



WINCHESTER RUGBY FOOTBALL CLUB

MEMBERS' eNEWSLETTER

Emailed to over 850 WRFC Members

No 179 21.04.11

WRFC COLTS SAXONS TAKE THE LEAGUE TITLE

Congratulations to the Colts Saxons who were declared League Champions this weekend, after remaining unbeaten all season.



It's been a great season for the Saxons, who have played with enthusiasm and skill all year and achieved well deserved success. They have remained unbeaten with 11 league wins and one draw and a top score of 56-0. Captain Harry Pyrgos accepted the league trophy on behalf of his team mates at Havant this Sunday. Well done to all involved!



WRFC's winning Colts Saxons after their match vs Havant on Sunday



**PETER BAIGENT
CLUB CHAIRMAN
MILLBROOK RFC**

Winchester RFC are saddened to receive notification of the passing of Millbrook Rugby Football Club Chairman Pete Baigent, who died following a short illness in Southampton General Hospital on Sunday evening (17 April). He was 70 years of age.

TRIBUTE TAKEN FROM SOUTHERN DAILY ECHO (Tuesday 19 April) by Clive Downton
Millbrook have dedicated their Hampshire Plate win to chairman Peter Baigent, who passed away just hours after their victory. The club stalwart, 70, had been battling a short illness.

Captain Richard Colmer said, "I think he found out we won and sadly passed away. It's heart breaking. He was a nice bloke and always had a smile on his face and had good things to say. We were thinking of him and that win was for him

"We have a veteran's game on Saturday and there will be a minute's silence for him.



WRFC PITCHES PROJECT

Has Anyone Got a Mini-Digger?

The Club's voluntary Pitch Rescue and Care team needs a dumper/loader or mini-digger for a day sometime in one of the weeks beginning the 2nd or 9th May.

It's needed so that we can load 50 tonnes of sharp sand, bucketful by bucketful, into the hopper of a tractor-towed spreader, distribute it evenly over a third of our playing-field, and then brush it into the re-seeded surface and the holes that will have been spiked into it few days before.

The result will be better germination of the seed, and in the longer term better drainage. In the even longer term, a thick and robust grass sward.

Is there a member out there somewhere who has this kind of machinery and would lend it to the Club for a day?

Or one who would donate the cost of a day's hire of it?

If you're that member, please contact Vice-Chairman Tim Fell, who, with our volunteer groundsman John Robinson, is co-ordinating the project:

07833-701895 or Timfell@ntlworld.com

HAMPSHIRE COACHING CONFERENCE 2011



**Saturday 21st May at
Southampton Solent University**

**Join us at Southampton Solent University for the first ever annual
Hampshire Coaching Conference**

Main features

- Key note presentations by sporting celebrities
- Current good practice and research in sport coaching, science and development
- Excellent networking opportunities
- Trade fair

For the coaches

In addition to the main features, coaches will be treated to a number of breakout sessions including workshops, practical's and symposiums. These sessions will provide coaches with contemporary views on physical education, participation coaching, talent identification and development and high performance coaching.

For parents of existing university students

In addition to the main features, third year students and parents of students will be treated to a careers fayre and presentations by careers advisors, employers and alumni on working in sport. Local and national employers with vacancies have been invited to showcase their vacancies and to talk to the undergraduates. This is an excellent opportunity for students to promote themselves and gain industry links.

For college staff, students and college parents

In addition to the main features, college students, parents and teachers will be treated to bespoke presentations on accessing university, financing university and working in partnership with universities.

Students will present their work in poster format for all delegates. The best three posters submitted will win prizes for the students and their respective colleges. Guidelines can be found on the [College Poster Competition](#) page.

For industry professionals other than coaches

In addition to the athlete and coach performance presentations and workshops, there will be themed sessions that focus on the use of coaching to achieve community development and enrichment. These sessions will present existing coaching innovation projects and look to forge partnerships for future innovation projects.

Event Programme

Please see the programmes below for full downloadable event details:

- [Event Programme for Coaches](#)
- [Event Programme for Parents](#)
- [Event Programme for Colleges](#)

The conference promises to be an exciting, variable and informative day, all for a great price of just £20.00 per person!

[Book your place now!](#)

BOXING FOR RUGBY CONDITIONING

A one day course to train coaches in the use of non-contact, Olympic-style boxing skills tailored to meet the needs of rugby union players

Who is it for? - Course Pre-requisites • Minimum age 18 • Level 1 (or above) coach in strength and conditioning, rugby union, rugby league or boxing, or • PE teacher, or trainee PE teacher, or • UKSCA accredited, or • Qualified personal trainer, or • Sports physiotherapist. • Other admissions will be at the discretion of the course organisers. • The course is very practical and learning is by doing, so students must be physically fit. Students will be invited to participate in training drills that generate maximum heart rates. If in any doubt, students should seek their GP's advice about their ability to participate in the course.

Course Dates

- 27.04.11 0930 to 1630 The National Fitness Centre, Twickenham Stadium
- 07.06.11 0930 to 1630 University of Bath Sports Village

£65 PER COURSE

Course Content • Equipment and facilities • Injury prevention (including warm-ups) • Stance, guard and footwork • Punching technique and pad work • Pad work - basic combinations • Effective use of other hitting equipment • Session planning The course is technically non-contact in boxing terms, but the syllabus does include elements of pushing, grappling and basic boxing defence, where such movements are relevant to rugby union.

Course Certificate • You must attend all course hours in order to gain a certificate. • In addition to a signed certificate of attendance, students will receive a pair of hand wraps for their personal use, a printed copy of the course manual and a DVD of the course syllabus

Course Duration • 6 hours plus breaks

To Apply Please download the Carnegie Coach Education Application Form from the website and send with full payment to: Carnegie Coach Education, Leeds Metropolitan University, Carnegie Annexe, Headingley Campus, Leeds, LS6 3QQ

Email: coacheducation@leedsmet.ac.uk **Web:** www.leedsmet.ac.uk/sport

WRFC CONTACT DETAILS

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