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2019







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# Principal's message



***"WELL THERE I WAS** with the line in front of me, and I thought to myself how daft to risk dribbling the ball with the foot, so I simply picked up the thing and ran over the line and touched down. I didn't half get a wiggling from our skipper, I can tell you, and as for the Head, he was furious"-William Webb Ellis, traditionally the originator of modern rugby, 1823 (dub.).*

Bishops has always tried to play the "running game", indeed, the Bishops brand of rugby is admired and respected throughout the country. Our emphasis has always been on the team and not the individual; hence our tradition of not wearing numbers on our jerseys. This sends a strong message that it is the team and not the

individual that scores the try.

Rugby is a very special game, it is one of the few sports that caters for all boys, whatever their shape or size, skill or speed. There is a place for the "fatty and the thinny, the tall and the short, the fast and the slow"! In addition it fosters and engenders a wonderful sense of camaraderie and spirit. It is a multifaceted game which, if played properly, develops all the skills.

At Bishops our philosophy is that rugby is part of the education process in which many lessons for life can be learnt. It is important that results are kept in perspective and that our boys are humble in victory and gracious in defeat.

We can look back on a very successful season for our 1st XV, a very young side, which augers well for the future. We are concerned with the high levels of injuries which deter boys from playing the game, hence our emphasis on a comprehensive conditioning programme for all players.

I thank all of you for your wonderful support for the Bishops Rugby brand. We are particularly indebted to the efforts of our parents and supporters who provide the finances, which allow us to offer top-level coaching and conditioning of our teams.

Guy Pearson  
Principal





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# THE Bishops Way





Master-in-Charge of rugby at Bishops, **Dave Mallett**, discusses rugby coaching at Bishops – and the challenges to ensure a successful future.

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**IN ONE CAPACITY** or another, I have been involved in rugby at Bishops for 15 years (coach, MiC, father and uncle) – so I’m reasonably well-placed to give my views on the changing nature of the much-banded about, but less-frequently understood, notion of playing “Bishops Rugby”. What follows are my thoughts on our coaching philosophy and the various factors that play a role in determining how we go about trying to implement such a philosophy.

Taking absolutely nothing away from Piley Rees, I dare say that the name most commonly associated with playing Bishops Rugby is Basil Bey. His approach to rugby is best summed up in the quote featured in our home-match programme:

“A small prayer for all players: stay on your feet, pass before contact so that you may support, run at gaps and not at people and believe that you can score off first-phase ball. Then a short one for wings and outside centres: may you one day receive the ball from a full-line movement!”

### **Basil Bey**

I’m told by my good friend and resident archivist, Paul Murray, that Basil was greatly influenced in the game by R.C.H ‘Bob’ Hart. Bob was an ex-serviceman, who after studying at Rhodes University, started teaching at Prince Edward and coached the First XV when Basil was there in the ‘50s. In short, Basil practised and preached running rugby – he had a pathological dislike of players who aimlessly kicked away possession. Basil stayed true to his philosophy

throughout his tenure as the Bishops 1st XV coach, achieving significant success and putting Bishops Rugby on the map, in no uncertain terms.

I believe that Basil’s successors have all, in their own way, tried to stay true to his legacy – but have faced a variety of challenges in the process. In this regard, and for the purpose of this article, I’d like to list a few – in the hope that they will help explain our rugby coaching philosophy today.

Firstly, and most obviously,

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**“...we have the responsibility to develop players into highly skilled individuals, who can think for themselves”**

---

rugby has evolved at an extraordinary pace. Defence systems, in particular, have become incredibly tight. Teams employ “rush”, “banana”, “double-hit”, “numbered-up” and “numbered-down” defence patterns – all of which require specific counter-measures to unlock. As John Dobson amusingly said in a previous Platinum Blue article: “no longer does a simple, dummy-switch send the entire Paarl backline running into the stands!” So, in turn, Bishops Rugby has had to adapt. Running the ball at all costs would play directly into the hands of those opponents who would seek to blunt our style of play...with disastrous consequences. So, does that mean that we’ve abandoned Basil Bey’s philosophy? Not at all. We try, simply, to play Bishops Rugby – but in the modern era. In essence, that requires us to be a little more patient – savvy, if

you will. And dare I say it, Basil, even the judicious use of the boot can be regarded as a legitimate Bishops Rugby tactic! Anyone who saw Keagan Blanckenberg’s try against Boland Landbou this year, from a pinpoint Sacha Mngomezulu cross-kick, will have to agree with me. Perhaps an accolade that I cherish most came from Andrew Campbell (OD, past Bishops 1st XV captain and current Founders parent) – it encapsulates our coaching philosophy:

“We have seen a great variation in tactics, outstanding pick-and-go technique, hunger to get up in defence, typical Bishops long-range tries and great results, with the northern-suburbs teams re-learning respect for Bishops rugby. You’ve played Bishops running rugby, but intelligently. However, most importantly, almost everyone mentions the team culture.”

To this end, we have the responsibility to develop players into highly skilled individuals, who can think for themselves and can make good, instinctive decisions. We need to coach players to see space, get the ball to space and break down defences. There should be cohesion amongst the players in

Above right: Jean Nolte, head U16A coach and Afrikaans teacher. There are just 12 teachers who coach rugby at Bishops, necessitating the employment of dedicated and keen outsiders made up of stooges, students and old boys.









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our teams, united in their determination to play a fast-paced, highly skilled, support-based attacking game. That's Bishops Rugby!

In order to achieve that, conditioning is non-negotiable – and that brings me to my second point. You cannot play Bishops Rugby without the necessary fitness and conditioning. It is very much part of our 1st XV philosophy and why we have been using Steve Macintyre for as long as we have. It is also why I am so delighted that the school has agreed to our proposal to employ Steve in a far greater capacity

Left: Playing a team sport is a vital part of education and coaches are integral to the delivery of that education.

from next year – from U14 level all the way through to U19.

Steve has an impressive track record: 22 years experience in rugby-specific strength and conditioning:

- Bishops rugby (12+ years)
- Premier League Club Rugby
- Provincial U21 Rugby
- Vodacom Cup Rugby
- Currie Cup Rugby
- Super Rugby
- Springbok Rugby (2007 World Cup Champions)

In a nutshell, our conditioning philosophy is based on the following:

- Professional, age-appropriate conditioning is the critical foundation upon which improved rugby performance is built. It allows players to

reach their full playing potential and significantly reduces their injury risk and rate. Rugby has changed dramatically in recent years, especially at schoolboy level, with players becoming significantly bigger, fitter, stronger and faster.

- To be competitive in the modern schoolboy game, a complete age-appropriate, rugby-specific conditioning plan needs to be put in place, correctly applied and integrated with a coaching and skills-development programme.

And it is the reference to “a coaching and skills development programme” that brings me to my third and final point.

What is, perhaps, less well-

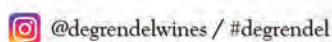
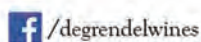


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known about the Basil Bey-era is that he received tremendous support from fellow coaches at the time – most notably Tim Hamilton-Smith, Alan Douglas and Paul Dobson. They were all excellent coaches in their own right and, to a man, were ‘disciples’ of the free-flowing style of rugby that Basil advocated. Importantly, in their roles as U14, U15 and U16 coaches, they ensured that Bishops’ players and coaches were all “singing off the same hymn sheet”. Hours were spent discussing rugby – in the Common Room, at Housemasters’ meetings and often down at the Olympics watering hole!

It is my belief that Bishops Rugby needs more of this – not

necessarily the pub sessions (!), but the ethos of our teachers/coaches sharing ideas, finding common ground and establishing a consistent approach to coaching through the age groups. I say “teachers/coaches”, because, sadly, staff who are willing and able to coach rugby (or any sport, for that matter) are becoming as scarce as hen’s teeth. I’m extremely grateful to the teachers who coach – Bishops is a ridiculously busy place and their administrative workload is far heavier than was the case 20 years ago. But the reality is that we have 20 rugby teams and out of a possible 70 academic staff members in a school of 760 boys, precisely 12 coach rugby. The rest of our coaches (28) are stooges and students, transient

in nature. It is for that exact reason that we need, as part of our philosophy, to ‘invest’ in our teachers/coaches ...and why bringing Steve MacIntyre into our fold, in a greater capacity, is so critical. Apart from his top-quality conditioning methods, Steve will be tasked with implementing the following in our rugby structures:

- A comprehensive coaching and skills-development programme intervention to be implemented across all the age groups, covering all facets of the game including:
- All on-field rugby specific skills (catching, passing, kicking, goal kicking etc.)
- Set pieces
- Defence (systems and tackle technique)



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This will be massively beneficial to our coaches and will provide a sustainable model for Bishops Rugby for years to come.

So, here's to staying true to Bishops Rugby! I should say "*Pro Fide et Patria*", but in this instance, my old Wet Pups motto would seem to be more appropriate – "*Iusta Tenete*" (Hold fast to what you know to be right).

Right: If the Supporters Club stands are to filled for games, there needs to be consistency in the approach to "Bishops Rugby" throughout the age groups.



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# Johnny, the Bull

By Howard Kahn

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DID YOU HEAR the story about the kid from Brakpan who played for the Stormers and now plays the Bulls? Oh wait, there is more – he also attended Bishops.

“At least I’m not the only guy from Cape Town playing for the Bulls at the moment,” laughs the man himself, Johnny Kotze, when told about the introduction to this article.

“(Ja), myself and Sagey [Dylan Sage – Wynberg Boys’ High] are flying the flag for the Southern Suburbs in Pretoria,” he adds.

Kotze, now 26, played all his junior rugby for Western Province from 2012 up until 2014, before making his senior WP debut and, eventually, earning his keep at Super Rugby level for the Stormers.

He made 19 appearances for the Stormers, mainly on the wing, between 2015 and 2016 before making the move to Pretoria in 2017.

Speaking about his move, Kotze says: “I loved my rugby in the Cape and obviously have brilliant memories of my schooling at Bishops and playing my youth rugby within the WP set-up.

“But I got an opportunity to challenge myself in a new environment at the Bulls and it was something I couldn’t resist. It’s obviously great to be close to the family again, but it was a rugby decision, first and foremost and I’ve enjoyed the change.”

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**“It’s obviously great to be close to the family again, but it was a rugby decision, first and foremost...”**

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Kotze’s first year in Pretoria did not see him add to his Super Rugby tally, but the arrival of former All Blacks coach John Mitchell ahead of the 2018 season saw him jump to the front of the selection queue as the Bulls looked set for something of a Super Rugby revival last year.

“(John) Mitchell certainly changed my outlook on the game,” says Kotze, “he challenged us players and we learnt a lot in the process.”

Despite the influence of Mitchell and the team’s expansive approach, the Bulls still finished at the bottom of the

South African Super Rugby Conference in 2018.

However, their performances this year – under the coaching of Pote Human – saw them finish second in the SA Conference and very nearly pick up a dramatic away quarter-final win over the Hurricanes in Wellington.

Kotze was at No 12 that day which saw him come up against block-busting All Blacks second five-eighth Ngani Laumape, with Springbok regulars Handre Pollard and Jesse Kriel on either side of the former Bishops scholar.

“That’s what you want,” says Kotze, “you want to play alongside players of the quality of Handre and Jesse and come up against internationals like Laumape... the Sonny Bills, etc, that’s what you want to do as a professional rugby player and it’s the reason I opted to move to Pretoria... to get that more regular game time and (to)



play in those big matches.”

Ironically, in some ways one could argue that the turning point for this Bulls team came in last year’s Currie Cup semi-finals, when a largely untried squad very nearly came close to upsetting an all-conquering Province team that had gone through the league phase of the tournament unbeaten.

“That was one helluva game,” remembers Kotze. “We actually outscored WP by four tries to two, but they ended up winning in extra time in a high-scoring game. Everything was against us going into the game, but we certainly left it all out there.”

And how about playing in such a big knockout game, and very nearly upsetting the apple-cart at his old home-ground, DHL Newlands?

Kotze grins, “Ja, it was weird being back there (at Newlands) in the visitors’ changeroom and all. I’ve known (coaches) Dobbo [John Dobson] and Dawie Snyman for some time and both have done plenty for me in my career but it’s all part of moving away, you need to put those emotions aside for the 80 minutes, or in that case, 100 minutes, and just concentrate on the job at hand.”

While many of the Bulls players headed off on holiday after their unlucky semi-final defeat, the 2018 rugby year was far from over for Kotze, who then packed his bags for Swansea for a three-month loan spell at top Welsh club, the Ospreys.

Talk about a change of scenery!

“Wales isn’t that warm,” he chuckles, “I wasn’t quite sure I’d



Above: Kotze joined the Bulls in 2017, having played for WP U19, U21, Western Province and the Stormers from 2012 to 2016.





Left: Kotze has made 28 appearances for the Bulls, scoring eight tries so far.

made the right move after those first few chilly practice sessions!

"But it really was a great rugby experience for me. As you know, I'm not scared to make big decisions. As a schoolboy, moving from Brakpan to Bishops... then from the Stormers to the Bulls... this was actually an easy decision to make, mainly, I guess, because I knew it was just a loan spell, but it was just a great chance to make new friends and experience a new style of rugby."

In all, Johnny played four games for the Ospreys during his loan stint in South Wales. He had a taste of both the Pro 14 and the European Challenge Cup and, even though he was not able to help his team pick up a win, it is an experience he looks back on with fond memories.

"I played in big games in Dublin, Paris, Pau and Glasgow in both the Pro 14 and the

Challenge Cup. I played and trained in some treacherous weather conditions and I made some great new friends. I even got to catch up with (fellow OD) Oli Kebble after the Glasgow game – even though both he and [fellow former Stormer] Huw Jones were not in the Glasgow team that day.

"I also managed a bit of travel in between our matches and training, getting to London – seeing old rugby mates like Vince Koch (at Saracens) and playing some golf at some great overseas courses.

"It really was a great experience across the board – both rugby-wise and off the field. I would recommend an overseas stint like this to any young SA player. Obviously the overseas market is an attractive one to us as SA players, but I actually think a short loan spell like this is good to test the

waters initially and to see if it would appeal as a potential long-term move."

While open to perhaps one day experiencing another overseas move – be it for the short or long-term – Johnny's immediate focus was on the 2019 Currie Cup with the Bulls, with his team fighting hard for a play-off place at the time of writing.

Thereafter the focus will again turn to Super Rugby, as the Bulls look to build on their second-place finish in the 2019 SA Conference – albeit without the likes of Bok stars RG Snyman, Duane Vermeulen, Handre Pollard and Jesse Kriel, all of whom will be playing abroad after the World Cup, while veteran hooker Schalk Brits rides off into the sunset and into retirement.

"I might not have as many caps as the likes of Handre and Jesse, but I have been playing senior professional rugby since 2014, so that experience needs to count for something now... I need to be and want to be one of the guys to step up in 2020," says Kotze.

"We have made some shrewd experienced signings in the form of Juandre Kruger, Josh Strauss and Morné Steyn and they will bring their overseas experience back to Loftus.

"We showed this year what we can do and it's up to us guys who are staying behind to build on what we achieved this past year."



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# Bishops in Ireland

In March, 26 boys and six staff members departed for Ireland to play four rugby matches in just under two weeks, visiting Dublin, Galway, and Limerick. **Wesley Chetty** and **Chris Ekron** report.

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**DURING THE BUILD-UP** to the tour, one of the major concerns was that we would be entering the four games lacking match fitness as we were still in pre-season compared with our Irish counterparts who were coming to the end of their season in the Northern Hemisphere. While the success of a tour is based on the win ratio of games played, the off-the-field memories, team-building activities and stories to be told in years to come are essential to the overall success of the tour for the boys.

Our first stay was in a town called Dún Laoghaire about 12km from Dublin and our first

**“It was a good performance from our boys against the best that Leinster could put out...”**

match was up against Leinster Youth Provincial U18s, which right from the start we knew was going to be our toughest match on tour. We started the better of the two sides with excellent team tries from Connor Evans and Matt Lennett. Leinster stayed within reach for most of the first half with a well-worked try and a penalty. There was no doubt we were playing the better rugby. However, we let several try-scoring opportunities go to

waste; match fitness also did prove to be a factor as Leinster started to get a grip on the fixture, scoring two excellent tries that put the match out of our reach. It was a good performance from our boys against the best that Leinster could put out; however, they would have been disappointed in not taking chances at winning the match.

The boys had the following day to recover and get ready for match two against Ballymena

The team gathers with coaches and management at the last game of the tour, which was against St Munchin's College







Academy to be played at Terenure school. It was another very wet and windy day in Ireland. The boys put together some well-worked team tries, the stand-out performances from Sam Rudston, Luca Liebenberg and Ollie Jones were vital on the day, however, the conditions required the team to knuckle down and get stuck in. It was also the first time for many of





the boys to play on a 4G pitch, which made the conditions a bit more bearable. Playing into the wind allowed us to play some classic running rugby as the backs moved the ball through the hands. We were able to win 46-5; considering the conditions, an excellent result. The following day the lads had the chance to experience the true Irish tradition, St Patrick's Day and

spent the morning in Dublin watching the parade and then moved on to attend the Leinster School Cup final between St Michael's and Gonzaga College.

It was day six and time to depart for Galway, but on route, the boys got a chance to learn about the true Irish sports, such as Hurling, Gaelic Football, and Gaelic Handball, which for many of the boys will go down as one

Above: Keagan Blanckenberg on attack against Ballymena, with (from left) Liam Kloosman, Aidan Macdonald, Connor Evans and Jack Hampshire in support. Left: Caide Spriestersbach scored one of the eight tries that Bishops scored against Balymena Academy in their comprehensive 46-5 victory.





of the most memorable activities on tour.

Our third fixture was against Galwegians Rugby Club, a traditional Galway rugby team. The boys would be challenged here as these players were from various schools across Galway, however, several of their players were involved in school matches, which made them significantly weak. Again the conditions proved to be tricky, but a mature performance from the players on a grass pitch saw more tactical kicking and forward dominance that enabled us to win 48-7. Captain Isaiah Wharton led superbly once again and had plenty of aid from the rest of the pack. In the end our tactical play, as well as our forward dominance, was too much for the Galwegian rugby club side.

The following day we were off

Above: Captain Isaiah Wharton leads the team out against Galway.

Left: Coaches and management braced against the bitter cold!

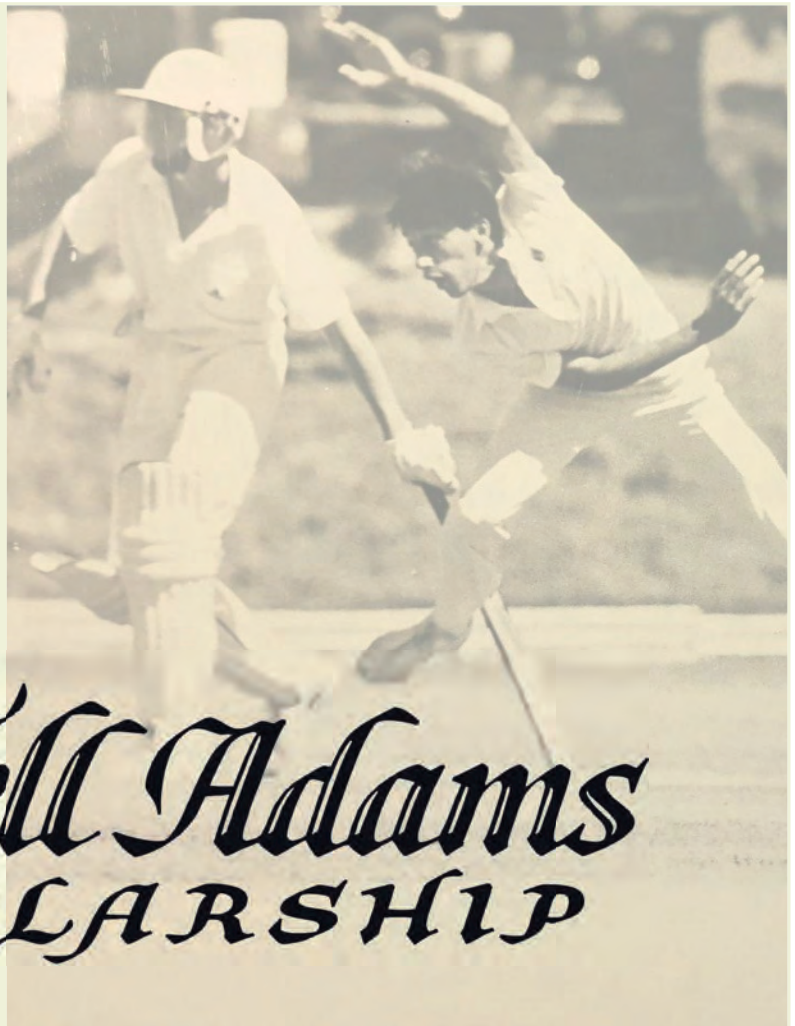
Below: Connor Evans getting plenty of attention from St Munchin's defence!





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**GUY PEARSON**



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to Limerick, but the first stop on the way was at the Cliffs of Moher, a UNESCO Heritage Site and the natural landscape that can not be altered. It's an area of incredibly natural beauty! Greenhills Hotel was out last hotel for the tour, and the boys had a chance to visit the Munster stadium and have a run at the Limerick Sports Campus.

The last fixture of the tour saw us of up against St Munchins this would be our biggest win of the tour, the "dry" conditions allowing us to express ourselves a bit more and we were able to see some fantastic individual tries from players such as Liam Kloosman and

Above: Connor Evans poaches the opposition line-out ball, after an attempt by Sam Rudston at the front.

Michael Ford. For the first time on the tour, the link between the forwards and backs started to work and momentum was starting to grow nicely.

All in all, it was a hugely successful tour in terms of matches for us, the conditions, as mentioned, made things tricky for us, but it was a great learning experience for the boys in the various conditions. They grew tremendously as a team on this tour and it was no doubt a contributing factor to what was a fantastic Western Cape season.

#### BISHOPS 1ST XV TOURING SQUAD

Kyle Beley, Keagan Blanckenberg, James Bolton, Connor Evans, Michael Ford, Wafeeq Francis, Euan Groenewald, Jack Hampshire, Oliver Jones, George Kappatos, Liam Kloosman, Matthew Lennett, Luca Liebenberg, Aidan MacDonald, Max Martin, Sacha Mngomezulu, Sam Rudston, Matthew Smith, Ryan Sneddon, Caide Spriestersbach, Michael Van der Merwe, Keegan Van Wyk, Ross Vintcent, Isaiah Wharton, Charles Yates

#### COACHING STAFF

Chris Ekron, Wes Chetty, Geoff Huber, Ken Kabongo, Dave Mallett, Charlie Post, Dylon Frylinck

#### Game 1 – Leinster Youth Provincial U18s

Result: Lost 26-31

Tries: Bolton, Evans, Rudston, Lennett

Conversions: Mngomezulu (3)

#### Game 2 – Ballymena Academy

Result: Won 46-5

Tries: Beley, Ford, Jones (2), MacDonald, Rudston, Spriestersbach, Lennett

Conversions: Ford, Mngomezulu, Sneddon

#### Game 3 – Galwegians Rugby Club

Result: Won 48-7

Tries: Groenewald, Jones (2), Kappatos, Liebenberg, Vintcent, Yates(2)

Conversions: Mngomezulu (4)

#### Game 4 – St Munchin's College

Result: Won 75-7

Tries: Blanckenberg, Ford(2), Francis (2), Groenewald, MacDonald, Rudston, Sneddon, Wharton (2)

Conversions: Mngomezulu (4), Lennett (6)



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
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# 2019 Bishops 1st XV



AIDAN MACDONALD  
Prop



CHARLIE YATES  
Flank



CONNOR EVANS  
Lock



EUAN GROENEWALD  
Flank



GEORGE KAPPATOS  
Hooker



ISAIAH WHARTON (CAPT)  
8th man



JACK HAMPSHIRE  
Lock



JAMES BOLTON  
Prop



KEAGAN BLANCKENBERG  
Hooker



LIAM KLOOSMAN (VICE-CAPT)  
Scrumhalf



MATTHEW LENNETT  
Fullback



MATTHEW SMITH  
Wing/Flank





**MICHAEL FORD**  
Centre



**OLIVER JONES**  
Centre



**SACHA MNGOMEZULU**  
Flyhalf



**SAM RUDSTON**  
Lock



**SAMUEL MARTHINUSSEN**  
Wing



**JONO BIRD**  
Flank/8th man



**AYA NGCWANGU**  
Flank



**LUCA LIEBENBERG**  
Wing

ADDITIONAL SQUAD MEMBERS

Kyle Beley  
Wafeeq Francis  
Max Martin  
Ryan Sneddon  
Caide Spriestersbach  
Michael Van der Merwe  
Keegan Van Wyk  
Ross Vintcent  
Joe Kirsten  
Dan Kirsten



**WESLEY CHETTY**  
Head coach



**DYLON FRYLINCK**  
Assistant coach

Assistant coach: Charlie Post  
Manager: Chris Ekron  
Medial team: Megan Chetty  
(Physio), Geoff Huber (Doctor)  
T-i-C of Rugby: Dave Mallett

Video analysis and cameraman:  
Thomas Kingdom



# 1st XV review

By Wesley Chetty

---

THE 2019 SEASON and the preparation for it started much earlier than anybody expected, which was, of course, due to the much-anticipated tour of Ireland. A squad for this tour was selected in August 2018.

The squad worked extremely hard knowing what was lying ahead. We really enjoyed the tour of Ireland, which saw us winning three out of four games, losing to the Leinster provincial U18 team, who would later go on to win their national competition.

The Western Province schools league is no doubt the toughest in the country and this meant that we would be in for a challenging season with the young side that we had – no fewer than 16 Grade-11 boys played for the 1st XV in 2019.

The matric boys who, for various reasons had a lower numerical representation in the team, guided them brilliantly.

We were tasked with starting our league campaign with a visit from Paarl Gym. The game was a much closer affair than the score suggests, with the difference being a dropped ball on Paarl Gym's line, which resulted in them going 80m to score a try. I have said it numerous times this year that I believe the outcome of the Paarl Gym game could have been different if we had had the fixture later in the term.

We then had a comprehensive win over Bellville High School before we visited SACS. In the SACS game, we showed glimpses of what this side was capable, with some great team tries finished off by Izzy Wharton and Joe Kirsten; this would be an important win that would kick-start our season.

The following week we travelled out to Boland Landbou where we faced a highly rated side that had recently come off some big wins. The first half was an







Above: Sam Rudston charges for the line in the home game against Rondebosch.

Left: Connor Evans, who played for the SA Schools XV in 2019, going hard into contact against Paarl Boys' High.

even one in which Landbou had a slender lead and what would follow in the second half can only be described as some of the best rugby I as a coach have ever seen. The boys changed a gear and showed that their conditioning was a step above their opponents. We ran from all over the park and we were in full flow; there were some fantastic performances on the day. It was our first win at Boland Landbou in 10 years, which made the result a special one.

Next up we travelled to Wynberg where Wynberg dominated the first 20 minutes, leaving us 20 points to nil down. The boys did not panic, however, and started to claw their way back with two great long-range tries by Aiden Macdonald and Liam Kloosman.

The third try that put us in the lead could only be described as a classic Bishops try – after defending our tryline for about 10 phases, a penalty was quick-tapped by Liam Kloosman in our own in-goal area; the ball travelled through seven pairs of hands with not one breakdown and ended with Ollie Jones going in under the sticks.

From that point on we never surrendered the lead again, with the game ending 60-40. The team was growing in confidence and we were fairly at ease awaiting the visit of the all-matric Paarl Boys' team, who would go up against the Bishops side that had 11 Grade 11's due to injuries of key players like Izzy Wharton. The boys acquitted themselves well and, if it were not for a poor 10-minute spell after halftime, the result could have been a different one.

The first Rondebosch vs Bishops game was always going to be a big one as both sides were in relatively good form. We were blessed with a great day at the Piley Rees; again we started poorly, trailing after 10 minutes, but again we gathered our composure and showed tremendous character on such a big occasion. We went into the lead and never looked like losing; if anything, we left a number of try-scoring opportunities out on the field. It was a great win and good way to end the first half of the season.

The second half of the season was always going to be tricky as the fixture list presented us with a tough





Above: Liam Kloosman against Rondebosch on the Piley Rees – Bishops won this first encounter of the year 36-26.  
Below: Jono Bird takes contact against the all-matric Paarl Boys' High side at home on the Piley Rees.

away game against Stellenberg and a tough travel to our rivals St Andrews.

We started against Stellenberg away from home; the team from Durbanville had been having one of their best seasons in their history and it was always going to be tough. We outscored the hosts with tries, but unfortunately an off day with the boot meant that a last-minute penalty gave Stellenberg the win on the day. It was a classic reminder to us that we needed to be on our guard for every game as there are no more “easy” days in the Western Province league.

We had to lick our wounds and then travel to Parel Valei where we received a big wake-up call in the forwards department. Parel Valei dominated at set-piece time, however, some well constructed tries meant that we were convincing winners on the day.

It was then the turn of SACS to visit the Piley Rees; we were very good on the day and put in a more familiar performance in which we dominated all aspects of play and were fairly comfortable winners on the day.

Our worst defeat of the season came at the hands of St Andrews: a well-drilled and experienced St Andrews side put us to the sword in Grahamstown, and it was a tough pill to swallow.





The following week a team comprised of 12 Grade 11s had to face up to a Wynberg side that had just beaten Rondebosch; huge guts and heart were shown on the day in a game that will go down as one of our finest wins. The final game against Rondebosch was not an easy one to watch, with both teams making plenty of errors. In the end, Rondebosch created two moments of brilliance that won them the game. They deserved it more on the day and unfortunately our error rate cost us the game.

All in all the season was extremely enjoyable, the boys were an absolute pleasure to work with. For me, the thing that characterized the 2019 Bishops 1st XV was their uncompromising work ethic, they never gave anything less than 100 percent at training and in matches. A special mention must go to the captain Izzy Wharton for his great leadership, he has been a pleasure to work with and will no doubt go far in life. Thank you to my management team for a wonderful season and of course the parents for all of their support.

We had the team motto "it means more": there is no doubt that Bishops meant more to this bunch of players, who I am very proud of.



Above: Luca Liebenberg powers through the Rondebosch defence with Ollie Jones and Matt Lennett in support.  
Below: Mike Ford, playing at centre, scored eight tries in 17 games for the 1st XV.





# 2019 1st XV results

DATE	VENUE	OPPONENT	RESULT
Thurs 14 Mar	Tour	Leinster RFC	Lost 26 - 31
Sat 16 Mar	Tour	Ballymena Academy	Won 46 - 5
Tues 19 Mar	Tour	Galwegians Rugby Club	Won 48 - 7
Fri 22 Mar	Tour	St Munchin's College	Won 75 - 7
Sat 6 Apr	Home	Paarl Gimnasium	Lost 10 - 31
Sat 13 Apr	Away	Bellville High School	Won 48 - 20
Sat 4 May	Away	South African College High School (SACS)	Won 39 - 21
Sat 11 May	Away	Boland Landbou Agricultural School	Won 53 - 19
Sat 18 May	Away	Wynberg Boys' High School	Won 60 - 40
Sat 1 June	Home	Paarl Boys' High School	Lost 23 - 41
Sat 8 June	Home	Rondebosch Boys' High School	Won 36 - 26
Sat 13 July	Away	Stellenberg High School	Lost 25 - 27
Sat 20 July	Away	Parel Vallei High School	Won 51 - 7
Sat 27 July	Home	South African College High School (SACS)	Won 47 - 17
Sat 3 Aug	Away	St Andrew's College	Lost 22 - 42
Fri 9 Aug	Home	Wynberg Boys' High School	Won 18 - 14
Sat 17 Aug	Away	Rondebosch Boys' High School	Lost 10 - 21



Sacha Mngomezulu clears against Paarl Boys High in the 23 - 41 home defeat.





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		PLAYED	TRIES	CONS	PENS	DROPS	TOTAL
1	Matthew Lennett	13	5	28	6	0	99
2	Sacha Mngomezulu	14	2	16	5	0	57
3	Michael Ford	17	8	1	0	0	42
4	Oliver Jones	16	8	1	0	0	42
5	Samuel Rudston	17	8	0	0	0	40
6	Liam Kloosman	16	6	0	0	0	30
7	Luca Liebenberg	15	6	0	0	0	30
8	Isaiah Wharton	14	6	0	0	0	30
9	Samuel Marthinussen	12	6	0	0	0	30
10	Keagan Blanckenberg	12	5	0	0	0	25
11	Euan Groenewald	9	4	0	0	0	20
12	James Bolton	17	3	0	0	0	15
13	Aidan MacDonald	14	3	0	0	0	15
14	Connor Evans	15	2	0	0	0	10
15	Charlie Yates	11	2	0	0	0	10
16	George Kappatos	8	2	0	0	0	10
17	Wafeeq Francis	6	2	0	0	0	10
18	Kyle Beley	6	2	0	0	0	10
19	Joe Kirsten	3	2	0	0	0	10
20	Ross Vintcent	9	1	2	0	0	9
21	Ryan Sneddon	4	1	1	0	0	7
22	Jack Hampshire	14	1	0	0	0	5
23	Matthew Smith	10	1	0	0	0	5
24	Caide Spriestersbach	4	1	0	0	0	5
25	Dan Kirsten	2	1	0	0	0	5





Matthew Lennett, who shared the kicking duties with Sacha Mngomezulu, ended the season as top-points scorer with 99 in total (74 from the boot).



# 2nd XV (Whites)

By Ruan Ellis

---

*"TOUGH TIMES NEVER LAST, but tough people do."*

This quote by Robert H. Schuller has never been more relevant. The Whites had a tough season and with a positive points-difference of just 26, one can imagine how close many of our games were.

Four of these matches literally went down to the last seconds and we could have added four more wins to our tally, which would see us with only four losses at the end of the season. But, this is the game we play and love and one has to accept the bounce of the ball as well as the referees' calls.

During our weeks of training, we worked very hard on building individual confidence and a great team culture. This played a pivotal role in maintaining our

team cohesion as every week saw a different team selection, as injuries and changes to the 1st XV took their toll. It has been a memorable year and we wish our matric boys all the best for the future and encourage them to carry on playing the beautiful game.

Many of them played a second season for the Whites and this helped a lot with setting the tone for our younger players.

The Whites will bounce back and 2020 promises to be cracker of a year on the Piley Rees. Please do come down and support the boys!

Below: Inno Macha on attack with (from l to r) Dan Kirsten, Drew Burton, Wafeeq Francis and Tano Silvertsen in support.





## 2019 SQUAD

Rafeeq Adams, Kyle Beley, Ubaid Francis, Wafeeq Francis, Euan Groenewald, George Kappatos, Dan Kirsten, Joe Kirsten, Innocent Macha, Max Martin, Mbongeni Mavuso, Masood Meyer, Aya Ngcwangu, Tano Sivertsen, Ryan Sneddon (capt), Caide Spriestersbach, Adam Suliaman, Michael Van der Merwe, Teubes Van Niekerk, Keegan Van Wyk, Ross Vintcent, Michael Wesson, Dallas Wichmann, Aaron Woodman

## PLAYING SUMMARY

Played 14; Won 6;  
Lost 8; Points for 357;  
Points against 331



Above: Ross Vintcent with the try under the poles!

Below left: Wafeeq Francis evades the tackle of a SACS defender. Below right: Dan Kirsten clears the ball from the base of the ruck, while Aaron Woodman looks on.





# 3rd XV (Stripes)

By Richard Smith

---

THE STRIPES PLAYED some wonderful rugby in 2019 and scored plenty of tries (226 points vs 36 in six games against our southern-suburb rivals). We dominated the southern suburbs and got the “Grand Slam” – extremely rare and something the 3ds have not done for decades, certainly not in the 13 years I have been at the school. We came so close to knocking over an N1 school with a one-point loss to Landbou on the farm, with a conversion to win it that dropped just under the cross bar. There were so many stand-out performances from a team’s and players’ perspective. We must acknowledge the leaders and the core group of players like Mike Coles, Cameron Good, Freddie Davis, Drew Burton, Luke Flint, Mike Wesson, Aidan Murphy, James Koster and the pocket-rocket Adam

Fernandes who encompassed the heart, soul and culture of this team. Another special mention to a couple of leaders that came into the side mid-season and added tremendous value, Mike van der Merwe and Caide Spriestersbach. Then, of course, our young-gun Grade 11s who will go onto represent the school with much pride and ability next year. Well done to Undi Ngxangane, Cameron May, Mitch Labberte, Keegan van Wyk and Simi Mehlomakulu.

In closing, our strong culture and team values, along with the tremendous application to our processes from this group, paid major dividends, and they all improved as players and people. Special mention to our young coaches Eddie Bester and Christian Stehlik, who grew in their roles and added so much.



Left: Masood Meyer in support of Mike Wesson (carrying) against Rondebosch. Above right: Mike Coles organising defence off the scrum against SACS. Right: Keegan van Wyk taking contact. Far right: Mike Coles with the cross kick.

## 2019 SQUAD

Mike Coles, Cameron Good, Freddie Davis, Mike Wesson, Drew Burton, Adam Fernandes, Luke Flint, Aidan Murphy, James Koster, Mbongeni Mavuso, Mike van der Merwe, Caide Spriestersbach, Cameron May, Mitch Labberte, Keegan van Wyk, Undi Ngxangane, Simi Mehlomakulu,

## PLAYING SUMMARY

Played 12; Won 8;  
Lost 4; Points for 351;  
Points against 179







# 4th XV (Wild Boys)

By **Eric Lefson**

---

THE WILD BOYS STRIVE to be fine examples of running rugby and a great team ethos to the Bishops community.

The team of 2019 more than lived up this standard throughout the year, having an unbeaten second half of the season as well as completing the elusive “double triple-crown” over our traditional southern-suburb rivals.

There are many highlights associated with the season past, however, there are some that stick out more than others. It’s hard to forget Tubs’ match-winning try against Boland Landbou away from home, or Slade’s hat-trick heroics against Rondebosch in our final game. That same match against Rondebosch deserves special mention as the team was 0-19 down at half time and came back to win the match 24-19. This was a true display of Wild Boys determination and the underlying theme of this strong group of players, who very rarely accepted defeat.

The matrices of the group form the heart of the Wild Boys collective and developed the pride and ‘gees’

associated with the team. That being said, the team consisted of many talented and ambitious players, many of whom may go on to play at a higher level for Bishops. The level of improvement shown by the boys was encouraging and special mention must go to players such as Rory Schram for his improvement at the lineouts, Rayan and Cameron for their improved abilities on attack and to all those players who played out of position and excelled such as Zac, Seb, Dinan and Hoogie. It was a pity to have some serious injuries over the season to Sean Murphy, Zimvo and Jaime, but their contribution was always noticed on game day and through their support for their team mates. Every member of the 2019 team added to the Wild Boys’ story, whether it was through one game or an entire season.

All in all, it was a season to remember with a special bunch of gentlemen who represented Bishops proudly and enhanced the Wild Boys reputation through sportsmanship, entertaining rugby and great results. All while having a good time doing it too.







A final word of thanks to our coaches Cameron and Kyle, who did a fantastic job in both getting the best out of the players while at the same time making the season so enjoyable. This team was lucky to have such quality leadership.

#### 2019 SQUAD

Tom Slaven (capt) Jaime Naude, Zimvo Mahlati, Josh Levy, Nicholas Christodoulou, Rory Schram, Seb Allison, Nic Gleeson, Alex Van Hoogstraten, Jack Clayton, Zander Brookes, Sean Murphy, Rayan Hendricks, Cameron Parker-Forsyth, Ethan Kieffer, Kyle Elliot, Matt Leong, Zac Ahmed, Matthew Dinan

#### PLAYING SUMMARY

Played 12; Won 8; Lost 4; Points for 147;  
Points against 211

Top: Jack Clayton on attack against Rondebosch.  
Left: Seb Allison (left) and Zander Brookes look to support an attacking Cameron Parker-Forsyth.  
Right: Zander Brookes with quality service to his backline from the base of the scrum.





# 5th XV

By **Dean Sudding**

---

THE SEASON STARTED SLOWLY with performances that did not reflect the true potential of the players in the team. The turning point came against Wynberg in the second term when they turned on a great performance and, from then on, did not look back. The calibre of the performances and the tries scored were truly a pleasure to witness.

At fullback Ryan Campbell (until promoted to the Wild Boys) was by far the find of the season. His attacking play from the back got better week after week. Jack Brasher at wing/fullback was brilliant on attack and his last line of defence never faltered once. The wings Matthew Leong, Bemvelo Marubelela, Matt Marr and Rushay Shiba were all incisive runners with solid defences. The centres, Adaam Abrahams Welton and Dylan Plaatjies were the perfect pair with Dylan's unbelievable feet and Adaam's strong running the perfect foil for each other. Rayan Hendricks and Matt Sherrell also did duty for the side here and were solid on both defence and attack. At flyhalf, Nic Cattell and Damian Smith (later on) were sound in distribution, kicking out of hand and both had the ability to break the line. The scrumhalves Nic Koch and Ben Gukelberger were valuable in different ways. Ben's



Above: Ryan Campbell was a revelation with his attacking runs from fullback.

Right: Matthew Leong is shut down on attack.

Below: Tom Van Breda is supported by (from left) Luke Avis and Tom Byron.

Below right: Ben Gukelberger looks to support Matt Marr as he looks for a way through the Paarl defence.







service was his strength, while Nic's nuggety play around the fringes, box kicks and defence were his principle attributes.

The props Noah Syndercombe, Sadock Magai and Slaide Marquis were both literally and figuratively huge to the success of the team. Their work rate was unbelievable. Tom Van Breda at hooker was sublime throughout the season with his defence, turnovers and carries highlights of his season. The locks Ian Sherwood (until injured early on), Julian Dower, Luke Avis, Jean-Luc Fourie and Niels Tiaden were all solid in the second row, with Luke and Josh's high work rate vital. Loose forwards Tom Byron, Jan Smuts, Alex Russell, Sam Bury (Matt Marr and Matt Sherrell also served the side well here) were all sound in securing second-phase possession, carries and decent defence. Tom Byron as







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the leader of the side, was a great find and led superbly by example. It was a pleasure coaching these fine young men and a big thank you must go to William Day and Nicolas Zille for their huge input throughout the season.

#### 2019 SQUAD

Sadock Magai, Slaide Marquis, Sam Bury, Noah Syndercombe, Luke Avis, Thomas van Breda, Julian Dower, Tom Byron (Capt), Nic Koch, Ryan Cambell, Nic Cattell (Vice-Capt), Bemvelo Marubelela, Aadam Abrahams Weltin, Dylan Plaatjies, Matthew Leong, Jack Brasher, Jan Smuts, Jean-Luc Fourie, Niels Tiaden, Alexander Russell, Ben Gukelberger, Matt Marr

#### PLAYING SUMMARY

Played 11; Won 5; Lost 6; Points for 243; Points against 214

Left: Matt Sherrell goes high to take the line-out ball from Jan Smuts, with Ben Gukelberger at the ready.

Right: Jack Brasher who played at wing and fullback, with the conversion attempt.



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# Under 16 teams

**U16A** by Jean Nolte

---

WE WERE BLESSED this year with the amount of talent available in the U16 division. The A-team squad was a particularly gifted group of players. It has often been said that good people make good players and this was certainly applicable to these boys.

Despite the fact that they are a talented group of players, they proved also to be gentlemen on and off the field – tough gentlemen, but nonetheless gentlemen. The team developed a culture of hard work and determination and a stubbornness on defence that reflected an unwillingness to yield to the opposition.

As much as they could defend, they could also attack – and boy could they attack... There were moments of utter delight as they produced some sublime play that led to some really wonderful tries. These were, of course, made possible by a pack of forwards willing to work hard in the set pieces and at the breakdown to ensure that we often had ascendancy and momentum before we set the backs free to play.

This is a very well-balanced side and it allowed the coaches to implement variety in their approach. As a result they were never predictable and the opponents

were often wondering what would happen next. There were many highlights throughout the season, but two I will remember for a long time would be victories over Paul Roos (in Stellenbosch) and Boland Landbou (on the farm).

A special word of thanks must go to Warwick Richter (our very professional manager), Luke Jacobs (who expertly coached the backs) and to Matt Shone (who conditioned the players and looked after the boys on the field). It was indeed a season to remember. I certainly look forward to watching these players as they progress to higher honours.





**2019 SQUAD**

Samuel Aitken, Torben Bergh, Alastair Bruce, Aidan Burns, Bruce Campbell, Josh Carnell, Nassar de Kock, John Fisher, Suleiman Hartzenberg, Benjamin Jack, Imad Khan, Josh Mansfield, Josh Michau, Alex Myeki, Jack Pace, Luke Parker (vice-captain), Chris Pittaway, Dylan Redding, Jonathan Roche (captain), William Ross, Joseph Ruiz von Walter, Benji Voogt

**PLAYING SUMMARY**

Played 17; Won 13;  
Lost 4; Points for 582;  
Points against 273



Above: Jonathan Roche looks to offload with Ben Jack coming up in support.

Left: Try time! Nassar de Kock scores against Paarl Boys' High, with Bruce Campbell (left) and Josh Carnell looking on.

## U16B by Barry Emms

ANYONE INVOLVED with the U16B team this year can certainly look back at the season with fond memories. A 50%-win ratio in an extremely tough league is not too bad. But the results are not important, are they? To the boys they are and that's understandable. After a good win and then a near-loss against A-sides at the Wynberg Festival, followed by the unforgettable (for all the wrong reasons) win over a touring team from Belgium, the boys faced a tough series of losses, involving the four Boland schools and then two very disappointing losses to SACS and Wynberg.

Yet each week they were getting closer and closer to playing more competitive and fluid rugby and were finally rewarded by a close, but well-deserved 8-7 victory over Rondebosch.

In the second half of the season, the lads hit their straps and played some outstanding rugby, most notably the good win over Stellenberg and two convincing victories over both Wynberg and SACS – reversals of the previous losses. Unfortunately there was still one more difficult lesson to learn, as we were probably over confident going into the final derby against a Rondebosch side which just did not make a mistake and then fed off ours.

These boys were privileged to be coached by Lihleli Xoli (better known as X) and Duncan Saffy, two Founders House Stooges, passionate and very knowledgeable about the game, who created a fun but challenging environment. Their own immense work ethic really rubbed off on the boys and I wish to thank them for their outstanding

**2019 SQUAD**

Jake Greenberg (capt), Josh Mansfield, Benji Voogt, Joseph Ruiz von Walter, Keenan Mills, Dylan Redding, Oliver Kennedy-Smith, Oliver Heinemann, Liam Harrison, Luca Van Wyk, Max Cary, Aidan Brand, Sipho Ndlovu, Jack Pace, John Fisher, Oliver Nicklin, Berkeley Graaff, Josh Lander, Peter Myburgh, Ilyaaz Arnold, Dylan Wood, Schyler van der Westhuizen, Luke Solomons, Nicholas Classen, JP Freddy, Chad Louw, Irshad Abrahams, Josh Abrahams.

**PLAYING SUMMARY**

Played 16; Won 8; Lost 8; Points for 262; Points against 302





contribution to Bishops rugby this year. The boys will certainly enter the senior age group with a far better understanding of the game and sharpened individual skills. There is no doubt that each boy has become a better rugby player, thanks to X and Duncan. I wish the boys all the best for open rugby – I will be watching their progress with keen interest!



## U16C by Keith Warne

THE BOYS had a tough season this year. We started off with a strong bunch of lads with a full complement of subs, but unfortunately just were not able to put things together on the field. Truth be told, we struggled to find the right 'gees' and focus for much of the season. Practices were tough and games even tougher with many performances well below our true potential. One draw and six losses

made a pretty disappointing start to the season.

However, perseverance paid off. Gradually we began to find some form and things started coming together on the field. Grit shown during practices started to emerge against our opponents: Sipho Ndlovu, Liwani Lyema, and Tshepiso Oliphant working hard up front to secure and hang onto the ball; Tom Bester and Max Rebe providing

consistent service from scrumhalf; Max de Romjin and Berkley Graaf distributing from flyhalf to allow the Forbes brothers, Cameron Toy, James Mason, Tshiki Solomzi, Jonty Couves, Adam Clark and Daniel Nelson to begin running out wide. Matt Byron could always be relied upon to tackle everything in sight (until he ran out of sugar), with Donald Wilkin also toiling away in the rucks. James Turner, Liam





Rodgers, Sergey Huish, Scott Nixon, James Diemont, Nicholas Amman, Callum Musselwhite, Mangaliso Nogantshi, Slade Tait, Luca van Wyk, Luca Nicholson, and Gabriel Dyssel Hofflinger could also always be relied upon to do their share.

When we finally developed some confidence, we finished with three wins from our last four games. Our best performance was against the Wynberg team that put 48 points on us in the first game. The boys put on a show of some of the highest quality rugby I've seen in a long time. We scored expansive tries out wide, hard-fought forward tries through the middle and textbook moves under the poles. It really was beautiful to watch. The high point of the season though has to be beating Rondebosch in our last game, whilst giving ALL 27 boys who had been part of the squad throughout the season some time on the field! Well done lads, it wasn't always pretty but we did OK in the end. A big thanks to Sam, Clyde, Tshepo, Sisanda and Josh who handled the lion's share of our coaching for a job well done.

Above: Irshad Abrahams scores under the poles against Rondebosch.

Above left: (From left) Chad Louw, Dylan Redding, Keenan Mills and Joe Ruiz von Walter support a charging Josh Mansfield against Rondebosch.

Left: Dylan Redding and Dylan Wood (ball carrier) against SACS.

Below: Thomas Newton controls the lineout ball, while being supported by Aidan Brand and Lyema Liwani

#### 2019 SQUAD

Sipho Ndlovu, Liwani Lyema, Tshepiso Oliphant, Tom Bester, Max Rebe, Max de Romjin, Berkley Graaf, Thomas Forbes, Chris Forbes, Cameron Toy, James Mason, Tshiki Solomzi, Jonty Couves, Adam Clark, Daniel Nelson, Matt Byron, Donald Wilkin, James Turner, Liam Rodgers, Sergey Huish, Scott Nixon, James Diemont, Nick Amman, Irshad Abrahams, Callum Musselwhite, Mangaliso Nogantshi, Slade Tait, Luca van Wyk, Luca Nicholson, Gabriel Dyssel Hofflinger

#### PLAYING SUMMARY

Played 11; Won 3; Drawn 1; Lost 7; Points for 116; Points against 347





# Under 15 teams

**U15A** by Gerry Noel

---

THE U15A SEASON of 2019 can be remembered as one of having significant successes coupled with some tough losses – some of them too close to even mention. One of our more memorable moments was our convincing 42-19 win over SACS. It was here that the team began to show good progress in honouring a true 15-man, support game of rugby as the ball was shifted between hands of forwards and backline players alike. Although Paul Roos had a tough season themselves, it was nice to come within four points of this northern-suburbs rugby powerhouse, especially seeing that we played away in the Danie Craven cradle. It was in this game that we demonstrated some hard linespeed and double hits on defence, which was an area of the game in which, as coaches, we can comfortably say we have seen major improvements.

On the other hand, we need to be honest with ourselves and take responsibility for a heart-wrenching loss against Rondebosch in our final game of the season. Rondebosch was clinical in their very uninspiring, yet flawlessly executed, bashing game which saw us constantly on the backfoot. Of the entire 50 minutes played, we held possession for no more than eight minutes in which we managed to score two tries, make one or two skillful passes, but also lose critical lineouts and make too many handling errors. This resulted in them simply

## 2019 SQUAD

Luca Broggian, Ronan Dutton, Michael Sun, Adam De Waal, Nicholas Steinhagen, Dylan Krause, Werner Koster, Fiekie Petersen(Capt), Daniel Neuhoﬀ (Vice-Capt), Jack Ryan, Shariq Davids, Bruce Sherwood, Storm Lanfear, Junsu Park, Michael Richardson, Max Seymour, Zimvo Joxo, Connor Todd, Jermaine Lwande

## PLAYING SUMMARY

Played 17; Won 8; Lost 9; Points for 297; Points against 342

regaining possession, as we again assumed position to defend their once-off runners phase after phase after phase.

There is so much to say about each player and their development over the season and so for the sake of brevity, this article won't go there. However, it would be unfair not to mention the stoic leadership by the captain Fiekie Petersen, who not only was an example to all his teammates on and off the field, but also showed us all moments of his skill and sheer brilliance in his countless line breaks. A mention must also be made of the vice-captain Dan Neuhoﬀ, whose rugby

Junsu Park on attack for the U15A against Paarl Boys' High.  
Right: Winning line-out ball against Rondebosch.





intelligence made a big impact in many a critical situation this past season. We, the coaching and management team, are looking forward to watching this side continue to grow and develop in their rugby; we have no doubt that they are going to be hungry to tip those close games in their favour next year as they bring together their individual talents into one skillful working unit.

## U15B

by Tristan Mouton

THE SEASON had a rough start for the U15Bs, facing some of their strongest competition at the outset. However, the goal we set for ourselves was to improve the individuals as much as possible. Elliot Avery and I found that many of the boys were lacking in



U15B's Jack Moyle cannot avoid contact against SACS.

fundamental basics, thus our strategy entailed building a better foundation for each player to grow from. This meant most of our sessions consisted of defence technique, passing drills and the fundamentals of phase play (rucking, attacking the space and set pieces). Using those categories

as measuring instruments, the boys have grown and developed enormously as rugby players. We considered building a stronger rugby foundation for these players as our biggest victory for the year.

As far as the players are concerned, Connor Todd had an outstanding performance all season







and should be developed into a centre as he has an incredible running ability and is extremely physical. Conditioned, Connor will destroy any defence out there, a player who is worth investing energy in.

Mention must be made of our captain, Karl Smit, whose excellent rugby brain was a great asset to the team. He also displays exceptional distribution of the ball.

The biggest challenge we faced throughout the season was the lack of competitive desire from the players; they had suffered a difficult season the previous year and that carried over into this season. This made the mental aspect of training, and making them believe in their abilities, challenging. However, this improved with the development and growth of their skills. Another shortcoming was the conditioning of the players in comparison to competing teams, with only a week of training before the season starts, fitness and physicality is a shortfall.

During the season, the boys showed huge progress and should be heartened by this. The loss to

Above left: Connor Todd taking control under the high ball. Above right: Jermaine Lwanda powers through against a Rondebosch opponent.  
Below: David Border clears for the Cs.

Rondebosch in the final game was tough, but there was so much good and heartening about their team spirit throughout the season that it bodes well for the future.

#### 2019 SQUAD

Jaytee Abrahams, Lukas Barnard, Kyle Bastick, Rahul Chagan, Sean Craig, Murrough Epstein, Aadam Jaffer, Zimvo Joxo, Andrew Lawson, Jermaine Lwande, Jack Moyle, Craig Ressel, Motheo Seseli, Max Seymour, Karl Smit, Joshua Smith, Connor Todd, Trae Turner, Chevalier Unite-Penny, David Wharton-Hood and Julian Wilson.

**Coaches:** Tristan Mouton, Elliott Avery, Tom Liefeldt

**Manager:** Carrie Bester

#### PLAYING SUMMARY

Played 13; Won 2;  
Lost 11; Points for 103; Points against 456





## U15C (and D)

by Ronald Jacobs

THE YEAR STARTED with the U15 division managing to field three full teams, with an overflow of about 10 players making up a D team, which meant that some players had to play two games on a given Saturday. The C and D teams in the division required a complete overhaul, evident in the massive defeats suffered at the start of the season. Through hard work and a willingness from the players, the standard of play improved substantially throughout the season. To emphasize the growth and development on the field, the score against Wynberg in the first round was a defeat of 48-0, with the match being called before the allotted time. In the return match we went down 29-14. Similar results were recorded against SACS, a 17-10 loss in round two, after suffering two heavy defeats.

The team was fabulously led by

captain Dean Sneddon, who inspired the boys to new heights and a belief that they can compete and play attractive rugby. Players who deserve a special mention are: Enrico and Alessio Dundulachis, Ryan Nadar, Oliver Carey and Thomas Withers. Jake Van Gemert's and James du Preez's development and commitment will win them the most improved players by far. We have talent galore in this team with Dean Sneddon, Thomas Withers, Suhayl Khalfey, Jaden Bourgonje, Zolile Muleya, David Border and Luke Botha among the players who will make their mark in the A and B teams in the future.

I want to thank my assistant coach Ross Goodwin, who had a fabulous rapport and positive influence on the boys.

If ever the results of the year do not tell the full story, the U15C of 2019 must rank high on that list.

### 2019 SQUAD

Dean Sneddon (captain), David Border, Thomas Withers, Zolile Muleya, James Barrett, Oscar Baum, Patrick Gilson, James du Preez, Daniel Thom, Oliver Thom, Luke Botha, Tyron Slauck, Josh Smith, Suhayl Khalfey, Ferris Moser, Ryan Nadar, Michael Naude, Jaden Bourgonje, George Rodinis, Musawenkosi Nyoka, Alessio Dundulachis, Jake Van Gemert, Oliver Carey, Enrico Dundulachis, Leo Ciolli

### PLAYING SUMMARY

Played 12; Won 1; Drew 1;  
Lost 10; Points for 89  
Points against 451

Below left: George Rodinis tests the defence of Paarl Boys' High.

Below right: Luke Botha takes contact with Daniel Thom in support.





# Under 14 teams

## U14A by James Swift

---

LOOKING BACK, I think I can say that the U14A side of 2019 had a successful season.

The season was a tough one, beginning with games against all our toughest opponents – and even here there were good signs: the side held Paarl Gym to a one-try lead at half time and were beating Paul Roos with just two minutes to go! (Looking back at how the season went for them, a win here would have been an exceptional result.) Of all our other opposition only one

side (Wynberg) really had the better of us. And considering how the side improved as the season went on, I have no doubt that they will compete with Wynberg next year at U15 level.

There were highlights throughout the year: wins against two very competent, big sides from Namibia, and good wins against SACS and Rondebosch stand out. And we were treated to some absolutely marvelous tries. Mention must be made of the captain Wayden

Moses, for his accomplishments on the field: he is one to watch. Then we had the massive presence of Aiden Norris, who really stood up for the team; Gilermo Mentoe also scored some incredible tries.

I also commend the entire team for working so hard; as mentioned, the improvement was massive and several boys, who were new to top school's rugby, learned so much and will be a much greater force next year. Well done and keep learning!





**2019 SQUAD**

Khanti Ngxangane, Ethan Probert, Wayden Moses (cpt), Gilermo Mentoe, Caleb Felix, Nicholas Allison, Ben Norton, Hashim Pead, Aidan Norris, Matthew French (V-capt), Tapiwa Nkumanda, Zak Willemse, Matthew Brodziak, Nashe Chawawa, Richard Horton, Ryan Caffery, Jake Brouze, Trento Lamprechts, Iviwe Dadamansi

**PLAYING SUMMARY**

Played 17; Won 7; Drawn 1; Lost 9; Points for 327; Points against 430

Below left: Ryan Caffery breaks the first line of Paarl Boys' defence while Nicholas Allison supports.  
Right: Dylan Todd clears to his backline, with ball won by Trento Lambrechts, CJ Gordon and Liam Day.

**2019 SQUAD**

Trento Lambrechts, CJ Gordon, Benjamin Swift, Storm Matthews, Christian Steward, Dylan Todd, Liam Day, Ayanda Bonoyi, Luke Flax, Presa James, Khanti Ngxangane, Seth Swartz, Thomas Rowand, Austin Graaff, Lihle Kakaza, Nashe Chahwahwa, Cayden Smith, Matthew Brodziak, Daanyaal Hendricks, Tye Stewart, Thomas Cullum, Ben Norton, Richard Mason

**PLAYING SUMMARY**

Played 13; Won 3; Lost 10; Points for 99; Points against 479

## U14B by Jason Hofmeyer

The U14B's start to their high-school rugby careers was certainly a baptism of fire, as they lost a number of games early on in the season. There were some tough lessons learnt and as the season moved forward, the boys began to show their potential. With constant injuries in the A team, as well as a few of the boys playing both hockey and rugby, the team struggled for consistency in any of the positions. The loss to Rondebosch at home in the first fixture by more than a

50-point deficit was the turning point in the attitude and determination of the boys. The second half of the season was a massive improvement and the boys showed huge character to get the win against SACS and came really close to beating Rondebosch in the final fixture. The team's progression throughout the season and the attitude and character of the boys has built an excellent stepping stone for future success in their high-school rugby careers.





## U14C by Phil Court

### 2019 SQUAD

Dane Rogers, Bouwe Wagener, Stuart Whitelaw, Jett Bacher, Thomas Cullum, Yusuf Ahmed, Kieran Brand, Cayden Smith, Austin Graaff, Daniel Fletcher, Andrew Dallas, Kasief Joseph, Richard Mason, Ben Levy, Jack Lea, Daanyaal Hendrich, Andrew Kleye, Malick Majiet, Abdullah Adams, Ntemi Kidha, Sam Berrisford, Tye Stewart, Ryan Ferreira, Zuhayr Mohamood, Luke Bolus, Lihle Kakaza, Thomas Rowand, Jean Du Toit, Presa James.

### PLAYING SUMMARY

Played 14; Won 3;  
Lost 10; Points for 70;  
Points against 410

ALTHOUGH 29 BOYS played for the C team this season, there was a solid core of boys who pitched up for every practice and every game. Andrew Kleye was a real stalwart and played in all 14 games of the season. The boys really seemed to enjoy their rugby: even when they experienced big defeats on a Saturday morning, they all pitched up happy and enthusiastic on Monday afternoons for practice. Each boy, and the team as a whole, made real progress during the season and played some excellent rugby. Thank you to Matt Hoar for his coaching, insights and encouragement throughout the season.



Left: Mallick Majiet on attack against SACS. After a narrow defeat away, the U14C won 26-17 at home in the return fixture.



## U14D by Sa-eed Slamdien

THE BOYS HAD a very tough season and unfortunately we were unable to claim a single win. Despite our record, the boys never let their heads drop and seemed to enjoy playing very much. This is evident by the fact that instead of our numbers shrinking as the season went, we ended with more players than when we started!

We lost a lot of players to the C team in the second term and, as a result, we fielded fewer than 15 players in some of the games. While we played well at times, whenever the opposition brought on fresh subs at half time, our boys couldn't cope. Thankfully we had five extra players joining us at the start of the third term so we were never short

of numbers. I found it to be a big problem when the D team loses players as there isn't another team we can pull from. I will try to encourage more players to join earlier so that this isn't an issue next year.

I would suggest that the 14 C and D teams train together more often as there is a big gulf between them in terms of physicality and I believe that would push the boys to work harder in training. It would help the C team to call up players that they are already familiar with and can easily slot into the team.

I've learned a lot as manager/coach. I only played school rugby and the standard I've been exposed to this year is phenomenal.

### 2019 SQUAD

Samuel Berrisford, Luke Bolus, Jean du Toit, Benjamin Edkins, Daniel Egerer, Luke Elliott-Jaaback, Ryan Ferreira, Daniel Fletcher, Jay Haskel, Daniel Lazarus, Nicholas Macdonald, Johnny Marcopoulos, Zuhayr Mohamood, Alexander Morris, Zev Oaker, Joshua Petersen, Aidan Richards, Daniel Richards, Andrew Williams-Ashman

### PLAYING SUMMARY

Played 10; Won 0;  
Lost 10; Points for 125;  
Points against 406

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# VUSA **awakening opportunities**



**2019 HAS BEEN** a brilliant year for the academy with enormous growth and impact in all programmes. Over 450 children in the Langa community now benefit from rugby, academic, crèche and recreational programmes on a daily basis. Our coaches continue to upskill and there has been marked improvement in the standard of rugby and academics.

The rugby season kicked off with our U13 boys playing in the annual Skeeles 7's – as always, a great event and great exposure for our boys. The U15A side season saw us travel across the peninsula attending games in Sea Point and Fish Hoek, Somerset West and Rondebosch. Two 60-seater buses transport the children each Saturday. The transport is punctual and reliable, and this in itself has taught the children a valuable life skill of punctuality – if they're not on time, the bus leaves without them. VUSA children now have a reputation for punctuality, orderliness and sportsmanlike behaviour.

The teams have all fared well this season and have always given 100%. They have mastered



**“Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand.”**

**– Nelson Mandela**

tackling, with good low hard tackling becoming the order of the day. The attack has been superb, tapping into the boy's natural speed, agility and ability

to find space. Passing and off-loading has led to many sensational tries. Playing in the WP Rugby league has been memorable and the VUSA teams





have been inspired playing against teams like Bishops, KES, Kirstenhof, Primrose RFC, RBPS, WBSJ and SACS.

What has been highlighted is the calibre of coaching the boys receive. UCT players offer coaching twice a week as well as the VUSA coaches. These men have represented Border u21, TUKS Varsity Cup, Selborne 1st XV, WBHS 1st XV and Dale 1st XV. They have been able to impart their passion, skills and love of the game onto the boys of the community. As always, the talent is in abundance. VUSA are now creating the opportunities for the talent to flourish.

The academic programme is bearing fruit. The boys attend after school lessons using a computer programme to promote English and Maths. These are the subjects that require the most attention. We have noticed an improvement in English vocabulary and teachers are reporting an improvement in Maths and general conduct at

school. This development can be attributed to the boys being involved in an environment that demands self-discipline, the realization that team is important and above all the exposure to good male role models. Our crèche programme, whilst still in its infancy, is gaining traction. VUSA coaches focus on numeracy and literacy development through movement and play. The visible excitement from the children when the coaches arrive each day is evidence that we are making a difference.

VUSA is creating the opportunities we boast about on our website and social media platforms. Each day we are able to deliver on our vision and this is credit to our coaches and partners.

The VUSA Academy is a registered charitable Trust with NPO number 229-180 NPO.

It is through partnerships (both individual and corporate) that we are able to maximize

impact and change the trajectory for the youth of South Africa.

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# THE PREP YEAR in review

**Brendan Fogarty** reports on a challenging season for the Prep

---

**THE 2019 SEASON** started with normal excitement and anticipation from our Prep boys. The now entrenched 7s rugby festivals on the Saturday morning after the Friday afternoon's Skeeles 7s is a great way to start the rugby season. Slightly amended laws that reward passing, offloads and avoiding rucks saw a plethora of tries scored. Players finding spaces ensure fewer collisions, which in turn reduce injuries and result in more fun for the

players. This is surely what parents, coaches and players want to see and experience each time they watch or play the game.

Our fixtures against our southern-suburbs school rivals were all generally played in great spirit. There were tough encounters for all age groups, as they grappled to master the skills required to play the Bishops brand. We saw good progression from the first round of fixtures, a clear indication that the

coaching was bearing fruit.

Games against the northern-suburbs schools are always tough and uncompromising, yet it's here where our players learn to toughen up and learn resilience. Exposure to other schools, different playing styles and a more intense style of rugby is good for our boys.

Our tag rugby programme grows each year, exposing our Grade 1 and 2 boys to the game in a fun manner. Boys are coached each week by coaches





from the Tag Rugby Association. The standard this year from our Grade 2s was very good, which bodes well for the years ahead.

We look forward to our game-based style of coaching beginning to take root as it empowers and upskills our players. There is a focus on games with fewer numbers on each side, with a specific focus on an area of the game. This style gives players the opportunity to execute skills in a game situation, promoting decision making, a key part of the game. Safe and age-appropriate coaching ensures that players enjoy the game and that they learn age-appropriate skills in a safe environment.

We must keep striving to ensure that they master the basic skills so that our boys are able to implement “Bishops Rugby” at College, thus ensuring our proud tradition of playing a fast-paced, skillful game, with unrelenting defence.

We are looking forward to the 2020 season, which will see the Prep hosting the Independent Schools Rugby Festival in June.





# Skeeles 7s

THE 2019 RUGBY SEASON kicked off with the now annual traditional Skeeles 7s. The concept has grown to include all age groups, with the U13 event being the marquee event on the Friday evening, which acts as a celebration of the start of the season. The rest of the age groups play on the Saturday morning. The joy of props playing as backs, the worry and procrastination of backs playing as props – a joy to behold! The legendary Richard Skeeles, after whom the festivals are named, would have loved it. We need to create more of these events where scores are irrelevant; what is important is seeing the ball move and the sheer joy of playing this great game.



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# CHOOSING THE RIGHT path forward

By **Brendan Fogarty**

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**HOW SUCCESS IS** defined, what constitutes a successful season and who is doing the judging are key areas that need to be taken into consideration when assessing a rugby season, particularly a Prep season!

We need to look closely at the game and how it has changed. Rugby at the higher level has become a collision sport, big units running into each other with the intention of setting up play or simply running over people. This is now being emulated at prep-school level. Schools are starting earlier in the season, in fact in some cases encroaching on the summer sports. More emphasis is being placed on physicality and defence. There has been an increase in talent identification and luring big boys to schools on scholarships and bursaries.

The above is the environment that we find ourselves competing in. Can we change it? I doubt it as it has become an entrenched part of some schools programmes. Should we change our ethos and style? The answer should be an unequivocal NO.

Bishops Prep rugby is at the forefront of engaging the numerous pressures, concerns and bad press that the game has been subjected to of late.



Concussions, tackle safety, player burn out, a drop off in the numbers of children playing sport and coaching/parental behaviours are international problems that rugby is dealing with. We trialled some law variations at our annual Skeeles 7s festival this year and, while it wasn't fully embraced by all (possibly because it was a change from the norm, and we know the vast majority are skeptical of change), it gave us food for

thought about how we want the game to be played. We tried to limit contact and promote the movement of the ball. Not because we think our boys are soft, but because it is through playing an expansive and high-skilled game that promotes maximum involvement from all players on the pitch and inevitably promotes enjoyment.

It requires brave leadership to tinker with a sport so heavily engrained in the South African





psyche, especially considering that it has been coached and played the same way for decades. It is amazing how modern technology has improved the statistics surrounding the game and given us greater insights into the complexities of various aspects of playing, practising and coaching rugby and yet we continue to approach it in the same manner as before.

We need to ensure that we remain educational, age-appropriate and above all, ensure that the game appeals to all boys. A game that focuses on skill, evasion, sleight of hand and

where the ball does the work. There is no doubt that this is the harder of the styles to coach and master. We need to persist with our skills-based approach, our game plan that requires the ball to be moved with speed and precision and above all ensure that the game appeals to our boys and gives them an opportunity to express their natural talents. It is, however, key that we equip our boys with the right and safe technical skills regarding tackling, rucking and contact. This promotes confidence and limits injury, particularly concussion.

Boys need the rough and tumble of rugby, they need to feel that they belong, they need to be put under pressure to develop that vital commodity, grit; they need to be able to learn to accept a ref's decision and be allowed to develop camaraderie. Rugby well coached, that is age-appropriate and that is child-centered remains one of our greatest teaching tools.

Looking back, now armed with the above sentiments, goals and philosophy, I can confidently say the season was successful!



# Agonisingly close!

Dylon Frylinck reports on the 2019 Villager 7s

**ON THE SLIGHTLY** earlier than usual date of Friday 23 August, Bishops participated in the annual end-of-season Villager 7s Tournament. As usual, we entered an A and a B team for the tournament.

The A side was drawn in a pool with SACS B and Langa. With only having had one practice together as a sevens squad, we were off to a slow start against SACS, but after getting through that game the boys hit their straps against Langa in the second game, learning and growing as the tournament went on.

In the knock-out round of 16 we had to play against the

Bishops B side. The A team won that game, progressing to the quarter-finals against a tough Wynberg side. That was a well-contested game, but in the end Bishops came away with the victory moving on to the semi-finals against SACS A.

After the hard-fought win over Wynberg, the boys were up for the game and were peaking at the right time. We ran away with the game, winning 46-12 and were crowned “kings of the South”.

In the Northern section, Paarl Boys were victorious and the North vs South final was between Bishops and Paarl Boys. It was a very tough contest, with

the score going back and forth. With the time done on the clock, Bishops were in the lead when Paarl Boys got a break-away try to win the game in injury time.

The boys had an incredible tournament, going from strength to strength. One of the stand-out players was Liam Kloosman, who was named player of the final and had a brilliant tournament.

Below left: Wafeeq Francis on the attack against Bishops B in the round of 16. Below: Aaron Woodman and Mike Ford of the A-side defend against the B-side counter attack.





# ODs big in Japan



**OLD DIOCESANS** Cuan Hablutzel, Ross Goodwin, James Macdonald, Gerard Pieterse, William Rose and Tank Lanning (pictured, left to right) took part in the recent World University Rugby Invitational Cup as part of a UCT Ikey Tigers side that went on to defend their title in Kamiigusa Stadium, Japan.

Unbeaten in the pool stages, with convincing wins over the University of British Columbia, Bordeaux University, and a combined New Zealand

Universities side, the Ikeys then got past old foes Oxford University in a physical and somewhat tetchy semi-final, before going on to secure the trophy via a 17-3 win against Bordeaux.

The Ikeys claimed the inaugural title in Oxford in 2015 by beating Dublin's Trinity College, this following their 2014 Varsity Cup triumph.

In addition to sipping from the trophy, the Ikeys got to take in the Bok game against the All Blacks in

their Rugby World Cup opening fixture in Yokohama Stadium.

Lanning said it was excellent to see the five old boys getting stuck in.

"Touring is what you make of it," said the UCT forwards coach – a man who anchored the Bishops scrum in the late '80s, "And it was brilliant to see the guys hitting their stripes both between and outside the white lines. I am guessing that not only were memories made for life, but friendships too."



**ADAM FERNANDES**  
Bishops 2015–2019

**GASTAO FERNANDES**  
Bishops 1978–1987

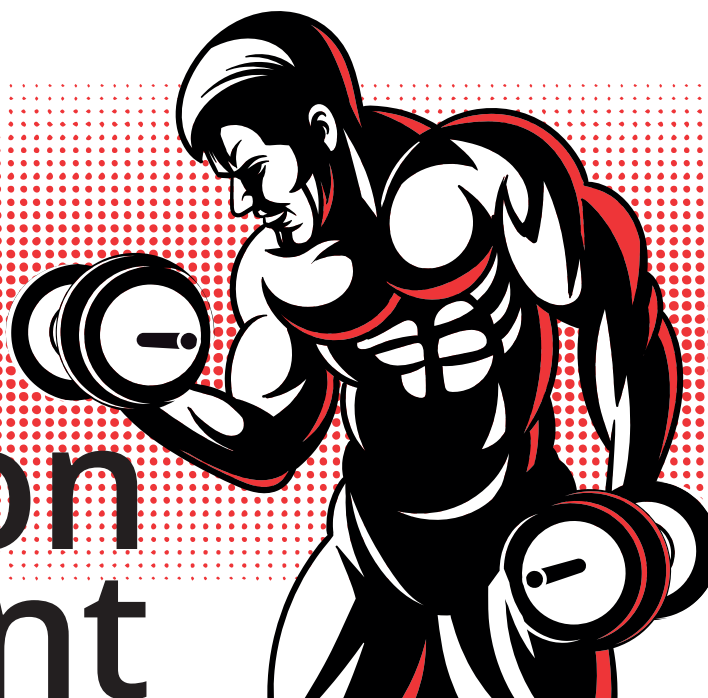
*"Thank you Bishops  
Rugby for the lasting  
wonderful memories off  
& on the field"*

**PESCALUNA**  
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# MAKE THE off-season count



**Niel Michau**, senior biokineticist at the Sports Science Institute, explains what should be considered for off-season rugby training

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WITH THE RUGBY “OFF-SEASON” having well and truly kicked off now, many eager young players and their parents are looking at how to improve their preparation for next season. While this article is by no means an exhaustive discussion on the topic, it will aim to give guidelines on factors which need to be considered to give you or your child the advantage when preparing for next year’s rugby season.

Physical conditioning for rugby is becoming increasingly important as the modern game is becoming faster and players are getting bigger and heavier. Conditioning of players not only enables them to be more physical in the game and play better rugby, but also reduce the risk of

injuries by being more robust. Strength, power, speed, agility, fitness and body size are all important attributes for the performance of a player.

One of the first considerations would likely be to address any

summer sport should be included. The general recommendation is that up to the age of 12-13 years children should be participating in two to three different sports, 14 to 16-year-olds should participate in two sports and only after the age of

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**Strength, power, speed, agility, fitness and body size are all important attributes for the performance of a player.**

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current or recurring injuries before embarking on any off-season training. This will likely require a trip to a physiotherapist, sport physician or surgeon, depending on the nature of the injury (if any).

Secondly, consideration needs to be given as to whether or not a

16 should specialisation in one sport be considered.

The reasoning behind these recommendations are that early specialisation has been shown to limit overall physical literacy, narrow skills and motor development, and increases



likelihood of injuries, either through under developing or overtraining certain areas of the body.

Furthermore, research in long term athlete development (LTAD) has also shown us that those players who reached high levels of participation (Provincial/National) generally participated in a second sport up to the age of 16 to 17 before specialising.

This being said, we need to look at the chosen sport, how it would benefit you as the player and what the risk of participation may be. While a second sport holds benefit from a cross-training perspective as mentioned, a player with a known shoulder/hip injury may need to rethink participation in sporting codes which tend to place a lot of strain on the those joints (I reserve mentioning particular sports as not to offend those players/coaches).

Analysis of elite rugby players over the past 30+ years, has shown that players have become significantly bigger, with the rate of increase being greater than the upward trend seen in the general population. Studies which have examined the physical characteristics of elite, amateur, adolescent and pre-adolescent rugby players have shown that there is a clear distinction between forward and backline players with respect to stature and body mass, and furthermore that average body mass is also higher among players of greater proficiency.

The same pattern is also shown at the annual Craven Week schools tournament, where the average mass of the players has increased by almost 10 kg (6.6%) since 1968. The same trend has not been seen in regards to player's stature, which has only increased by 1.7% during the same period. The accelerated

increase in body mass over the period can most likely be attributed to improvements in our knowledge and implementation of nutrition and resistance training.

This brings us to our third consideration, which used to be plagued by huge amounts of controversy. When should rugby players (or youth athletes in general) start strength training?

Until relatively recently it was

Below: The off-season, which is distinguished by not having the constraints of structured team training sessions, is the ideal time to focus on strength and aerobic training.







widely believed that pre-pubescent and adolescent players should avoid resistance training because it will be detrimental to their physical development by stunting their growth. One theory on how this became a widespread belief, is that this conclusion was reached based on a research study on child labourers back in the '50s. The research found that these child labourers growth was stunted both then and later in life, and concluded that severe physical activity leads to stunted growth. What was not considered with this was that these children were severely malnourished for years, while being forced to perform strenuous physical activity, for sometimes up to 12 to 16 hours a day. This is clearly not the case and is not supported by any current scientific evidence and professional bodies now advocate that resistance training can be safe and that there are major advantages for youth engaging in resistance training.

This is provided that the programme is properly designed

and supervised with safe technique. Resistance training has been shown to be the key in the prevention of injury in youth and adolescent athletes. The majority of reported injuries in the gym occur with unsupervised youth training with incorrect form, not using equipment for its intended purpose and dropping weights on their feet (hence the rules regarding wearing shoes at all times)! It may therefore be concluded that the implementation of a properly designed and supervised strength and conditioning program will not only give youth and senior rugby players alike a competitive advantage throughout their rugby careers, but also reduce the risk of sustaining an injury.

The off-season, which is distinguished by not having the constraints of structured team practice sessions, is the most appropriate time for players to emphasise and derive benefit from their resistance training. Three to five sessions per week is generally recommended. For complete

**Above: Gym work, especially for beginners, should be supervised to learn safe and effective techniques and to avoid using equipment for incorrect purposes.**

beginners the main focus would be to learn safe and effective technique, and to increase their resistance training skills competency, while focusing on improving effective range of motion, stability and control. This will allow players to achieve technical mastery early on which will aid in development of hypertrophy, strength and power during later stages. The goal for more advanced players (recommended one-year gym training experience and proven technical lifting skill) during this phase is usually to develop muscle size (hypertrophy), although less conditioned players should first complete a general preparation period, which increases the body's tolerance to training so that more intense loading may be subsequently endured. An extended general preparation period should also be considered



for players who have been off training for prolonged periods.

While the primary focus for this phase may be more geared towards hypertrophy, it should be viewed along the continuum of strength and power development, with focus shifting more towards the latter as

probably not by anyone trying to sell you their product/s.

The next point of consideration would be to aerobic conditioning.

The amount of aerobic conditioning which should be included into this training period is dependent on various factors such

field (at least once every two weeks) with boots on. This will help ensure that the feet, ankles, and lower legs/shins do not lose all the adaptations which help to prevent injuries to these areas when training load (on-field running volume particularly) is increased in the pre-season.

The final point we will consider here is the playing position. It is clear that forwards are more engaged in static and contact phases of the game, while backs are more involved with high-speed running activities. Therefore, as a general rule, forwards would place more emphasis on absolute strength and power against higher loads, while backs should focus more on maximal power, rate of force development and velocity.

In conclusion, the off-season period is of utmost importance in order to lay a solid foundation for the season to come. Smart planning around the finer detail of the off-season will need to take various aspects into consideration and should be based on the needs of the individual player.

### **Specific fitness conditioning prescription should be made for each player depending on their needs and goals.**

the period progresses closer to the in-season as well as the needs of the individual athlete. In other words, players who already possess high muscle mass may progress to strength and power development at a faster rate than those who do not.

The off-season is also an ideal time to address basic nutritional requirements, from following a healthy diet, adequate nutrient intake and having pre- and post-workout snacks to improve recovery and aid in training adaptation. Nutritional education should be provided by an appropriately qualified sports dietician, and

as body fat levels and current fitness. Specific fitness conditioning prescription should be made for each player depending on their needs and goals. The state of fitness of the player in the off-season is influenced by the length of time since the previous season, as well as duration and activity during the transition or active rest phase after the previous season. When aerobic fitness is low or when body fat levels are high, a greater emphasis should be placed on the aerobic fitness conditioning during the off-season. Some of this should include running activities on the





# Running, kicking (and screaming)

**John Dobson**, head coach of the Stormers, takes a realist's view of the state of modern rugby and why running the ball is still possible (sort of).

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**ONE OF THE MANY** problems with rugby these days is it all looks the bloody same.

In the old days it was all very simple: the Blue Bulls played with eight massive forwards, five locks, somebody at 9 to pass to Naas at 10 – nobody could name the rest of the team.

The Western Province team was full of long-haired people from Stellenbosch and UCT who could pass nicely, had the odd sidestep and played "Province rugby". They say that Lord Lucan, after murdering the nanny, (there is no need to say allegedly as he is unlikely to come out of hiding to sue me or the editor of the Bishops rugby magazine) was playing on the wing for Pontypool, because nobody would find him there. It was the safest place to hide. Their coach, Ray Prosser, in response to a charge that he played 10-man rugby, said he actually played nine-man rugby and, if he could play eight-man rugby, he would.

But now it's hard to tell teams



apart. Yes, the All Blacks play this dynamic, expansive game, but then again, they kick more than most international teams. Everybody's playing off 9 and 10, every forward is trying to get a quick pass out the back to a flyhalf or centre (a pass that we at WP and the Stormers call a "sharpie", named after Reg Hands' (1967F) favourite drink – one of many, to be fair). Everybody's playing with a loose forward or a hooker in the

trams, everybody's refining square attacks on the blind side and chicken-wing offloads and little attacking kicks. *Ad nauseam* (which I think I remember from Latin means "towards sickness").

Sure, the Georgians all look like domestic appliances – short, squat black SMEG fridges and toasters and, of course, the Fijians play rugby like God was doodling a design for the game, but in between it's very hard to tell anybody apart. On defence now everybody is getting off the line fast, cutting out the outside. There is very little room for creativity, nuance and the like.

It's a tragedy of the evolution and professionalism of the game that, in breaking down these highly sophisticated and advanced defences, everybody comes up with the same tactics. It's as boring as a double Latin after lunch.

Try to stay awake in those after lunch in the days before we had Vida and lattes and had to, instead, rely on Ricoffy...





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“...so sometimes – shock, horror – you may have to return a kick with a kick”

Bishops teams have always played the most attractive form of rugby that has been the source of much pride. What is as true as Grand Theft Auto being taught at Wynberg is that it has become harder and harder as the defences get more organised and analysis increases. You don't have to be a Joe Schmidt and have a whole lot of branded laptops lined up in front of you to work out what Bishops is going to do. They're not going to kick, in which case don't leave three people back; rather present a wall of 14 and let them run themselves silly like decapitated fowls until they turn the ball over. Our commitment to this brand of rugby, mercifully, has not waivered (praise us upon the well-tuned cymbal) and it's been

refreshing to see it achieve some success of late.

But the tragedy of it is that we now have to pick when to run and as a result, kick to run, if that makes any sense whatsoever. It's kind of like trying to figure out that nonsensical saying that the “exception proves the rule”. You have to kick to make sure they have people in the back field covering space so you have fewer defenders to attack, and, likewise you want to run to pull their wings up before you kick so that there's more chance of your kick landing on grass and putting them under some pressure. So, unfortunately the irony is richer than most Prasa executives: to run the ball we have to kick a bit. I can hear Basil and Piley

spinning noisily in their graves, but this is just the *realpolitik* of modern day rugby.

Unfortunately, sometimes it's hard to counter attack off the first kick, so sometimes – shock, horror – you may have to return a kick with a kick (sorry, Baz), so you can counter off the third kick when their kick-chase is a little less organised. An agent offered us a wing the other day saying his “kick-chase is excellent”. Utterly tragic when we must choose wings because of their kick-chase or their aerial skills. They should be out-and-out strikers, but I digress.

So we may have to sacrifice a little of our principles to stay true to them and this proud tradition.

It doesn't make us bad people.



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