



In Touch

IPSWICH RUGBY FOOTBALL CLUB

Welcome!

Welcome to the first In Touch of 2011. In this month's issue we include a profile First team player Nick Josseland, a round-up of senior rugby news and an interview with club Chairman, Roy Holloway.

Roy Holloway Chairman

Last week I met with new club chairman Roy "H" Holloway at Humber Doucy Lane before he flew off to Las Vegas to watch International Sevens. Although I say 'new' Roy has been involved with Ipswich Rugby Club for many years from a social player to committee member, to President and now Chairman.

Roy like a lot of people, experienced his first taste of rugby at school at the age of eleven. The first position he played at Bancroft School in Woodford Green was scrum half. Through his entire rugby career Roy has played in every back position. After leaving school Roy continued playing rugby for the Old Bancroftonians and Essex county team. Due to work Roy and his family moved to Suffolk in 1959 though he carried on playing rugby in London. He joined Ipswich Rugby Club in 1961 playing end of season social games and going on vets tours organised by John Spooner.

In 1968 Roy stopped playing First XV rugby and joined Ipswich's Vets side, until at the age of 50 he hung up his boots for good.

Roy has always been involved in various roles at Ipswich, from assisting the Captains of both the 1st and Magpies teams, to running with the help of his wife Sandra, the kitchen/bar and clubhouse for some years after the club had been extended in 1989. Along with Ipswich rugby club he sat on the Suffolk committee becoming Secretary for some 10 years and President in 2001/3 also serving on the ECRU

committee becoming their President in 2003-5 the first year that Essex became independent and of course the World cup year. Surprisingly with Roy being so involved with rugby his six children have never played the game seriously. From talking to Roy it was clear that he really enjoyed rugby both the playing and socialising side. Over the years Roy has made many good friends, one of whom Tim Reeves christened Roy "H" to differentiate him from the other Roys involved at the club and the name stuck!

Outside of rugby Roy is still involved with running his company Parkside Warehousing and Transport Ltd, which he started in 1968. Parkside is a family business with all his children working there. Additionally Roy and Sandra are kept busy with their 13 grandchildren and 2 great-grandchildren.

During his period as Chairman, Roy wants to ensure that the club continues to grow and has on going success. Additionally Roy would like to see that more young homegrown players continue to come through the ranks to play for the First XV.



Roy Holloway handing over the world cup to Dai Davies of Essex RFU 2003/2004

Senior news

First XV Round Up from Head Coach Aaron Brown

Both 1st and 2nd XV have benefitted in the later part of the month from a strong showing at training on both Tuesday and Thursday nights.

Numbers at training now are starting to top 30 players per night and skill sets improving with every session. The style of play and work ethic shown by current players has managed to attract more to the club and with this in mind Senior numbers are at their highest point in 4 years.

The 2nd XV have had a very successful two weeks against Mersea Island and Colchester scoring 123 points and only conceding 14. It is now we can see the rewards of these results as Mickey Graham, Ben Grimwood and Frank Abbott have all managed to force their way into the 1st XV.

1st XV rugby has been hard fought over the last three weeks with a story of missed opportunities and failed attempts to secure maximum points for our efforts. With 3 consecutive losses and an away game to Canvey Island to look forward to, the points on offer looked to be a big ask. Great spirit and skill shown in this fixture was to right all of the wrongs from the 3 losses and get the team back on track. A 32-23 score line in favour of the Ipswich 1st XV ensured a 5 point win. This now sets up an interesting 2 games to end the month against Harlow and Beccles, your support pitch side would be greatly appreciated for the remainder of the season as the 1st XV push hard for a top four finish.

Source Aaron Brown

League Table 2010/2011 - London 2 North East

| POS | TEAM | PL | W | D | L | F | A | PD | BNS | Pts |
|----------|------------------|-----------|----------|----------|----------|------------|------------|------------|-----------|-----------|
| 1 | Rochford Hundred | 17 | 14 | 1 | 2 | 504 | 248 | 256 | 11 | 69 |
| 2 | Braintree | 17 | 15 | 0 | 2 | 449 | 237 | 212 | 8 | 68 |
| 3 | Romford & GP | 17 | 13 | 0 | 4 | 450 | 196 | 254 | 12 | 64 |
| 4 | Chelmsford | 17 | 12 | 2 | 3 | 498 | 221 | 277 | 10 | 62 |
| 5 | Canvey Island | 17 | 9 | 1 | 7 | 395 | 282 | 113 | 8 | 46 |
| 6 | Ipswich | 17 | 8 | 1 | 8 | 355 | 387 | -32 | 11 | 45 |
| 7 | Saffron Walden | 17 | 8 | 0 | 9 | 353 | 448 | -95 | 9 | 41 |
| 8 | Enfield Ingns | 17 | 6 | 0 | 11 | 264 | 370 | -106 | 7 | 31 |
| 9 | Beccles | 17 | 4 | 1 | 12 | 235 | 413 | -178 | 6 | 24 |
| 10 | Sudbury | 17 | 4 | 0 | 13 | 319 | 517 | -198 | 8 | 24 |
| 11 | Old Streetonians | 17 | 4 | 0 | 13 | 300 | 481 | -181 | 5 | 21 |
| 12 | Harlow | 17 | 2 | 0 | 15 | 196 | 518 | -322 | 7 | 15 |

Colts

Due to dwindling numbers and the success of our Colts in gaining places in representative (Eastern Counties) and senior teams, the Colts have been disbanded.

They are now making a very valuable contribution to the Ipswich senior squad

as regular 2nd team players (Sam Goodwin, Jake Goodwin, Matthew Rose, Michael (Mikey) Graham, Oliver Butler, James Burch, Jake Steward, Ben Grimwood, John Snodden).

Additionally Mikey and Ben have also recently represented the First XV's.



Ipswich vs Rochford Hundred



Ipswich battling hard against table leaders Rochford Hundred



Ipswich 10 Rochford Hundred 34.

Second XV The Magpies

Things have been improving week by week for the Magpies this season. We had a rough start to the season with getting numbers together but things have improved massively with an injection of players from the Colts that are now playing week in week out and training with the seniors. We have had some tough games over this last few weeks but we are continually improving. This has been proved by a impressive team performance last weekend at home against Mersea Island with a 78-5 win. I hope that this continues over the last few games of the season and we can end it with a bang.

Finally I would like to say congratulations to Mikey Graham and Ben Grimwood for starting this season as Colts, playing Magpies for a large part of it and now they have played their first game for the first team last week away at Old Streetonians. I look forward to the rest of this season and the future ones.

Source: Rob Kersey

Nick Josseland Q&A

This month In Touch put a number of questions to First XV stalwart Nick Josseland.



Q What position do you play for the club?

Number 8.

Q How long have you been involved with IRFC?

I am now in my 4th season with the club.

Q What is your most memorable game playing for IRFC?

All of them. It is purely a selfish pleasure being able to play.

Q Why do you like playing rugby?

The physical nature of the game, the camaraderie it engenders and the satisfaction derived from being on the park and playing the game – there is no other sport like it.

Q What is your most memorable game of rugby you have watched?

I was at the Parc des Princes, the old French national stadium right in the heart of Paris in February 1992 when England beat France 31 – 13 in what was basically a running battle, especially between the opposing front rows, Two of the French ones ultimately being sent off, whilst I sat in the in the stands amongst the roaring French supporters who shared their considerable supplies of wine, bread and cheese with me and my coterie to good effect.

Q Who is your favourite player?

I have two – most recently, Laurence Dallaglio and from my youth, the great Andy Ripley who died last year.

Q Why?

Both were formidable number eights who possessed a ferocious appetite for all aspects of the game.

Q What do you do outside of rugby?

I am the Fleet / Health & Safety Manager for Karl King Transport?

Q What are your hopes for IRFC?

Promotion and success – I would like to see the club re-enter the National and County cup competitions and enjoy a good run alongside success in the leagues, as well as fostering more strength in depth as a club in terms of players and the second team as well as possibly rejuvenating the Vets for those of us challenged by the years.

Q Have you suffered any serious injuries playing rugby?

I think the worst was when I ruptured the anterior cruciate ligament in my left knee because it stopped me from playing for 7 months. Apart from that, 4 knee medial ligament ruptures, a fractured jaw, 3 shoulder dislocations, a broken collarbone, which was by far the most painful, and cauliflower ears, which are great!

Q Have you played for another clubs?

Far too many in thirty – odd years of playing rugby - Hadleigh / Braintree / Sudbury / Ilford Wanderers / Civil Service / Ashford / Colchester / Phuket Vagabonds / Old Colcestrians / Army

Q Which premiership rugby team do you support? Wasps.

Youth & Juniors news

As usual the Youth and Juniors section has been very busy. Here is a round up of recent activity from Paul Rowland.

Y&J Deputy Chair

It is with great pleasure we are able to confirm the appointment of Richard Taylor as the Y&J Deputy Chair going forward.

Like all of us in the Y&J, Richard does not stand on ceremony and puts far more credence into hard work and getting things done than titles.

Richard is currently a coach in the U8 where his Son Max plays and is married to Debbie whom most of you will have seen helping to run the Y&J in recent months; they also have a lovely and supportive Daughter Becky.

Richard is an important building block in the future success of the Y&J because he is very well known to all in the Minis, is hands on and massively enthusiastic about the well being of our Club and is mad about Rugby; he travels to Twickenham and Franklins Gardens as oft as possible to support England and the glorious Northampton Saints.

6 Nations

“4 pints and a pie”

The first event, Friday 4th February, proved a success with circa 60 parents and children enjoying the Welsh Dragon being summarily put to the sword by the rampant English (sorry Alan!).

A popular distraction was the auction and raffle of various prints signed by current and past England players which will be repeated at the next event on 19th March.

Youth & Juniors news continued

U10s

Our boys continue their development with excellent Club Matches vs. Cambridge (16th January) Shelford (23rd January) and Sudbury (13th February) where a collective performance from all 3 teams that we fielded brought us very exciting rugby and victory.

With 30 Boys in the squad, it is a stretch to put out 3 teams but such is the Boys' desire to play and fitness that we are able to front up to other Clubs' A and B teams very well.

Against a Colchester "A/B" squad of 30 boys (30th January) our "Development" teams battled valiantly and skillfully to secure draws and narrow losses while our "A" team convincingly won both

games vs. Colchester "A" and ran amok vs. Colchester B.

While there have been a number of stand out individual performances, it is the squad's enjoyment, friendship and togetherness that will see how far they have come together this season as we enter a very busy Club Match fixture programme and the end of season Festivals.

U13s

Under Stu Hudson's excellent guidance and with close support from Dan Emery, Campbell Wareham and Gerald Shaw, this season's U13s continue to impress with their brand of "total" Rugby with rampaging Forwards and dashing Backs.

The "A" and "Development" team Club Matches continue to be played as often as possible to rotate the squad and to hone the skills necessary to finish off what has been a successful Suffolk Cup campaign; a thumping 45-0 win against Sudbury on Sunday 13th February and a further victory over Southwold will provide Ipswich with a "winner takes all" final match vs. Colchester on 20th March.

The match will be played at Humber Doucy Lane on our 1st VX pitch with the Y&J putting on the whole 9 yards... breakfast for parents, music, rugby DVDs on the big screen, 1st XV changing room, guard of honour on and off the pitch, photographer, lunch.

Make sure that you are there to cheer our Boys onto a great performance and hopefully a well-deserved victory!

U16s

Having won the RHS Suffolk 7s at the beginning of the season and more recently the Suffolk Plate Cup at a canter, our boys are seeking to add to their silverware...

They are preparing for the Suffolk Cup Final vs. Colchester to be played on Sunday 6th March at Colchester. Given the home advantage this will be a big call for our Boys but their Coaches Clive

Bell and Alan Dyer have prepared them very well and this is a group of Boys with real fire in their hearts so the very best of luck to you all!



Callum Mash



Max Magistri



Harry Bureau



Brad Pack with Harry B and James Taber in close support

The U10s welcomed Cambridge to HDL on the 16th January

...and enjoyed another spirited squad victory: P9, W5, D1, L3, Tries for 58, Tries against 28.

Touring Teams

It is confirmed that the Old Northamptonians U12s will be visiting Humber Doucy Lane for their "tour" across the weekend of 9th and 10th April and an U15 team from Ampthill & District will be our guests across the 16th and 17th April.

Youth & Juniors news continued

Suffolk Schools Rugby

We are delighted to advise that Ipswich's invitation to host has been accepted and The Suffolk County Schools Rugby Finals will be held at Humber Doucy Lane on Wednesday 9th March.

A great day is predicted, as over 350 players will be pitting themselves against one another across an entire day of competition.

All Ipswich Coaches are invited to attend, as a significant number of the players are not affiliated to Clubs so we can certainly do some talent spotting.

Poaching

In recent weeks it has become evident that a number of our Boys from different age groups have come under the envious gaze and spotlight of other Clubs.

Firstly, this is a huge accolade not only for the players but also for our Coaches and our Club that has nurtured and overseen their development from a time when they could not catch a ball.

Secondly, the edict the "grass is not always greener" has been proven correct by the fact that some of the boys who left us unceremoniously last season have sadly not made the grade at their new Club, meanwhile Spencer Smith's U14s has seen a number of players secure Suffolk and

Eastern Counties trials and playing berths ahead of those that left.

As a Club we will do all that we can to support every single one of our Players and prepare them to reach their potential there should be no rush to gain first honours at U12 and U13 level as most of our Boys will not really hit top gear until U14s - U16s; our coaching and pastoral care is targeted at providing an enjoyable and successful environment where the team and the players' loyalty to one another and the Club is always greater than the individual.

Training at Humber Doucy Lane Sunday 20th February

Although there were no home fixtures for the Minis/Midis and despite our U13s and U14s playing away, HDL enjoyed its usual thriving Sunday morning; plenty of families continue to come in for hot breakfasts before training commences, and the Club House was still serving beer and food at 1330 as people enjoyed the banter and the big screen Rugby, so thanks for the increasing support.

The Y&J enjoyed the return of Tim Reed, RFU Coach and all round Eastern Counties "good egg" who ran a coaching double header for our Boys across U12s upwards. As always, Tim provided some fresh ideas and tips that were well received by Coaches and players alike who responded to his guidance very enthusiastically. At the same time, the U9 and U10 Boys were in awe as the U16s Coaches and players gave up an hour of their time to offer some contact and skills sessions.... a great example of the various Y&J age groups mixing and helping one another.

With the Ipswich Festival on Sunday 10th April firmly in the diary, the Y&J held its first committee meeting and with more than a dozen parents across many age groups offering support... with sponsorship becoming a reality, we are set to provide our best ever day.

We are still seeking further financial support from parents and local companies so do contact Sophia (sophia.rowland@yahoo.com) should you wish to become involved.

Y&J and Festival

The Y&J continues to enjoy the increasing support of so many parents from our Age Groups which is fantastic as proven by the continued flow of new recruits, match results and a bustling Club House.

Our guest teams always comment on the warmth of our welcome off the pitch and the fierceness and skill of our boys upon the field of play. Happiness and pride in our Club is indeed a potent combination!

As our Rugby "community" grows we are asking for more financial and voluntary support and the creation of a Festival Committee so that Alan Finlay can put on our best ever Festival on Sunday 10th April.



On the Physio's Couch

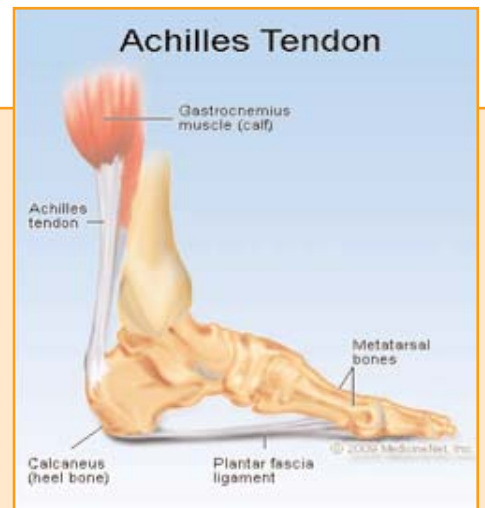
Tendinitis - The athlete's Achilles Heel?

Sports Injury clinicians are often asked what is the most common sports injury that they encounter.

There are so many that it is a difficult question to answer. However, if taking into consideration the tissue type that is most frequently injured, then tendon injuries are certainly amongst the highest.

The Achilles tendon is perhaps the best known of the tendons and is certainly a frequently injured structure in sport. There are several other tendons that present themselves regularly at a sports injury clinic. For example, patella tendinitis (or tendonitis informally), or Jumper's knee, affects the tendon just below the knee cap. Tennis elbow is tendinitis of the extensor tendon that attaches to the outside of the elbow, while Golfers' elbow is the flexor tendon on the inside. Tendon injury is frequently seen at the shoulder. The rotator cuff tendons have a key role in shoulder stability and are often injured. Tendons are connective tissues that attach muscle to bone. The strong white bands you see in a chicken drumstick are tendons! They are fibrous in nature but have a small amount of elasticity. They are often surrounded by a

protective sheath or paratenon and this can sometimes be the site of injury. The suffix *-itis* means inflammation hence tendinitis is inflammation or swelling of the tendon. It can be traumatic and acute and lead to tendon strain or rupture. The more frequent cause is of repetitive over strain leading to microtrauma where fibres of the tendon begin to fail. More typical is the gradual onset of symptoms through repetitive strain. It is characterised by symptoms noticed sometime after activity or the next morning on rising from bed. It often becomes less painful with use before returning after activity. Local tenderness is usually present either at the junction of muscle and tendon or tendon and bone. Tendinitis in athletes usually occurs with repetitive movements e.g. achilles and patella tendinitis with running and jumping activities. Shoulder tendinitis is common in swimmers and throwing sports. A change in training intensity and frequency can bring on tendinitis if the tendon is not sufficiently conditioned to the training load.



Tendinitis usually responds well to conservative treatment e.g. rest, ice, anti-inflammatory medication, and physiotherapy. Correction of any biomechanical abnormalities that may have contributed to the overstrain. In particular Eccentric strengthening exercises (lengthening under load) have been shown to be effective at treating tendonitis. Recovery from tendinitis may be slow as tendons have a relatively poor blood supply. Only rarely is surgery indicated for the treatment of tendon injuries.

Source: Dave Williams Sportsmed East

Sponsors' Lunch

The new date for this season's Sponsors' Lunch is

Saturday 19th March

Please contact Kate Hughes if you are interested in attending.

Contact: If you have any questions or comments regarding the content of this newsletter or wish to contribute please contact Kate Hughes on 07740 554418 or email: kate.a.hughes@btconnect.com

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