



Issue 01

18 July 2022

Season 2022-23

PARK APPROACH THE NEW SEASON WITH OPTIMISM

Welcome to Parknews

Less than four weeks to the first match, and the Rock is buzzing. Changes in the Senior coaching set up have been announced, while Kieran's role has been expanded to boost the whole club (if you missed the announcement, it is reproduced later). Starting this week the club will be announcing its new signings, about four a time, on social media so do make sure that you subscribe to the social media channels (details towards the end of this newsletter). If you missed this week's announcement, you can find it at <https://rosslynpark.co.uk/new-signings-22-23/> Parknews will publish a comprehensive list of these in due course, but you'll find out quicker on the various social media channels and the website.

What we can say here is that it's a mightily impressive roll-call. The editor bumped into one of the senior players recently and he was extremely enthusiastic about how training was going and the prospects for the new season, saying that supporters were likely to see quite a 'new look' team, with none of the established players at all certain to keep his place, such is the competition for jerseys. Of course, other teams are also recruiting and a really bad run of injuries can cripple any club's chances. But he seemed very confident that we would be competing very strongly among the favourites.

It all kicks off at Worthing on Saturday 13 August with two teams playing **Worthing Raiders**, who are expected to challenge for promotion to National 1 this season. Nominally this will be **Rangers** facing Worthing 2s at 13:00 and the **Fists** against their First XV at 15:00. But at this stage all shirts are up for grabs, so it's well worth attending both matches to run the rule over the whole squad. The address of the ground is The Rugby Park, Roundstone Lane, Angmering, West Sussex, BN16 4AX. The ground is close to Angmering Station (turn right from the station towards the roundabout, another right turn there along the by-pass and it's the second road on the left). There's a footbridge over the busy by-pass. It's a frequent service from Clapham Junction to Angmering with trains at 12, 22, 42 and 52 past the hour (journey time about 90 minutes) and you can currently get advance single tickets at £5.50 each way. It's a friendly club with a decent clubhouse – or there's the Lamb pub in the nearby village – a really good day out!

After that it's home matches. On 20 August the **Rangers** play **Brunel University** at noon – a really tough one given their links with **Ealing Trailfinders**, who need no introduction and who play the **Fists** at 15:00. That one is beyond tough – against a team that would, by rights, be playing in the Premiership this season. To pitch part-time professionals against players with the benefit of full-time fitness and conditioning is always a difficult decision in terms of potential for injuries, but you can't prepare for a tough national 1 season by only playing teams from a lower division and our own strength and conditioning programme is probably the best in National 1.

Next up it's Friday night lights with a 20:00 kick off on 26 August with the **Fists** against **Tonbridge Juddians**, who will be striving to return to National 1 at the first attempt. On the Saturday the **Rangers** will take on the First XV of **Sevenoaks** who are newly promoted to National 2 South

Rosslyn Park Under-7s 2003-04



Another Park International

Many thanks to Tom Blake who came up with this team photo, courtesy of Nigel Walley who ran the Under 7s in 2003-4. The player at the back on the left is Guy Porter, now of Leicester Tigers, who recently earned his first cap and played in both England victories in the recent tour to Australia. Just the latest off the conveyor belt of the Rosslyn Park Junior Section.

Saturday 13 August

Worthing 2 v Park Rangers

Pre-season match
Away KO 1:00PM

Worthing v Park

Pre-season match
Away KO 3:00PM

Saturday 20 August

Park Rangers v Brunel Uni

Pre-season match
Home KO 12:00PM

Park v Ealing Trailfinders

Pre-season match
Home KO 3:00PM

Friday 26 August

Park v Tonbridge Juddians

Pre-season match
Home KO 8:00PM

Saturday 27 August

Park Rangers v Sevenoaks

Pre-season match
Home KO 2:00PM

Admission to pre-season home matches is free

Saturday 03 September
First League match

Park v Cinderford

National 1
Home KO 3:00PM

for the coming season, and will doubtless be looking to prove themselves. It's free admission to all our pre-season home games and do look out for some special offers on refreshments!

The serious stuff starts the following Saturday, 03 September, with a really tough League encounter with our old friends from **Cinderford**. They made a sensational start to last season with a long unbeaten run. A hard match in every sense of the word, where your vocal support will be very valuable to our team. Get that date in your diary now!

Promotion and relegation

The RFU Council has clarified promotion and relegation for the upcoming season in National One and National Two. As expected, the winners of National One will be promoted to the Championship while the bottom three clubs will be relegated to National Two. The top club in each National Two league (National Two North, East and West) will be promoted to National One with the bottom two clubs in each league relegated. As mentioned before, the leagues comprise the following clubs:

National One: Birmingham Moseley, Bishop's Stortford, Cambridge, Chinnor, Cinderford, Darlington Mowden Park, Esher, Hull, Leeds Tykes, Plymouth Albion, Rams, Rosslyn Park, Sale FC, Taunton Titans.

National Two West: Barnstaple, Bournville, Clifton, Dings Crusaders, Exeter University, Hinckley, Hornets, Leicester Lions, Loughborough Students, Luctonians, Newport (Salop), Old Redcliffians, Redruth, Stourbridge.

National Two East: Barnes, Blackheath, Bury St Edmunds, Canterbury, Dorking, Guernsey Raiders, Henley, North Walsham, Old Albanian, Rochford Hundred, Sevenoaks, Tonbridge Juddians, Westcliff, Worthing Raiders.

National Two North: Blaydon, Chester, Fylde, Harrogate, Huddersfield, Hull Ionians, Otley, Preston Grasshoppers, Rotherham Titans, Sedgley Park, Sheffield, Sheffield Tigers, Tynedale, Wharfedale.

Laws

All of last season's experimental Laws have now been fully adopted into Law: 50 /22, no bonding in pre-bound pods in open play (the 'flying wedge') jackler protection and the goal line drop out. In the latter case the law has been clarified to make clear that if a defender takes the ball into touch and it is 'held up' then a 5 metre scrum takes place rather than a goal line drop out.

There are two new experimental Law this season, the first is known as the 'brake foot', whereby each hooker must have one foot forward when the scrum sets. This is for safety reasons. The second is designed to stop multiple water carriers running on the pitch during a stoppage. The number of water carriers is now restricted to two and they must remain in the technical area when not on the pitch. Two water breaks are now permitted in each half.

There are several clarifications of various Laws which are only technical and only of interest to referees, coaches and complete nerds, but one you may see and wonder why the ref blew concerns the ruck. The Law did say that a player could not drop on the ball as it emerges from a ruck. It now says that he or she may not do so when the ball is on the ground near a ruck.

First XV Fixtures 2022-23

Below are the First XV fixtures for the approaching season. Those marked with an asterisk have been switched to Friday night at 20:00. It is likely that the odd kick off may be slightly varied to avoid a clash with a televised international. Other than that matches are planned for a 3:00PM kick off on Saturdays.

September

03 H Cinderford

10 A Esher *

16 H Chinnor *

24 A Hull

October

01 H	Bishops Stortford
15 A	Darlington Mowden Park
22 H	Rams
29 H	Cambridge
November	
05 A	Birmingham Moseley
12 H	Leeds Tykes
26 A	Plymouth Albion
December	
03 H	Taunton
10 A	Sale
16 H	Esher*
January	
06 A	Chinnor*
14 H	Hull
21 A	Bishops Stortford
28 H	Darlington Mowden Park
February	
18 A	Rams
25 A	Cambridge
March	
04 H	Birmingham Moseley
11 A	Leeds Tykes
25 H	Plymouth Albion
April	
01 A	Taunton
15 H	Sale
22 A	Cinderford

Park help Kosovo kids

Rosslyn Park minis donated some Rugby balls to SOSKitAid. These ended up at Kosovo Rugby, bringing the sport to these happy Kosovo kids, like the ones pictured here. The club has a long and distinguished history of spreading the Rugby gospel around the world - long may it continue!



4-G pitches

not a risk

Despite contrary reports highlighted in the media, the latest RFU injury audit, published recently, yet again shows injuries are no more likely on artificial pitches than on natural grass or hybrid pitches, in training and in games. What is true is that the report found a marginal difference in the length of time out from injuries sustained on artificial surfaces. However, this statistic in itself may well be the result of all artificial surfaces being lumped together: there is certainly a perceptible difference between a 3G pitch and our state-of-the-art 4G version, let alone some of the earlier versions that are still used for training by some teams.

Away travel

We have two away matches in the first four weeks of the season, the first one being on Saturday 10 September when we have a local Derby with newly-promoted Esher. You can bet your bottom dollar that their DoR, Peter Winterbottom, will have been using his address book to good effect during the summer and they are likely to boast one of the stronger squads in our league this season. It's another really tough one where some solid away support could make a world of difference. The ground is at 369 Molesey Road, Hersham, Surrey, KT12 3PF and is easily walkable from Hersham station. Turn right out of the station and it's less than half a mile along the road.

After that we break new ground with a visit to another newly promoted club, Hull (not to be confused with Hull Ionians). The ground is at Hull Sports Centre, Ferrens Ground, Chanterlands Avenue, Hull, HU5 4EF. Hull is the station to aim for and it's not too early to be getting advance tickets. There are two options from Kings Cross: the East Coast line, changing at Doncaster or Hull trains, which offers a less frequent service but is cheaper and goes direct. The station is a 2.5 mile walk from the ground. A journey planner suggests you can walk about 500 yards to Hall Street, take a number 3 bus 11 stops to Murrayfield Road and then it's a half mile walk to the ground. Probably better to get a cab! If you're making a day of it, Hull has quite an interesting old town (with plenty of decent pubs!) so perhaps best to stroll around there and then get a cab.

Netball

We do not yet have exact fixtures for next season, but we do have the dates on which our teams will be scheduled to play. For the uninitiated we now have three teams playing, the 'First team' Rosslyn Park Surrey held their place in the top Surrey league and their dates are in the left column below. We have two teams in the Kingston leagues: our 'Second team' Rosslyn Park Reds finished a successful season in third place in Division 5 and will be looking to go two better this coming season. The newly-formed 'Third team' Rosslyn Park Blues had an amazing season, winning every match to take Division 12 by 15 clear points. Obviously they should be playing in a higher division next season. The Kingston League dates are in the right column.

	Surrey	Kingston
10 th September		17 th September
24 th September		1 st October
8 th October		15 th October
22 nd October		29 th October
12 th November		5 th November
26 th November		19 th November
10 th December		3 rd December
7 th January		14 th January
21 st January		28 th January
11 th February		4 th February
25 th February		18 th February
11 th March		4 th March
25 th March		18 th March
22 nd April		1 st April

Women Players wanted

There is a fantastic opportunity for women players, and potential players, to join Rosslyn Park, one the most highly regarded Clubs in the country that is progressive, embraces fun and has plenty of social activities on offer. Players of all abilities, from newcomers to the most experienced are welcome to join us as we build an ambitious squad and an exciting future. Our aim is to create a squad in a fun and enjoyable environment, open for all. Players will have access to professional dedicated coaching staff, strength & conditioning training as well as first class support from our physiotherapy teams.

We are operating a number of fitness and skill-based taster sessions that will be open to all levels. It is an opportunity to meet new friends, improve fitness and well-being and most importantly,

have a lot of fun. If you are interested or know of someone who would be interested in playing and would like to get involved, we would love to hear from you. To join a session simply [click this link](#) and send us an email with your name, and mobile contact number. Alternatively if you would like to contact Marc directly:email: marc.turner@rosslynspark.co.uk or tel: [07759 775060](tel:07759775060)

Amy in charge

Former Park and England player Amy Turner, who briefly returned to the club to coach the Slingbacks, has given up her coaching role with England's Red Roses to take charge of the highly successful Harlequins women's set up.

Subs due

A polite reminder to Members that annual subscriptions are now due. If you are not yet paying by Direct Debit / Standing Order please seriously consider doing so as it saves unnecessary administrative costs and effort. The close season is always immensely difficult for the club in terms of cashflow with no match income but bills still arriving, so we are heavily dependent upon people paying their subs as they become due. These are difficult times for most of us financially, but if you are already a Member and could consider upgrading to Ripley membership then please do so. The funds raised go directly to the playing budget and will help us to further strengthen the squad for next season. Full details of 2022-23 Membership will be circulated shortly. If you are a supporter but not a Member please consider joining – we are still a Members' Club, so join in and have your say.

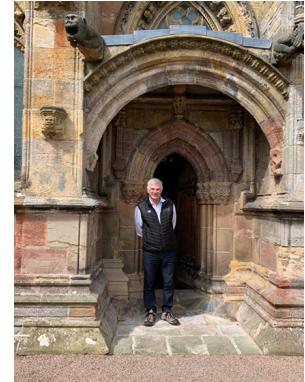
Calendar

Caltrics contacted Parknews to say that readers may be interested in knowing that Caltrics has added the provisional 2022/23 league (and preseason) fixtures to its [Rosslyn Park fixture calendar](https://www.caltrics.com/calendar/rosslyn-park-fixture-calendar/114)(<https://www.caltrics.com/calendar/rosslyn-park-fixture-calendar/114>)

Existing subscribers will find all the fixtures in their calendar(s) already. To subscribe, click on the link and Sign Up/Add +. We will automatically update calendars with any date or KO changes. Other popular rugby calendars include - Summer International Rugby fixtures (all), The Rugby Championship fixtures (all), Autumn International Rugby fixtures (all), Six Nations (6 Nations) fixtures calendar, England Rugby fixtures, and Rugby World Cup fixtures calendar (all). NB - there is no charge for the first 3 calendars selected.

Presidential peregrinations

Club President, Nick Goddard, has been out and about recently and supplied these photos. The first is at Rosslyn Chapel, near Edinburgh, which has a convoluted connection to the club as the historic home of Scottish freemasonry the hereditary heads of which were the Barons Rosslyn, which led to the name Rosslyn House being given to the house where the club's founders first played cricket! They formed a cricket club called Rosslyn Park, and gave the same name to the



football club they founded at the end of their first season. The second is a plaque Nick presented to The Roebuck pub in Hampstead, where the club was formed by Charles Hoyer Millar and half a dozen of his young cricketing friends in 1879. It now takes pride of place on a wall along with a reference to the event. The club's first ground was just a bit further down the hill at South End Green.

Announcements you may have missed

In case you missed it, the following announcement was made about Keiran Power's appointment as Director of Sport and Performance:

We are delighted to announce that Rosslyn Park has appointed Kieran Power as Director of Sport and Performance for the 2022/23 season and beyond. Kieran Power is familiar to all at Rosslyn Park. The club is extremely proud to announce his appointment to a newly created, strategic role as Director of Sport and Performance.

The role is critical to the development of all playing sections of the club by ensuring that we have a clear and inclusive strategy encompassing all teams and giving them the platform to be the best they can be. Kieran's role will be the cornerstone of our One Club philosophy. With the introduction of Netball to the club three seasons ago, the role includes the development of the hugely successful programme which now runs three teams.

Dom Shabbo, Rosslyn Park Managing Director said, "KP has been instrumental to the success of the Men's 1st XV over the past four seasons, and with his new role, we are confident he will be able to have a similar effect on the other playing sections of the club and drive them forward."

Kieran Power, Rosslyn Park Director of Sport said, "It's a fantastic opportunity for me to influence all the teams within the club and not just the Men's 1st XV. The ideal for me would be to help all our teams to develop and grow on and off the pitch and to make Rosslyn Park one of the premier sports clubs in London."

We wish Kieran every success in his new role.

The backroom team

This is the coaching announcement from the club in case anyone didn't see it:

Ahead of the 22/23 season, we are thrilled to introduce our Men's Senior Squad Coaching Team and Support Staff.

We are delighted to announce that Head Coach John Mills will take the helm for his fourth season at the club.

John will be supported by former London Broncos Head Coach Danny Ward continuing in his capacity as defence coach and building upon the great start he made towards the end of last season which excited the Head Coach, "Since Danny Ward joined the club I have been impressed by his energy and enthusiasm for defence, Danny is a leader who will bring an edge and focus to our 'Red Wall'."

The new addition to the coaching staff is former Scotland fly-half Gordon Ross who won 25 caps for Scotland and has recently coached at Worcester Warriors and Newport Gwent Dragons, Gordon joins as attack and backs coach. Having played with Gordon, Mills is well aware of the impact he can have on the squad, "I know his competitiveness is infectious which can help drive our development in attack. He has vast playing experience at the highest level and I have been impressed with how he wants us our attack to evolve. He will be a huge addition to our coaching group."

Tony Paul will continue in his role assisting the backs and attack as well as leading the Rangers coaching, focussing on the development of our younger players and their transition into 1st XV rugby. His role is instrumental to ensuring growth

throughout the squad, with John Mills adding, "Tony is a passionate, hard-working clubman who continues to grow as a coach and I feel very fortunate to have a person of his quality and character in our coaching group."

The infamous Steve Walsh will remain as Head of Performance along with Ryan Keates and Leigh Groombridge who will return as 1st XV & Rangers S&C coaches respectively. All three have developed a formidable Strength & Conditioning programme which has been key to the success of the 1st XV over the last three years.

Lorraine Allen takes over as lead physio with Joe Coakley supporting and Pippa Rollitt continues in her role as Head of Medical for the club. The legendary Kojo Jecty and Fergus Farrell will return as our Team Managers.

We're pleased also to welcome Marc Turner, former Harlequins Analyst as our Head of Analysis as well as our Women's Head Coach. Dan Flux who joined us mid-season last year will complete our Analysis team.

John Mills, Rosslyn Park Head Coach "I feel very privileged to be able to lead a coaching team of the quality we have brought together ahead of this new season. Whilst we still have a lot of hard work ahead of us there is plenty of potential for growth in our coaching and playing group this season, I am excited to see our group continue to improve and develop as the season progresses."

Keep an eye on our Social Media channels and website over the next few weeks as we will be revealing our new signings! Full squad announcement to be released towards the end of July.

Keep in touch

There will be some events going on at the club throughout the close season, so to keep in touch check regularly for Parknews on the website and subscribe to the club's social media channels:

Twitter: <http://bit.ly/2PqDIQy>

Facebook: <http://bit.ly/2NG7bxV>

Instagram: <http://bit.ly/34d652t>

YouTube: <http://bit.ly/2PQSpqC>

You can also receive a tweet immediately Parknews appears on the website by following [@RPNoseyParker](#) on Twitter.

