



## First Rugby Newsletter from Thinus Pienaar – Newly appointed Head of Rugby at PV!



Dear parents and most importantly PV rugby players

“Rugby’s not just a game; it’s a way of life.” This is the motto of KAIWHANA Rugby Pty Ltd that I founded in Toronto, Ontario in 2011. After a life time of playing, coaching, eating, sleeping and breathing rugby, it was time to channel this experience somewhere constructively.

As the first snow struck, on the 8th of November 2011 we opened in Aurora, Ontario to 30 eager schoolboys and girls. We trained through the harsh Canadian winter in a massive Igloo with artificial turf!

Since these humble beginnings, I have been blessed to reach a multitude of schools, rugby clubs, universities and provincial teams in Canada, the USA & SA.

In 2013 I embarked upon an African Development Program, taking rugby back to grassroots level in rural and previously disadvantaged communities throughout SA.

My career thus far has exposed me to many different rugby cultures, coaching structures, style of play and types of players. I am therefore armed with the necessary skills and knowledge, searching for match winning formulas and focussing on the optimal development of players.

It is now time to channel all 26 years of playing and coaching experience into the development of Rugby at Parel Vallei High School!

### **My vision is simple.**

To establish Parel Vallei as a rugby force within the next 5 years in the Western Cape.

### **My mission is more complex.**

To cultivate not only rugby athletes, but young gentleman that embody the “Principles of the Game”.

Our 5 year plan has already started, but next season in earnest, when I will focus the weight of my attention at Under 14 level, where it matters most. Here, through the implementation of sound, player-centred coaching structures, highlighting strength and conditioning, tight discipline and the effective transfer of our coaching philosophy, the foundation for change will be laid, repeating the cycle every year at this level. Across the board, I will constantly assess coaches, teams & player performance/goals.

The vision is that 5 years from now a new “breed” of rugby player will run onto the paddocks at Parel Vallei. A player wearing the Parel Vallei badge with absolute pride, honour and integrity. A player able in body, mind and skill, striving to play attractive, exciting, winning rugby. An athlete with a “Never Say Die” attitude. Yet, a gentleman always embodying the core values of the game, on and off the field. This coaching philosophy and structure will be implemented throughout the school to establish uniformity and continuity on all levels, coaches to coaches, teams to teams and players to players.

I sincerely hope to see each and every one of you on the Parel Vallei Rugby - “Father and Son” - Team Building weekend! It is scheduled for the weekend of the 27th and 28th of March 2015. Here I will have the chance to meet you all in person.

Thank you Mr Schenk and the Governing Body for putting your trust in me.

I strive to establish a successful rugby program at Parel Vallei High School.

Yours sincerely

Thinus Pienaar

