



CRANBROOK
SCHOOL

Running Lines Newsletter

THURSDAY 31 MARCH

TERM 1 WEEK 10



The 1st XV are back in action this weekend as they play host to Marist Ashgrove from Brisbane on Hordern Oval. This is their final hit out before undertaking a training camp at Coffs Harbour in the first week of the holidays. Upon their return they will compete against Shore at Northbridge on April 23 with match details listed below.

As mentioned last week, Cranbrook is playing host to two interstate representative fixtures this weekend as NSW take on QLD in both the U15 and U17 Junior Gold Cup representative games. The standard of rugby will no doubt be of a high standard with the fixtures serving as a culmination to the nationwide Junior Gold Cup competition which featured two Cranbrook players in the Sydney East team in Oliver Carroll and Tasman Smith.

The other highlight of the weekend will see over 70 Y1-3 students and their parents attend a lunch and then the Waratahs v Rebels game courtesy of the Cranbrook Rugby Club. This was a fantastic afternoon last year and will no doubt be another enjoyable afternoon on Sunday.

Many thanks,

Luke Bower – Head of Rugby



Fixtures 2 April

Rugby			
Team	Opposition	Venue	Time
1st XV	Marist Ashgrove	Hordern	10.15am
2nd XV	Marist Ashgrove	Hordern	9.00am
16A	Reddam	Hordern	12.00pm
14A	Reddam	Hordern	1.00pm
Junior Gold Cup	NSW 15s v QLD 15s	Hordern	2.30pm
Junior Gold Cup	NSW 17s v QLD 17s	Hordern	4.00pm

Fixtures 23 April

Rugby			
Team	Opposition	Venue	Time
1st XV	Shore	Northbridge	3.15pm
2nd XV	Shore	Northbridge	2.00pm
3rd XV	Shore	Northbridge	1.00pm



Rugby Refereeing

Are you a current or ex-player? Would you like to have a run around on Saturday mornings throughout the season, with a unique view of the game? Have you done any refereeing before? Do you say 'laws' rather than 'rules'?

If you answer 'yes' to some or all of these questions, please contact our referee-in-chief and Davidson Housemaster, Jon Cumberlege (JCumberlege@cranbrook.nsw.edu.au), or our Student Head of Rugby Refereeing, Hunter Wright (wrihhun2017@student.cranbrook.nsw.edu.au), to discuss the possibility of refereeing some of Cranbrook's home matches (Senior and Junior School) this season.

The minimum qualification to referee is 'SmartRugby' (details [here](#)) and details of more involved refereeing courses can be found [here](#).



Rugby FAQ

Does every boy make a team?

Yes. Every boy that chooses rugby will get put in a team to compete in the CAS (Senior School) or IPHSA/7s Rugby (Junior School) competition.

Is training compulsory?

Yes. Both afternoon training sessions each week are compulsory. Additional specialist sessions that are offered for scrums, kicking and strength and conditioning are recommended to improve performance but are optional.

Does rugby training continue in wet weather?

Yes. Rugby training does not get called off. There are times when boys will train in wet conditions but if it becomes too wet alternate indoor sessions are planned which can be in a mixture of the basketball gymnasium, strength and conditioning centre and classrooms.

Are mouthguards and headgear compulsory?

Mouthguards are compulsory for both trainings and games. It is recommended boys have a backup chemist mouthguard which can be retrieved at short notice should their first mouthguard go missing. Headgear is worn at the discretion of the individual player.

Does my son need to reserve for the team after?

Yes, boys must stay to reserve for the team after theirs as they will act as replacements in the case of injury. They should be seated with the rest of their team on the sideline.

Which teams play at home and which play away?

In the CAS competition, when the Opens play at home, the 16s and 13s also play at home. This means the 14s and 15s will play away from home. Junior School fixtures do not follow such a formula with teams roughly splitting their season between home and away fixtures.

At what age should my son attend the strength and conditioning centre?

In a controlled and supervised environment boys can start some form of resistance training as early as the beginning of Year 7. Those who partake in a sound all-round resistance program combined with athlete development may reduce injuries in their later years. New Director of Athletic Performance Mr Hallam, phallam@cranbrook.nsw.edu.au, is available to meet players to tailor a program to their needs.

What medical coverage does the school provide on a Saturday?

The school employs qualified sports physiotherapists to be present at all Cranbrook Rugby venues. On Hordern, a paramedic is also in attendance to care for the needs of injured students. Away from Cranbrook all schools will have medical coverage that is there for the use of both home and away teams.



How does Cranbrook treat concussion?

Cranbrook fully supports the ARU Concussion Guidance and has gone a step further to ensure that our players have access to some of the best sports physicians in the Eastern Suburbs. A copy of the Cranbrook Concussion Guidance is available through Cranbrook Connect.

Is there midweek medical treatment available for students?

Yes. Every Monday morning there is a free injury clinic at the Rotunda on Hordern Oval. Boys will be seen by a physiotherapist for 5-10 minutes and given advice on how to best proceed. On Wednesday afternoons you may book a full physiotherapist appointment (at a cost) which will also take place at the Rotunda next to Hordern oval. These are booked through the Head of Rugby.

Who do I speak to if I need to request leave from training?

You must contact the Head of Rugby well in advance to request leave from training. Not all requests will be granted. Specialist medical appointments that are booked ahead of time should be on non-training afternoons.

Who do I speak to if I need to request leave from Saturday matches?

You must contact the Head of Rugby well in advance who will pass the request on to the Director of Sport. Very few leave requests are granted.

If my son is injured, does he have to come to trainings and games?

Yes, injured students should attend training and matches to assist. If they have an injury which prevents their mobility (ie crutches) they should liaise with their team manager regarding leave from training.

What qualifications do the coaches have?

All coaches are Smart Rugby qualified which is the minimum ARU coaching qualification. Many have higher ARU coaching qualifications and each age group has several coaches with professional playing or coaching backgrounds.

Is 1st XV Support compulsory?

Unlike other schools, it is not compulsory for boys to support the 1st XV. Cranbrook is proud that boys want to show support for the School's flagship sporting team rather than being made to. We strongly encourage every boy to support the 1st XV and help the boys in white do the School proud.

Can rugby players referee as well?

Yes, Mr Cumberlege, Davidson Housemaster, is in charge of Cranbrook Rugby referees and encourages any players that want to referee to join the program. They train one morning a week and are scheduled fixtures outside of their games times. You can also earn money by refereeing club games on Friday nights or Sundays.



Does school insurance cover injuries sustained by boys while training and playing?

The policy provided through the school includes coverage for medical expenses which do not in any way attract a Medicare rebate and are incurred within 12 months of the Injury. More details are available from the Head of Rugby.

Are there representative rugby opportunities through the school system?

Yes. In the U12 age group, boys may get selected for IPHSA and NSW. In the U16 age group, boys may get selected for CAS U16 South Harbour onto CAS U16s onto NSW Schools U16. In the U18s, boys may get selected for CAS, NSW Schools and Australian Schools.

Does the school encourage boys playing club rugby? Absolutely. Local clubs in the area are Bays Rugby (www.baysrugby.com.au), Easts Wallaroos (www.eastswallaroos.com.au), McAuley (http://www.mcauleyjuniorryugby.com.au/html/s01_home/home.asp), Clovelly Eagles, (<http://www.clovellyeagles.com.au/>) or Coogee Junior Rugby Club, (<http://www.coogeerugby.com.au>)

Please email lbower@cranbrook.nsw.edu.au if you have any other questions.

Year 1 - 8 Rugby Camp

Cranbrook Rugby's most exciting camp for years will take place in the first week of the holidays and is open to all students from Years 1 – 8. Each day will have a different theme with all boys in attendance receiving a special gift. The culmination of the week will see a Cranbrook Barbarians side, made up of Y7 and 8 students who attend the camp, take on Melbourne Grammar School on Hordern oval. A flyer has been added to the Holiday Camp section of Cranbrook Connect outlining details of the upcoming Junior School camp. Dates are Monday 11 April – Friday 15 April.

Budding Rugby Photographers

We are looking for any keen students or parents with a passion for photography to assist in taking photos during the season. These photos will be used on a regular basis in Running Lines and other Cranbrook publications. Please email Luke Bower (lbower@cranbrook.nsw.edu.au) if you are interested.



Term 1 Key Dates – Senior School

WEEK 10B

Monday 28th March – Easter Monday – No training

Tuesday 29th March – Opens @ Hordern; 16s @ Woollahra

Wednesday 30th March – 15s @ Hordern, 13s, 14s @ Woollahra

Thursday 31st March – Opens @ Hordern; 16s @ Woollahra

Saturday 2 April – 1st XV, 2nd XV v Marist Ashgrove, 16s, 14s v Reddam (additional fixture)

WEEK 11A (Y7 on CITF)

Monday 4th April – 14s,15s @ Hordern

Tuesday 5th April – Opens @ Hordern; 16s @ Woollahra

Wednesday 6th April – 15s @ Hordern, 14s @ Woollahra

Thursday 7th April – Opens @ Hordern; 16s @ Woollahra

TOUR DATES:

Opens to Coffs Harbour: 9th April – 13th April (already selected)

15s & 16s to USA: 9th April – 24th April (already selected)

13s & 14s to ACT: 21st April – 23rd April (already selected)

12s to Armidale: 8th April – 10th April (already selected)





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