



THURSDAY 17 MARCH

TERM 1 WEEK 8



Senior School rugby kicked off on one of the hottest days of the year with all players having a hit out on Hordern. The standard of play and depth of quality in all age groups was particularly impressive and the boys are looking forward to their first challenge of the season this Saturday against The Kings School. Some photos of the trials are included below.

You will also notice senior school teams have been announced at the bottom of Running Lines. Please be aware these are very much trial teams and selections will be fluid, particularly in the opening weeks of the season as coaches learn more about the players in their charge. I encourage all players disappointed with selections to prove their coaches wrong with a strong performance and a corresponding excellent attitude. Boys will end up in the team they deserve to be in.

Junior School training will commence tomorrow with all age groups involved in trial games on Saturday at various locations around Sydney.

Finally, the response to the Year 1-8 rugby camp has been fantastic so for those who are yet to register please do so as soon as possible.

Luke Bower – Head of Rugby



Specialist Coaching

The specialist coaching program, financed by the Cranbrook Rugby Club, is underway for 2016 with all age groups benefitting from expertise provided by a range of coaches. Photos below are from the 13s, 14s and 16s morning scrum session with Andrew Blades, former Wallaby and Wallaby Forwards coach. Boys are encouraged to check their email for session details.





Strength and Conditioning Centre

The strength and conditioning centre, under the guidance of new Director of Athletic Development Mr Paul Hallam, has been a busy place. Under the guidance of Mr Hallam and his team of qualified trainers, over 100 rugby players are using the facilities multiple times each week. Below is a photo of the 15s rugby age group hard at work. All players are encouraged to attend and seek out Mr Hallam for advice on how best to use the facilities.





Trial Day Photos







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 (wriqhun2017@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](#).



Cranbrook Rugby Handbook

The 2016 Rugby Handbook will be electronically delivered to all players and parents next week. This document is the first port of call for any questions regarding Cranbrook Rugby. It outlines things such as training and playing uniforms, protective equipment, 1st XV support as well as highlighting all Cranbrook 1st XV Captains and those Cranbrookians that have gone on to represent the country at Schoolboy and Wallaby level. The second half of the handbook is a High Performance Manual which is a must read for all players as they prepare for the season ahead. Cranbrook Concussion Guidance will also be distributed to all families in the near future.



Fixtures - Saturday 19 March v The Kings School

Team	Opposition	Venue	Time
1st	Kings	Doyle 4	3:15
2nd	Kings	Doyle 4	2:00
3rd	Kings	Doyle 4	1:00
4th	Kings	Doyle 4	12:00
5th	Bye		
16A	Kings	Hordern	2:00
Reddam 16A	Kings	Hordern	1:00
16B	Kings	Hordern	12:00
16C	Kings	Hordern	11:00
15A	Kings	Doyle 7	12:00
15B	Kings	Doyle 7	11:00
15C	Kings	Doyle 7	10:00
14A	Kings	Hordern	10:00
Reddam 14A	Kings	Hordern	9:00
14B	Kings	Hordern	8:00
13A	Kings	Doyle 3	12:00
13B	Kings	Doyle 3	11:00
13C	Kings	Doyle 3	10:00
13D	Kings	Doyle 3	9:00



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 7A

Monday 7th March – 13s, 14s, 15s Orientation & Training @ Carter Hall & Hordern

Tuesday 8th March – 16s, Opens @ Hordern

Wednesday 9th March – 13s, 14s, 15s @ Hordern

Thursday 10th March - CAS SWIMMING – NO TRAINING

Saturday 12th March: Internal Trials/Training @ Hordern

WEEK 8B

Monday 14th March – 14s,15s @ Hordern, 13s @ Woollahra

Tuesday 15th March – Opens @ Hordern; 16s @ Woollahra

Wednesday 16th March - 15s @ Hordern, 13s, 14s @ Woollahra

Thursday 17th March - Opens @ Hordern; 16s @ Woollahra

Saturday 19th March: Trial Fixtures v The Kings School

WEEK 9A

Monday 21st March – 14s,15s @ Hordern, 13s @ Woollahra

Tuesday 22nd March – Opens @ Hordern; 16s @ Woollahra

Wednesday 23rd March – 15s @ Hordern, 13s, 14s @ Woollahra

Thursday 24th March – Opens @ Hordern; 16s @ Woollahra

Saturday 28th March: Easter Long Weekend – No Sport

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 (**to be selected Monday 21st March**)

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



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SHOP 14, COSMOPOLITAN CENTRE, DOUBLE BAY

CRANBROOK v KINGS

	1st XV	2nd XV	3rd XV	4th XV	5th XV	Unavailable	
1	Tex Smouha-Ho	Tom Chirnside	Mo Hunter	Jack Barta	BYE	Peter Milios	1
2	Joff Pilton	Connor Sprague	Richard Chalik	Gordon Marr		Andrew Glastras	2
3	Jackson Senes	Oscar Lim-Strachan	Andrew Malpass	Jak Doyle		Fraser Ross	3
4	Tom Burston	Harry Twomey	Simon Finch	Toby Royds		Noah Busteed	4
5	Jake Broekhuizen	James Walker	Oskar Poole	Tom Bouckley		Ed Renton	5
6	Oliver Burston	Joe Pardey	Jordan Maples	Albert Bain		Jack Smith	6
7	Charlie Crammond	Henry Smith	Garth Reynolds	Sascha Zinn		Mack Matters	7
8	Josh Kemeny (C)	Finn Weir	Logan Phillip	Richard Goodman		Jack Suriano	8
9	Harry Doyle	Matt Reynolds	Boston Savvas	Liam Slabber		George Gibson	9
10	Finnbar Stenmark	Aaron Giesser	Tom Tilley	Alex Ring			10
11	Tom Lamens	Alex Antonelli	Zac Muldoon	Will Tearle			11
12	Darcy Searl (VC)	Bertie Sanger	Harry Marsh	Jack North			12
13	Mitch Dickins	Spencer O'Connor	Gideon Kelly	Hugo Hughes			13
14	Jack Anderson	Charlie Hayward	Rio Cameron	Josh Lau			14
15	Harrison Stewart	Joseph Cussen	Will Haynes	Noah Gurney			15
RES		James Schiller	Alex Floyd	John Tsakiris			RES
RES			Ted Hootman	Tom Goodman			RES
RES				Finn Morrison			RES
RES				Gianluca Zarfarti			RES
RES				Roly Storch			RES
				Tom Goodman			
				Nick Whillas			
				Sam Worthington			

CRANBROOK v KINGS

	16A	16B	16C		Unavailable	
1	Ed Banks	Stephen Neophytou	Kay Ehrlich		Louis Marr	1
2	George Head	Max Raine	Jamie O'Sullivan		Tom Murray	2
3	Will Andreas	Billy McGrath	James Spira		Konrad Kluck	3
4	Seb Morton	Linden Norton	Jack O'Donnell		Will Crowley	4
5	Patick Carr	Nick Jewell-Tait	Will Smith		Isaac Antico	5
6	Harvey Tilley	Charlie Wood	Emmanuel Katsigarakis		Tom Beckhurst	6
7	Jackson Harrigan	Jon Vicars	Eden Elmowy			7
8	Oscar May	Nicolai Arias Richard	Lachlan Kluck			8
9	Fergus Martin	Fionn Parker	Harry Shutes			9
10	Tim White	Elias Green	Matthew Haviland			10
11	Aaron Meyer	Jack Allen	Matthew Gibson			11
12	Alex Buchen	Luca Donald	Alex Neylon			12
13	Will Banks	Claude Gray	Andreas Van Niekirk			13
14	George Dovellos	Ben Ritchie	Max Haralambis			14
15	Albie Greaves	Daniel Gardner	Mychal Bruell			15
RES		Matthew Harris	Tommy Reed			RES
RES			Jeremy Chea			RES
RES			Liam Corr			RES
RES			Steven Law			RES
RES			Niall Jacob			RES
RES			Jake Van de Byl			RES

CRANBROOK v KINGS

	15A	15B	15C	Unavailable	
1	Hugo Hayman	Gardner Dowling	Jack Henderson	Darcy White	1
2	Anders Steglick	Nicolas Taranto	Tom Poole		2
3	Jack McCaffrey	James Herron	Sam Docker		3
4	Oliver Carroll	Luc Bonnell	Angus Halliday		4
5	Lachlan Peters	Tom Greig	Nicholas Woods		5
6	Gabe Meyer	Marcus Roberts	Nicholas Talbot		6
7	Leo Christopher	Harry Granger	Charles Turnbull		7
8	Perry Tasker	Henry Harding	George O'Regan		8
9	Tas Smith	Clem Corkill	Ben Fuller		9
10	Jude Gibbs	Jack Smith	Marlon Moseley		10
11	Luca Polese	Oscar Pintaric	Nicholas Paetzholdt		11
12	Jacob Taylor	Ben Waitsman	Sam Wright		12
13	Peter North	Anthony Kourembanas	Ben Parnell		13
14	Xavier Zuccon	Luke Wanless	James Wilson		14
15	Max Epstein	Jake Taylor	Jordan Bloom		15
RES	Oliver Lamens	PJ Foord	Jordan Bloom		RES
RES	Tristram Moulton	Joe Mellick	Patrick Ricardo		RES
RES			Henry Walker		RES
RES					RES
RES					RES

