



THOMIAN RUGBY

"Doing The Basics Better in 2018"



Keeping you informed. From the desk of The Director Thomian Rugby - September 2017

Preparing for 2018

Preparations for the 2018 season began on the 1st September this year. The off season training will end at the end of November and we will enter the pre-season training phase, which will take us into the new year - and to the end of January 2018. The U16 squad will commence on the 1st October.

It is anticipated by the end of the pre-season the head coach and his assistants will have a clear understanding of who will be included in the main squad for the first XV.

The Under 16 age group boys and above were addressed by the Director Rugby, the Head Coach and Sub Warden on the 28th August. This was followed by an address to the boys' parents by the Warden, The Director and the Head Coach.

On the 29th August the Director Rugby addressed/briefed the junior coaches, Teachers In Charge and other officials on what is expected from all personnel to align junior rugby with senior rugby and strengthen the rugby culture at College. The Director will meet the junior parents on Saturday 9th September.

The 2018 Draw

It is almost certain that our 'group' will be

- Royal College
- Trinity College Kandy
- St. Josephs College
- STC Mt. Lavinia
- St. Anthony's College Kandy
- Kingswood College Kandy

Senior Coaching Team 2018

Mr. Bilal Yusuf,	Snr: Head Coach
Mr. C. Dhabare,	Backs Coach
Mr A. Perera,	Forwards Coach
Mr A. Rodrigo	U16/U18 (assisting)
Mr K. Jayasinghe	U 16/U18 (assisting)

Curious? - Check it out.

Who is the Snr: Head Coach? What does he look like? Coaching experience?
<http://www.thepapare.com/coaching-contingent-named-for-s-thomas-rugby-report/>

Junior Head Coach

Mr. C.P. Abeygunawardene

Teachers in Charge

An indispensable team that platforms student participation and records

- Ms. N. Manuel -1st XV & U18
- Ms. V. Jeyarajan - U 14 &16
- Mrs. A. Fernando -U 10 & 12

Team Doctor and Physio.

- Dr. A Balasuriya - Injury Management & Recovery
- Mr. A. Waidyaratne - Team Physio.
- Dr. M Karunaratne - advises on and approves any supplements suggested by the head coach and sits on the Rugby Advisory Committee

2018 1st XV Appointments & Congratulations

Mr C.J. F. U. De Lile	Skipper
Mr. H.A.R. Senanayake	Vice Skipper
Mr. H.P.A.R. Hadunpathirane	Team Secretary



Skipper 'CJ' represented Sri Lanka in the 2nd Asian Schools Rugby 7's, U18 Championships 2016. Represented Sri Lanka Under 18's - 7's Rugby Team in the Commonwealth Games - Bahamas 2017.

Resolving an age old 'headache'

Cricket and rugby practices clash from September to the end of March. This is an age old issue with no immediate 'fix' available. This year STC has blocked booked the CR & FC grounds to the end of March and this venue will be our senior rugby team's training base. Cumbersome - but unavoidable.

The boys will travel by bus to the CR grounds after school and be returned to school after sessions.

We are very fortunate to have the use of Power World Gym at CR and an excellent physiotherapy and rehab: Centre close by. The 'centralisation' of these key elements to support our lads is of great benefit and time saving. We will return to College 'Big Club' grounds after the Royal-Thomian cricket match in March 2018.

The Age Groups

Under 10
Under 12
Under 14
Under 16
Under 18
First XV

Thomian Rugby is considering combining the under 18 age group with 19 year olds to make up a Second XV.

This will provide a feeder group to the senior team and will also allow boys to move between teams as required by the head coach.

Colours

There is current discussion on awarding Second Fifteen Colours. As was done in the past years.

Being awarded Colours is an important part of a boy's journey through STC.

Message to Parents !!!

You must endeavor to inform the Teacher In Charge if your son is on any prescribed medication. Good communication is a key element in monitoring your son's well being. This includes the prescription of any pain killer medication to be taken orally or applied externally to an injured area.

That "Thomian Thing"

It is who we are. What we stand for.

The values we carry. What binds us. The spirit within and overcome



that glows equips us to odds and

**move on
Thomian Rugby**

From a Junior Parent to the Director Thomian Rugby

Hi Stefan,

Thought of sharing this msg with you.

"Why do you pay so much money and spend so much time running around for your son to play rugby?" Well I have a confession to make: I don't pay for my son's rugby training or his kit, mouthguard or boots. Or even his hundreds of rugby balls.

So, if I am not paying for rugby, what am I paying for?

- I pay for those moments when my boy becomes so tired he feels like quitting but doesn't..

- I pay for the opportunity that my boy can have and will have to make life-long friendships.

- I pay for the chance that he may have amazing coaches that will teach him that rugby is not just about game plans but about life.

- I pay for my child to learn to be disciplined.

- I pay for my boy to learn to take care of his body.

- I pay for my son to learn to work with others and to be a proud, supportive, kind and respectful team member.

- I pay for my child to learn to deal with disappointment, when he doesn't get that try he hoped for, or dropped the ball despite having practiced a thousand times, but still gets up and is determined to do his BEST next time...

- I pay for my boy to learn to make and accomplish goals.

- I pay for my son to learn that it takes hours and hours and hours and hours of hard work and practice to create a champion, and that success does not happen overnight.

- I pay so that my son can be on the pitch instead of in front of a screen...

I could go on but, to be short, I don't pay for rugby; I pay for the opportunities that rugby provides my child to develop attributes that will serve him well throughout his life, and give him the opportunity to bless the lives of others.

From what I have seen for many years, I think it is a great investment!

Rgds

A Supplement

by general definition is something that will enhance or add to, a good, natural, nutritious diet. It is **NOT a primary source of nutrition. There is **NO** substitute for good, wholesome, natural, nutritious food.**



DON'T ALLOW THE "CULTURE OF COMPLAINT" TO RAIN ON THE TEAM

The STC Sports Ombudsperson

Mission Statement

"The Ombudsperson will ensure that all students engaged in sports at STC receive fair and equitable treatment in matters of concern or complaint"

Parents and officials are urged to obtain a copy, read and familiarise themselves with the STC

Code Of Conduct and its Implementation Procedures Manual for All Stakeholders of Sport

A copy of the handbook is on issue to all students this term.

Those Old Rugby Team Photos

Over the years the old team photographs that inspired and embedded the rugby history of College has been stored in a locked room. There are plans to display certain eras once again. It is an important link for the boys of today to look upon those stalwarts gone before them. Of unbeaten teams gone before them. A reminder of who we are. Currently the Director and the Sub Warden are scoping an area that will hopefully be turned into a 'Rugby Room'.

Having access to our rugby history is important to embedding the rugby culture at College.

A walk around College - assessing equipment and resources

An 'audit' of what is required and what can be used this year for all age groups reveals we are in need of some upgrades and some specific training aids from overseas. Most of the required equipment is under purchase. Thanks to Ms Niroshala Manuel, Teacher In Charge (TIC) Senior Rugby.

The Rugby Development Committee

Warden Billimoria Chairperson

Mr. Michael Jayasekera

Mr. J. Gunathilike

Mr. R. Rengnathan

Mr. A. Dharmdhasa

Mr. S. D' Silva (Rugby Director)

Mr K. Waidyaratne

Dr M. Karunaratne (Consultant Doctor)

Mr. S. Dwight

Mr. S. De Rosairo

Mr. S. Perera

To STC Critics and doomsayers.

A "Half Back" is not a spinal deformity !!

and

A "Fly Half" is not a Mosquito !!



"HEADS" - I LISTEN TO MY COACH. "TAILS" - I LISTEN TO EVERYBODY ELSE

The Sick Room Matron and her Domain

The College sick room is a well equipped and resourced area for the care of the boys. Mrs Fathia Salgado, a qualified senior nurse does a magnificent job, attends all rugby matches, training sessions and is available during pre match, morning preparation at school. She exudes a level of compassion that I am sure lures the lads to the sick room even though they may well be in the 'pink' of health!!



Keeping You Informed

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