



Season 2017-18

Issue 03

27 July 2017

NEW SIGNINGS ANNOUNCED

Welcome to Parknews. If there is a slightly different look to this edition, it's because it is produced on a different computer using a different software package, which the Editor - a fully paid up technophobe - is still battling to master. The hyper-links herein ought to work, but just in case there are teething problems they have been placed on their own line within the text so that it should be easy to cut and paste them into a browser or e-mail. It will get better!

Memorial match

Before going on to other news, an important update for your diaries. You may recall the tragic death of Old Emanuel player, Shawnton De Four, who collapsed during a match against our Nomads last season. The Nomads have a game against Old Emanuel on Friday the 1st of September as a memorial to Shawnton. It will be a 7:45 KO, there will be a BBQ and fund raising. Please do come along for what should be a big club night and show that Rosslyn Park cares. We are all part of the family that is Rugby Union football.

Training going well

The players are back in training, and there seems to be a really good spirit within the squad and a really optimistic buzz. Hopefully we can make a better start to the season than we did last term, when we lost our first few matches and set ourselves an impossible task to recover from it. Having said that, we need to be fair and recognize that we are playing off a reduced playing budget and asking that squad to bridge the gap against better-funded outfits. That's a challenge the players are up for (see the interview with



Head Coach Kieran Power further on in this newsletter). Our General Manager, Dom Shabbo, has indicated that admission to our two home pre-season matches, against London Scottish and against London Irish Wild Geese, will be free. Please do come along and run the rule over our new signings and show them what a friendly club they have decided to join. There's not much good sport you can watch for free these days, so bring your friends along and show them what Park has to offer.

New Players

Supporters will doubtless be keen to know the identities of the new players (and one old favourite returning) who will be with the squad for the coming season. These are:

Karl Gibson

Hooker from Ealing Trailfinders

Owen Hughes

Hooker Played last 3 games of the season and was just at the U20 world cup with Wales



Next Fixtures

Saturday 12 August

1st XV v London Scottish

Practice Match
Home KO 3:00PM
Admission Free

Saturday 19 August

Hartpury v 1st XV

Practice Match
Away KO 3:00PM

Friday 25 August

1st XV v London Irish Wild Geese

Practice Match
Home 7:45PM
Admission Free

Friday 01 September

Nomads v Old Emanuel

Memorial Match for Shawnton de Four
Home 7:45PM

Saturday 02 September

Old Albanian v 1st XV

National 1
Away KO 3:00PM

Saturday 09 September

FIRST HOME LEAGUE MATCH

1st XV v Blackheath

National 1
Home KO 3:00PM

To book for the pre-match lunch please call David Booth in the Club Office on 020 8876 6044



this summer.

Conor McGrath

Prop Played three times with us last season on loan from Bath Uni and now joins us fully this season

Ollie Smith

Young LH prop from St Mary's University who has also played for Redingensians in Nat 2

Matt Macpherson

Has joined us from Loughborough Students and can play Second Row, Back Row

Mike Macfarlane

A familiar name who is returning from a stint at full time rugby.

Jacob Atkins

A Loan fly half from London Irish who played a number of games in their B&I cup run last season.

Huw Morgan

Ex Wharfedale centre was previously with us at the start of last season.

Rhys Crane

Was on loan to us from Ealing Trailfinders last season can play outside centre or wing.

Matt Williams

Another London Irish Loan Centre or wing trained with us last season but missed the loan deadline cut off.

Benji Marfo

Ex Loughborough Student and Rambling Jesters 7's captain, Centre, wing.

Ollie Hassell-Collins

London Irish Loan & current England U18 wing who will be joining us after their tour of South Africa.

Alfie Dudman-Jones

Former Manchester Uni Captain who played for us in the floodlight 7's last season.

Levi Davis

EX England U19 winger will join us later in the season on loan from Bath Uni.

We announced in a previous Parknews the departure of Ed Milne to London Scottish, to try his hand at Championship level. Mark Kohler has also had to leave the club as work circumstances have meant that he has relocated to Suffolk. Two other players will hopefully be returning to the squad later in the season. Dave Vincent is on extended "paternity leave" (congratulations!) and we hope to see him back when things are more settled at home once the baby arrives. Harry Broadbent is out of action with a severe blood clot and is waiting on the advice of specialists before considering returning to

play.

As previously reported, Scott Sneddon has left (he flew out this week actually) to take up an opportunity in Hong Kong, so the other half of last season's successful coaching partnership, Kieran Power, is in charge as Head Coach. Andy Reay has retired as a player – he intended to be available only as emergency cover last year! -and continues his role as Strength & Conditioning coach but has also taken on the role of Defence coach. They are joined by Andy Houston (Attack coach) current Director of Rugby at Cranleigh School



He's back - Mike Macfarlane has returned to the Rock

One small piece of trivia about one of our new signings: Matt McPherson

is a rarity among players at senior level inasmuch as he is also a fully-qualified referee!

Interview with Head Coach Kieran Power

Kieran Power is now Head Coach, as reported in the previous Parknews, having previously shared that responsibility with Scott Sneddon, who has departed for Hong Kong. Kieran kindly agreed to an interview with Parknews to talk about himself and the coming season.



Head Coach Kieran Power [Photo by David Whittam]

Ed: Although you've been with Park a while now, I don't think supporters really know a lot about you. What were your previous clubs, both as a player and as a Coach, and which position(s) did you play?

Kieran: I started out playing as a back row: with the turn of professionalism I quickly got moved to the front row. I previously played for Richmond and London Irish then had a stint in Ireland with Shannon and Munster. After that I returned to Ealing where I finished playing and took up a coaching career. After 12 seasons at Ealing I now find myself in my second season at Rosslyn Park.

Ed: When Scott decided to accept an offer to move to Hong Kong did you have any qualms at all about taking sole charge, or is it a challenge you welcome?

Kieran: I had no issues with taking on the responsibility but obviously was upset with the loss of a good friend and coaching colleague in Scott, who will be dearly missed by the club. It is a huge challenge to take on the role of Head Coach of Rosslyn Park but also an absolute honour to lead such an historic club as Park.

Ed: Has anyone in particular influenced your coaching style?

Kieran: Although I have been coached by some great coaches over the years, those who have influenced me the most have been not necessarily the best technical coaches but the ones who connected with the players and team the best. They were the type of coach you wanted to play for and were able to get more out of the players they had at their disposal.

Ed: Bonus points seem to have influenced the way the game is played at our level: how do you think the game should be played? Do you enjoy an open style with all its inherent risks - where do you place emphasis between attack and defence?

Kieran: For the level we are playing at the game has to be one in which the players are invested in themselves - an enjoyable style of ball-in-hand rugby which people will then tend to put more effort into as they're enjoying what they're doing.

Ed: There seems to be an excellent spirit in the squad this pre-season. We know the playing budget is constricted and less than we'd like but - injuries permitting - do you think we can continue to be competitive against the better-funded clubs?

Kieran: Absolutely. The youth and talent in our squad want to take on all comers whoever that may be, from top to bottom of the league. With the right approach and attitude and the spirit that we are developing in the squad we should be able to be competitive against all of the top runners in this league and hopefully our spirit will see us through in some of the tighter games we encounter this season.

Ed: In terms of keeping players match fit, will you be looking to rotate players in some positions through the season?

Kieran: Of course we need to have a balance of mixing and rotating the squad so that we keep bodies fresh through a 30 game season but also consistency in selection is also key especially in some of the key decision making positions.

Ed: You have coached at Championship level, what is the key difference between that level and National 1?

Kieran: Apart from the obvious factors that full time rugby brings, the freedom to play is a little bit more restricted and percentages of the territory dictate the style of play. In National 1 on a part time basis there is more freedom to play as teams don't have the time for lots of prep work on opposition and so often stick to set defensive plans which can allow for more attacking opportunities. Also coaches and players aren't often under the result-driven pressure of Championship rugby and often are seen trying to express themselves more with the ball in hand.

Ed: Apart from - hopefully - Rosslyn Park which teams do you think will be around the top of the table this season?

Kieran: The obvious contenders Amptill, Coventry, Plymouth will be up there pushing but some of the new boys (Bishops Stortford and Old Elthamians) will turn heads this season - we need to be just as wary of them.

Ed: Any message for Park supporters?

Kieran: Thank you for your unwavering support last season. Hopefully with this continued support behind the squad we will endeavour to do you and the club proud week in week out this season and really try and make The Rock a fortress this season.

Our thanks to Kieran for taking time out from a busy pre-season preparation to communicate his views to Park supporters. Everyone will surely want to wish him every success.

Academy Training Camps

We are currently taking bookings for our very popular Mini and Youth Summer Holiday Training Camps over five days from: Monday 21st - Friday 25th August 2017. The camps are aimed at players of all abilities, with sessions tailored to each individual age group between U8 and U16. Sessions cover both technical skills, team work and fitness. The Rosslyn Park Academy will be running two camps side by side. The Elite Camp is aimed at more advanced players who are currently playing in their school or club A team. Both camps will cover nutrition advice and video analysis with talks from professional players and special guests.

The Rosslyn Park Rugby Camps are open to both members and non-members. They are an ideal way for younger players to develop their rugby skills in a fun and professional environment prior to the 2017/18 season.

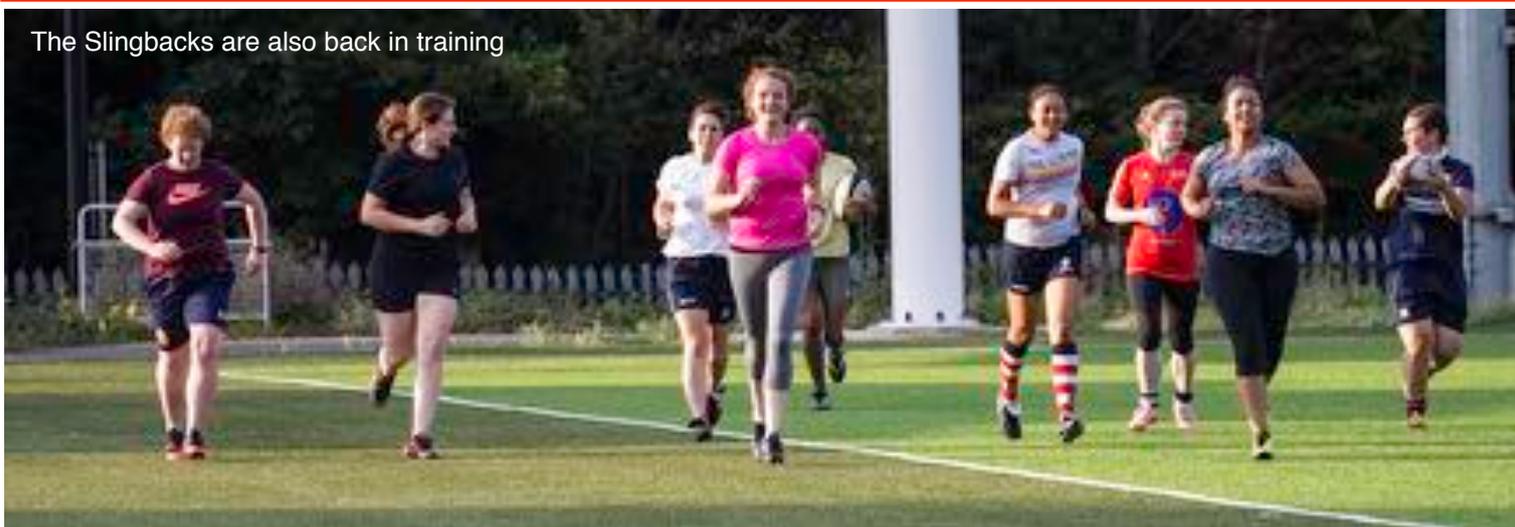
The cost for the Academy Camp is £35 per day or £160 for all five days. The cost for the Elite Camp is £200 for five days. Please make your application as soon as possible to avoid disappointment.

If you wish to attend either of the camps please contact Dom Shabbo with any questions via email:

dom.shabbo@rosslynpark.co.uk

or phone: 020 8876 6044

The Slingbacks are also back in training



First XV Fixtures

In case you missed them in a previous Parknews, the 1st XV fixtures for the coming season have been confirmed as follows. The only slight caveat is that it is possible that the two matches against Esher could be switched to Friday nights (the two clubs will be discussing this). We start with a reasonably local trip to Old Albanian on Saturday 2nd September, followed the following Saturday by a super opener to the home season in the form of a Local Derby with Blackheath.

1st XV Fixtures 2017-18

Sep	02	A	Old Albanian
	09	H	Blackheath
	16	A	Esher
	23	H	Bishops Stortford
	30	A	Fylde
Oct	07	H	Loughborough
	14	A	Cambridge
	21	H	Caldy
	28	A	Old Elthamians
Nov	04	H	Plymouth Albion
	11	A	Darlington Mowden Park
	18		
	25	A	Amphill
Dec	02	H	Coventry
	09	A	Hull Ionians
	16	H	Birmingham Moseley
	23	A	Blackheath
	30		
Jan	06	H	Esher
	13	A	Bishops Stortford
	20	H	Fylde
	27	A	Loughborough
Feb	03	H	Cambridge
	10	A	Caldy
	17	H	Old Elthamians
	24		
Mar	03	A	Plymouth Albion
	10	H	Darlington Mowden Park
	17		
	24	H	Amphill
Apr	07	A	Coventry
	14	H	Hull Ionians
	21	A	Birmingham Moseley
	28	H	Old Albanian

Before that we have some tough pre-season practice matches, with two games against Championship sides. First up, at the Rock, are London Scottish on Saturday 12 August, kicking off at 3:00PM. Scots have strengthened their squad for the coming season, not least with the acquisition of Ed Milne who has decided to test himself at Championship level.

Next up, on Saturday 19 August we travel to Hartpury who played unbeaten throughout last season to stake their place in the Championship. That will be a really difficult match: even though we played well against them in both matches last season, we still couldn't beat them!

Then on Friday evening 25 August we play at home to London Irish Wild Geese, who are likely to bring along some familiar faces. Their forwards are coached by Lee Starling and the backs by Pete Hodgkinson, while Harry Rowland joined last season as a player / coach.

Our first home League fixture is a cracking London Derby against Blackheath on Saturday 09 September, kicking off at 3:00PM. We enjoyed a "double" over our friends and neighbours last season, and they will be thirsting for revenge with a much strengthened squad. Please do make a note of that one in your diaries.

ROSSLYN PARK RUGBY CAMPS

MON 21ST AUG TO FRI 25TH AUG 2017

LIMITED PLACES AVAILABLE

ELITE SCHEDULE

START 9.30am
Registration and screening
Athletic development
Rugby skills/games
Lunch 12.15pm
Workshop/video analysis
Rugby skills/games
FINISH 4.00pm

UBs to U16s
RUGBY CELEBS
NUTRITION ADVICE
FUNDAMENTAL SKILLS
VIDEO ANALYSIS
CLASS WORK
FITNESS
£35 PER DAY OR £160 FOR 5 DAYS

U12s to U16s
COACHED BY
NIC ROUSE
(ex London Irish & Sale Sharks)
PLAYERS MUST BE IN SCHOOL/
CLUB'S A TEAM OR 1ST TEAM
£200 FOR 5 DAYS

TO BOOK

Call: 0208 8766044
Email: dom.shabbo@rosslynpark.co.uk

ROSSLYN PARK

Away travel

Cheap advance rail tickets are on sale for the match at Hartpury on August 19. Gloucester (from London Paddington) is the place to book to. Legend has it that there is a bus service from there to Hartpury College, but our 'regulars' have never discovered it and rely on getting a cab. If you are travelling alone, you will almost certainly find some friendly faces in the Fountain Inn (53 Westgate Street - opens 11:00) with a view to cab

sharing, but do be there around 1:00PM-ish. At the moment we believe KO is 3:00PM, but Hartpury sometimes kick off at 14:30 so don't leave it too late!

For the opening League match at Old Albanian there is no advantage in getting advance tickets over buying a Cheap Day Return on the day. We'll give details of how to get there closer to the match itself.

Cheaper Advance tickets are also now on sale for the visit to Fylde on 30 September. It's the Virgin service out of Euston that you need – book to Ansdell & Fairhaven (change at Preston). The ground is close to the station with an excellent and friendly clubhouse which always serves a decent pint. There are no decent pubs near the ground – if you are travelling early then you could get off the stop before at Lytham St Annes where you are almost certain to encounter some fellow Park supporters. It's about half an hour's walk to the ground but there's also a frequent bus service.

Slingbacks

The Park girls have not been without distractions in the close season, as you can see from their special appearance in the ITV trailer for the Women's World Cup, in which some of the footage was filmed at the Rock. If you missed it you can watch on YouTube at:

[Youtu.be/hr2bDHF1y38](http://youtu.be/hr2bDHF1y38)



Camilla Brueton supervises the Slingbacks training last week

The Slingbacks are back into serious training and tonight (Wednesday) they are recruiting as well, as part of an RFU campaign. The Slingbacks are always looking for new recruits – if you know any sporty girls or women who would like to try out at Rugby, just get them to turn up by 7:15PM on a Wednesday.

City Lunch

We've arranged a very special City Lunch on Friday 20 October hosted by Ugo Monye. Our city lunches provide an informal way for members, friends and colleagues to get together and celebrate all that is great about our game. Further information is given in the flyer in this edition.

Peleton for Curto

Former England and Harlequins star, Peter Winterbottom, wrote to our General Manager, Dom Shabbo, about an event in support of former Park player Paul Curtis. Regular readers will be aware that Paul met with a tragic mountain bike accident which has left him paralysed. The funds are being raised to make adaptations to Paul's home that will enable him to live as normal a life as possible. Any Park people wishing to take an active role may wish to decline the match ticket involved, as we are at home to Blackheath that afternoon!

Here is Peter's letter:

Hi Dom,

Hope you are well and things are looking good for next season. I'm sure that you are aware of the predicament of Paul Curtis the former Rosslyn Park and Quins prop. One of the fundraising events

we are planning for the Paul Curtis Fund is a bike ride from Bognor Regis to Harlequins on Saturday September 9th, starting at 7.30am. The ride includes a fully supported 70 mile cycle and a ticket for the Quins v Gloucester match.

You may well have members who either knew or played with Curto and would like to support the fundraising efforts. If they wish to register for the ride they can do so by clicking on this link.

<http://www.active.com/bognor-regis/cycling/peleton-for-curto-2017?int=#>

Regards,
Wints.
Peter Winterbottom MBE



BOOK NOW

Rosslyn Park RFC City Lunch

with
UGO MONYE



Date: Friday 20th October 2017, 12pm - 5pm

Venue: Brasserie Blanc, 9 Belvedere Road, Southbank, London, SE1 8YP

Tickets: £90 (excl. VAT) each which includes a Cocktail Reception, 3 Course Meal, Venue, Guest Speakers and Celebrity Appearances

Group Bookings Available!

Dress code: Smart / Casual

Contact: dom.shabbo@rosslynpark.co.uk or 07787301691

Brought to you by



Phil Brown

His many old friends will be saddened that since our previous newsletter the Club has received the sad news of the passing of Phil Brown, long a stalwart of the National Schools 7s. Phil's IT expertise saved many a technical hitch from becoming a catastrophe. He was an unassuming man, friendly and helpful to everyone without an ounce of malice in him. Our sincere condolences go to his surviving family.

Fixture calendar for phone and computer

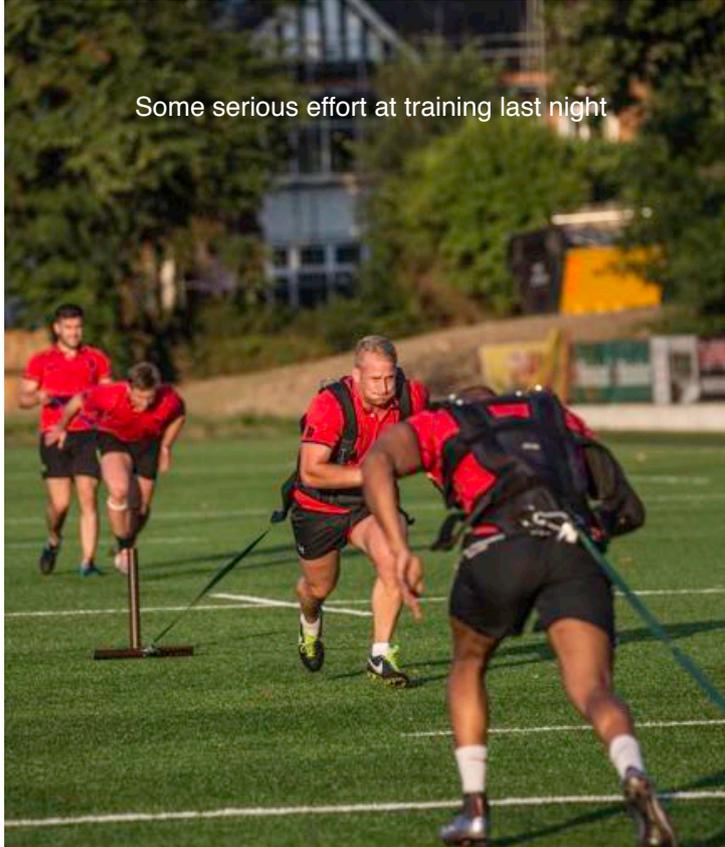
There is now a Google calendar that shows all of the Park 1st XV fixtures for the 2017/18 season, which you can download to your manifold devices. It will be automatically updated throughout the season. Even the Editor managed to download it successfully!

The link in iCal format is:

<https://calendar.google.com/calendar/ical/rosslynparkfc%40gmail.com/public/basic.ics>

Subs due

Membership Subs are now overdue, so if you are a Member, please do check that you've paid. If you don't already pay by direct debit please consider doing so as it considerably reduces admin hassle. If you are not already a Member, please consider becoming one - as well as free admission (or reduced admission depending upon which category you choose) it gives you a say and a vote in how your club is run.



Some serious effort at training last night

Facilities

Hiring out our facilities, whether the pitch or Clubhouse, is a really useful source of close season income. If you know anyone who might be interested, be it a birthday party, a one-off match or a whole rugby tournament, then please pass on the details to Dom Shabbo in the club office (020 8876 6044).

Law Amendments

Before you start heckling the poor old ref this season, you might not be aware that there are six law amendments as a consequence of positive trials. These relate to the scrum (Law 20) and tackle/ruck (Laws 15 and 16), and are aimed at making the game simpler to play and referee as well as

further promoting player welfare. They have been approved following extensive game data analysis as well as player, coach, match official and union feedback from the tournaments in which they were trialled.

1. Law 20.5 and 20.6 (d)

No signal from referee. The scrum-half must throw the ball in straight but is allowed to align their shoulder on the middle line of the scrum, therefore allowing them to stand a shoulder width towards their own side of the middle line.

Rationale: To promote scrum stability, a fair contest for possession while also giving the advantage to the team throwing in (non-offending team).

2. Law 20.9 (b) Handling in the scrum – exception

The number eight shall be allowed to pick the ball from the feet of the second-rows.

Rationale: To promote continuity.

3. Law 20.8 (b) Striking after the throw-in

Once the ball touches the ground in the tunnel, any front-row player may use either foot to try to win possession of the ball. One player from the team who put the ball in must strike for the ball.

Sanction: Free-kick

Rationale: To promote a fair contest for possession.

4. Law 15.4 (c)

The tackler must get up before playing the ball and then can only play from their own side of the tackle "gate".

Rationale: To make the tackle/ruck simpler for players and referees and more consistent with the rest of that law.

5. Law 16 Ruck

A ruck commences when at least one player is on their feet and over the ball which is on the ground (tackled player, tackler). At this point the offside lines are created. Players on their feet may use their hands to pick up the ball as long as this is immediate. As soon as an opposition player arrives, no hands can be used.

Rationale: To make the ruck simpler for players and referees.

6. Law 16.4: Other ruck offences

A player must not kick the ball out of a ruck. The player can only hook it in a backwards motion.

Sanction: Penalty

Rationale: To promote player welfare and to make it consistent with scrum law.

Next Parknews

The next Parknews should appear on the website during the week after the practice match against London Scottish (week commencing 14 August). Thereafter we'll try to produce it weekly through the season, appearing by around Wednesday lunchtime. If you would like to receive a 'tweet' immediately it appears then subscribe to the @RPNoseyParker twitterfeed.

