at Parel Vallei High and look forward to many more!

Rugby blessings

Thinus Pienaar

Head of Rugby Parel Vallei High School

www.pvallei.co.za