

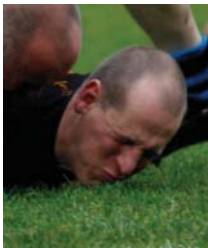


# In Touch

IPSWICH RUGBY FOOTBALL CLUB

## Welcome!

Welcome to the Christmas issue of In Touch. The severe weather over the past few weeks has had a significant impact on the number of matches played as well as resulting in the annual sponsors' lunch having to be postponed. However we still have plenty of team reports in this month's issue for you to read about especially from the Youth and Juniors Section.



This month I interviewed the captain of the Second's, Tim Lloyd at his new home on Belstead Road. Tim has been involved with Ipswich Rugby Club for a number of seasons playing for both the First XV and the Magpies. This Season Tim, along with Rob Kersey have taken on the role of managing the Second XV.

Tim has been involved with rugby from the age of 6 when he joined West Park RFC in St Helens Lancashire and continued playing at his senior school until leaving at 18. Tim has always played at fly half or centre. For a number of years Tim played both codes of rugby. When I asked him which one he preferred, he told me that he enjoyed playing Union more, but preferred to watch Rugby League, the reason he gave was that playing League was harder work! After school Tim was kept busy playing Rugby League for Nottingham Trent University whilst continuing to play Union at the weekends. All in all Tim has played for 10 rugby clubs both Union and League.

Before relocating to Ipswich with his wife Liz, Tim had retired from playing. However on moving to the town he decided that a good way to meet new people was to put on his boots again and join IRFC. At first Tim played for the First XV but due to work pressures he is now unable to commit to the regular training and so plays for the Magpies?. As with a lot of players Tim suffers from a problem with one of his shoulders, and has had it pinned to prevent it dislocating again.

Tim became involved with the Magpies because he believes that the second team of any club is a key part of that club. Any second

team should be the life blood of a club, where the Colts can cut their teeth playing senior rugby with more experienced players, where older players can still play a competitive game and new players to the game can have a go.

Although his son Edward is only three and a half Tim is looking forward to him joining the U7s. Additionally Tim is thinking of taking his coaching qualifications next year. So if you fancy playing for the Magpies then please contact Tim. It doesn't matter if you haven't played before or are unable to commit to weekly matches. Everybody is welcome no matter the standard.

Tim can be contacted on 07979 502876 or [timjllloyd@btinternet.com](mailto:timjllloyd@btinternet.com)

Kate Hughes

### Saturday, 11 December 2010

Beccles	19 - 22	Sudbury
Braintree	25 - 14	Canvey Island
<b>Ipswich</b>	<b>22 - 22</b>	<b>Chelmsford</b>
Rochford Hundred	62 - 0	Harlow
Romford & Gidea Park	26 - 0	Enfield Ignatians
Saffron Walden	17 - 0	Old Streetonians

# Senior news

## First XV Round up Aaron Brown

With the snow and ice cold conditions upon us now Senior rugby has nearly ground to a halt. Training sessions have been condensed down to one hour due to frozen pitches but still attendance has been up from this time last season.

Two new players have been added to the Senior playing stock who have moved into the area in December, which is pleasing and we wish them all the very best at Humber Doucy Lane.

Ten inches of snow which had freshly lay at Canvey Island forced the game to be postponed at the start of the month, this fixture has now been re scheduled for the 12th February.

The only game to be played so far this month was against Chelmsford at HDL. This fixture was to be a good leveler for our players as both clubs had a patchy week leading into the game and were both fresh from a snow affected weekend prior. With Chelmsford sitting higher on the league table and an inter-club cup up for grabs it was to make for an exciting spectacle. Ipswich started

the better of the two sides but unforced errors from a high risk high return style of play meant they went into the break down on the score board but up on enthusiasm. With ten minutes left on the clock and the score being 22-10 down the Ipswich side found what had been lacking in the first 70 minutes... Control.. With fine inter passing and some hard work up front lead by Nick Woodley, Corey Moran and Joe Manning, Chelmsford can feel lucky with a 22 all draw at the final whistle. Ipswich walked away with 3 out of a possible 5 points to add to their league table.

This weekend's games are 1st XV away to Beccles and the 2nd XV home to Colchester. Hope to see you at the park cheering on the players and your club.



## Fantastic result for the Magpies

At home against Woodbridge on 13th November.  
Ipswich 21 - 7 Woodbridge

Photography: Fraser Pratt\_f\_pratt@sky.com



## Louis Pentelow Q&A

This week In Touch put some questions to first team player Louis Pentelow.

- 1. What position do you play?** Open Side Flanker
- 2. How long have you been involved with IRFC?**  
I had my first ever game of rugby playing for IRFC Under 15's in 2002/03 season and have come up through the age groups playing for IRFC ever since.
- 3. What is your most memorable game playing for IRFC?**  
That is a hard one I will always remember touring and playing in South Africa with IRFC but also a very memorable game is playing for IRFC Colts beating Rosslyn Park Colts 25-24 to get to the semi-final of the National Colts cup.
- 4. Why do you like playing rugby?**  
I believe it's the best sport known to man. I like the adrenaline it gives you when you make that big tackle or making a break. I also like the camaraderie and great friends I have made through playing rugby.

- 5. What is your most memorable game of rugby you have watched?**  
For me it was when I watched the 2003 World Cup in the IRFC club house when England beat Australia.
- 6. Who is your favourite player?** Jason Robinson
- 7. Why?**  
Because I love the style of rugby he plays and also what he has achieved in his career.
- 8. What do you do outside of rugby?**  
I am currently a qualified pipefitter/plumber.
- 9. What are your hopes for IRFC?**  
I hope IRFC develops as a club continues to recruit and develop new young players and works hard to get promoted into higher leagues.
- 10. Have you suffered any serious injuries playing rugby?**  
I've been injured for the past two months due to knee problems and have been working hard with the physiotherapist. I hope to be playing again in the New Year.
- 11. Have you played for another club?**  
No just Ipswich Rugby Club.



## Senior news continued



More from the Magpies...

### League Table - London 2 North East

	P	W	D	L	PF	PA	PD	BPts	Pts
Rochford Hundred	10	9	0	1	305	144	161	6	42
Braintree	10	9	0	1	286	151	135	4	40
Romford & Gidea Park	10	7	0	3	262	127	135	7	35
Chelmsford	10	6	1	3	266	134	132	6	32
Saffron Walden	11	6	0	5	269	266	3	8	32
Canvey Island	10	5	1	4	285	167	118	7	29
Ipswich	10	5	1	4	239	252	-13	6	28
Enfield Ignatians	10	5	0	5	133	214	-81	1	21
Sudbury	11	3	0	8	247	358	-111	5	17
Old Streetonians	10	2	0	8	182	338	-156	2	10
Beccles	10	1	1	8	149	262	-113	4	10
Harlow	10	1	0	9	119	329	-210	5	9

For latest match reports visit  
[www.ipswichrugby.com](http://www.ipswichrugby.com)

## The Colts

The Colts players this season are benefiting massively from coming under the watchful eye of a very experienced and passionate panel of coaches.

Despite a promising start to pre-season with a strong showing in numbers, our Colts age group, like so many across the country, has begun to lose players as the season progresses and the pressures of 'A' Levels and University commitments begins to bite. The Colts have been able to attract and retain within the Colts 6 players from the U17 age group who due to a fall in their own numbers have been unable to put out their own age group.

The playing season has demonstrated a growing confidence and skill set with the Colts playing and winning a series of 4 shortened games against Harlow; a loss away to South Woodham Ferrers in the National Cup followed by a very creditable performance against Woodbridge which was lost as we could only field 12 players.

This season a new pathway has been forged into the Ipswich RFC Senior squads with the Club and Colts' coaches actively encouraging this group of players to attend senior training sessions & make themselves available for selection. This is proving to be a template for the future as players and coaches from across several age groups are successfully integrating thus providing the Colts players with valuable experience.

**The Colts are re-paying their coaches' commitment and faith by showing themselves to be accomplished and courageous players;**

a number of whom have committed to playing with the 2nd XV on Saturdays and Colts rugby on Sunday with Will and Dom travelling back every weekend from Hartbury College in Gloucester to play for Ipswich RFC....a simply fantastic display of loyalty to their team mates and our Club.

**The excellent abilities of this group of young men is evidenced by the fact that four have this season been selected to represent the Suffolk U20s squad**

(Jake Goodwin, Sam Goodwin, Ben Grimwood and Michael Graham) and have also been invited to the Eastern Counties training sessions.



# Youth & Juniors news

## Mid-Season Report by Paul Rowland – Y&J Chair

With the bitter cold set to stay with us as Christmas approaches, we certainly need a warmer front from nature to support the work of our brilliant Groundsman Steve to bring us back onto the paddocks.

In the meantime, we can look back with enjoyment and justifiable pleasure at the first half of the season. In doing so we can recognise that every age group has contributed to the success of our Y&J; it is this concerted community effort that we need to keep us going forward alongside our Senior squad.

To simply put the key in the door and turn on the lights has proven to be a huge effort from so many Club officials and Sophia's growing army of Mothers volunteering so much of their precious time....sincere thanks goes out to one and all. What has been very pleasing is that as the first half of the season has progressed, more and more individuals and families have decided to step up to the plate and are actively helping to organise, clothe, feed and send our boys off to the correct pitches at the right time.

On the field, it is very clear from results that our players are beginning to reap the reward of their commitment, effort, hard work and skill which is reflective of their Coaches' endeavours. No longer are we being "turned over" by our neighbours up and down the A12 and A14; it is we who are becoming a formidable and respected Rugby force across all age groups. A large number of our playing roster from the U13s, U14s, U16s and Colts have already or will be seeking to secure regional representative honours in the New Year. While the attainment of "elite" player status is important for any club, what is an even stronger and more pleasing barometer of Ipswich's "success" is the enthusiasm with which our boys are turning up for training in all weathers and donning their Black and Gold shirts with pride on Club match days.

Going forward, the coaches will be asked to support an Ipswich School of Rugby and create a clear pathway to senior Rugby for our Boys from U14s

onwards. We will seek to ensure that the current crop of talented Mini and Midi players forms the life blood of committed, experienced, loyal and skilled players into the Ipswich RFC Colts and Senior 2nd and 1st XV squads of the future.

For those who have come down to HDL to watch the 1st XV play, our support has always been warmly welcomed and appreciated. One can see the skill set on the paddock that our older Boys must aspire to in the coming seasons; having run the top 4 teams very close in the early stages of the season, it is hoped that Ipswich will let rip on their nearest rivals and continue to wrack up bonus point wins. Much of the credit goes to Aaron Brown's coaching and the effort and example of players such as Captain Alex Primmer who started his Ipswich RFC career in the U10s with several of his team mates. It is this excellent blend of local and Maori/Kiwi players, the majority of whom are staying injury free unlike previous seasons, that is influencing Ipswich's positive and attacking brand of Rugby as we establish a strong and improving position in a highly competitive league.

**The Senior committee has embraced the desire for change, energy and transparency and has given the Y&J a clear mandate to raise our standards and revitalise our Club "spirit." We are very encouraged by their guidance and support.**

As we seek to create a platform for success on and off the field, the ultimate target is for the Y&J to become financially independent/resilient and to acquire the RFU Seal of Approval that will demonstrate our Club's excellence in

providing Rugby to our community. In a recent meeting with our regional RFU officer, the excellent Lee Adamson, it is clear that there is a huge ground swell of support from Suffolk and Eastern Counties for Ipswich to maintain our development and fulfil our potential.

From a personal perspective the feedback and suggestions are always welcome; should we miss a trick or stumble, please help us (without lobbing bricks) so that we can continue to go forward together.

The two large social events of this first half of the season, the Halloween Party and the Act of Remembrance, were very well received and hopefully the enjoyment of those that attended will encourage even more players, parents and friends to support next year's events. As a Club we will be welcoming Ampthill and Old Northamptonians on tour with several other Clubs seeking to visit us and, on a more formal note, the new year will find our age groups being offered First Aid, Coaching and Refereeing courses.

Stella Day has worked very hard to keep all the match reports, news, events and photos uploaded onto the website. At the same time, Kate Hughes' efforts ensure that the monthly In Touch magazine provides a meaningful representation of what our entire Club is all about. In turn, this can only be done with the continued financial generosity from Alan Maynard of Ingot Services.

All that remains is to wish one and all a happy and Merry Christmas celebration with all the very best for a healthy and prosperous New Year.

## Youth & Juniors news continued

### U16's

The Under 16s is a very important staging post between those players that have enjoyed Midi rugby and those that are prepared to make the increased commitment to continue their Rugby education into young adulthood.

As such, Ipswich RFC is blessed with a coaching partnership that is producing remarkable results this season. The U16s swept aside all before them to be crowned the Royal Hospital School's Suffolk 7s Champions early on in the season to make it a famous "double"

win for Ipswich alongside Stu Hudson's U13s. The U16s have continued their fine form by inflicting heavy defeats against a number of fancied sides from our neighbouring clubs both at home and away.

### U14s

The first half of the season has been very positive for the Under 14 squad of 25 boys; a mixture of 'old hands' in their ninth season at the club, boys enjoying their first taste of club rugby and boys returning to Ipswich after breaks away. The established coaching team of Spencer Smith and Jon Moon has been reinforced by the assistance of Simon Manthorpe. Highlight of the season so far include an excellent performance in the Suffolk

7's where the team finished second in their pool and went on to reach the keenly contested Cup semi-final.

Away from the club, seven squad members have been successful in selection for Suffolk County Under 14 teams. These boys will all be aiming to go even further in January and work hard to win a places in the Eastern Counties U14 squad.

Source: Spencer Smith

### U13s

The U13's have had a tremendously successful first half of the season, winning 8 out of 9 first team matches.

The only real defeat came at the hands of Cambridge when a relatively inexperienced Ipswich team, devoid of first team backs, had to face a first choice Cambridge team. This was subsequently followed by comfortable victories over Southwold, Lowestoft, Bury St Edmunds and Hadleigh and hard fought wins against North Walsham and Maldon.

The U13s' also sent a team of 10 players to compete in the Suffolk Sevens competition at the Royal Hospital School. Having won through the group stages the Ipswich team had to overcome Colchester in the semi final and Bury St Edmunds if they got to the final. They did, on both counts and were rightly crowned

champions. This was also impressive for the fact that the lads scored 40 (yes 40) tries throughout the day and managed to prevent the oppositions from registering a single try. A number of boys have gained Suffolk and Eastern Counties recognition or are part of development squads linked in with Northampton Saints RFU.

Source: Mike Thompson



Colchester v Ipswich - Ross Knight

### U15s

The Under 15's have had a good start to the season. With welcome additions to our squad, we now have over 25 members. We started the season well with the Suffolk Sevens at the Royal Hospital School where we achieved a semi-final plate appearance in a somewhat rain sodden event.

Our visit to Colchester was a rather one sided affair with us getting a rugby lesson from a team packed with Northampton saints trainees and Eastern County players. However, excellent, hard fought games against Chelmsford and Southwold followed with matches against Bury being abandoned after 20 minutes due to a nasty injury to a player and no spare pitches available.

Source: U15 Coaching Team

### U12s

The U12s lost a number of established players from the U11s squad of last season at the beginning of the year. However, despite having a reduced squad of 22 players, we have witnessed a more consistent attendance in the squad in and a more mature approach to their rugby, resulting in a great team morale and spirit.

The squad's performance has built steadily through the season so far. Our forwards have had an exceptional half-season across the board and the backs have also had to re-form to accommodate both new players and new positions this season. The squad has delivered some excellent positional play this season resulting in a magnificent win against Newmarket (9-0) a team who had beaten us during a previous encounter earlier in the season.

Source: Under 12s Coaching team

### U11s

No report submitted.



Mr. Beazley's Lions



Mr. Parish's Lions



James Taber & Elliot Chilvers

## U10s

The U10 coaches have been absolutely delighted with the squad's commitment, enjoyment, performances, team spirit and the support of the parents and volunteers during the first half of this season.

Kevin Parrish's and Steve Beazley's squad of young Lions has started the season with real gusto and success; we secured a morale boosting series of wins vs. Diss, Fakenham and Swaffham in our first outing together; a clean sweep of victories then followed vs. Colchester at home and Sudbury away as we won all 8 games played; finally, a hard fought 2 games to 1 squad victory over our Friends from Newmarket.

The U10s have in this first half of the

season secured a hat trick of Festival successes by winning the Woodbridge RFC Shield, the Bury St. Edmunds RFC Cup and The Leicester Tigers Eastern Counties Prima Cup played at Swaffham RFC. The latter was a great day for our players, supporters and Club as five hard fought games saw us share the accolade of Eastern Counties Winners with our Norfolk neighbours Wymondham. The squad then went on to play at Welford Road in the National Leicester Tigers Prima Cup.



## U9s

The move from U8s to 9s is always a big one as it is where we leave the tag belts behind and the children get their first taste of contact rugby. The game also increases in complexity as rucks, mauls, scrums and line outs are all introduced for the first time. The under 9s though have taken to the challenge with relish and are enjoying their first season of contact.

**With a strong squad of just over 20 boys, the Under 9s consistently put out two teams and have already taken part in two festivals.**

To date the first team has only lost one match and that was to Bury St Edmunds in the final of the BSE festival. The second team, some of which had never played rugby before the start of this season, also improve week by week and a number of those players are now pushing for first team selection.

Source: Under 9's Coaching and Support Team

## U8s

With a significant number of players remaining in the Under 7's age group, this season's Under 8's were bolstered in number with six new players to the club.

**The team have enjoyed a successful season so far, only narrowly missing out on a final at Bury St Edmunds RFC's festival and enjoying a number of wins both home and away.**

The improvement of the Under 8 players has been very impressive. The players' basic skills continue to develop. However, what is specifically pleasing is the evidence of improvement in tactical (continuity, decision making etc.) and mental (confidence, self-esteem, positive attitude etc) understanding during matches and training..

Source: Under 8's Coaching and Support Team

## U7s

**The U7 squad now numbers 29 registered players, a coaching team of 5 and our invaluable team coordinator who keeps it all together week in week out.**

As always we have seen tremendous improvement in the confidence and skill of the boys and girls from those initial training sessions in September. Our results on the pitch have been varied but we have adopted a policy of fielding mixed ability teams to allow our new recruits to play alongside some of their more experienced team mates. As we move through the season we will change the selection policy to ensure that by the time of the festivals we have established teams with the ability to deal with the challenges of Colchester, Bury St Edmunds, Sudbury and Newmarket.

Source: Dave Norval



# On the Physio's Couch

## Some thoughts on Diet

What better time than the festive season to consider our diet! It's the season of over-indulgence shortly followed by the season of unrealistic aims and unfulfilled resolutions.

There has certainly been a glut of research over the last ten years or so into the effects on sports performance that diet can have. Rugby, like most other sports, has tried to embrace this information and utilise the information to maximise players' performance. England's successful World Cup in 2003 under Sir Clive Woodward brought sports nutrition to the fore in Rugby. The England team continue to employ the services of Matt Lovell, an Elite Sports nutritionist, as do several leading club sides. Whatever the level, considerable performance gains can be made from an improved diet. There are several factors to consider.

### Maximise Power to Weight Ratio.

A combination of increased muscle mass and decreased body fat will increase a players maximum power output and of real importance in a contact sport like Rugby.

### Reduce Body Fat.

Unfortunately it is not quite as simple as reducing fat intake. Some fats such as omega-3's found in fish can help reduce overall body fat. Eating too much carbohydrate, which is then stored as

fat, can be a big factor in fat reduction. Our dependence on simple carbohydrates (white bread, pasta, sugary drinks) in our diet is a relatively modern fad and is largely responsible for the epidemic in obesity in modern society. Reducing carbohydrate intake or relying more on complex carbohydrates in the diet (wholemeal bread and pasta, pulses and vegetables) can help with fat loss. As a rough estimate 60% of one's energy intake should come in the form of carbs.

### Eat More Protein.

Muscle is built from protein so to increase muscle mass you will need to eat more lean meat, fish etc. Greater protein in the diet will also help in reducing fat-breaking down protein in the gut requires energy so will burn calories. Protein also helps to satiate i.e. it fills you up quicker so are less likely to overeat on the carbs. An adult male training regularly should be eating between 1.2 and 1.8g protein per kg of bodyweight depending on training intensity.

### Don't Skip Breakfast.

It's true, breakfast is the most important meal of the day. This is usually because

you haven't consumed any food in the 8-10 hours previously. If the human body is starved of food for long periods of time it becomes better at storing fat, we were all hunter gatherers once! This of course is what we don't want it to do. Eating regularly small amounts will have the opposite effect and lessen our fat storage.

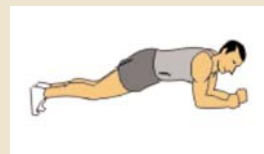
### Do You Really Need That Sports Drink?

It has been well proven that taking in carbohydrates during exercise can increase the length of time until fatigue, but do you really need those extra carbs and calories in the gym? Definitely not if you're doing a fat burning session, and unless training is lasting 90 minutes or so, then save the sports drink for match day.

### Core Exercises – The Plank

Following on from last month's simple activation of the core muscles in lying or standing try the plank. Lying on your front support yourself on forearms and toes then draw up the core muscles and lift the trunk maintaining a neutral spine position. Avoid arching or hollowing the back and hold for 10-20secs. Progress by trying the plank in side lying or use a gym ball under the forearms to decrease stability.

Source:  
Dave Williams  
SportsMed East



## News & Events

### Six Nations

Tickets go on sale in the New Year at £15 for "4 beers and a pie" to watch on the Club's big screen the Six Nations matches of England vs. Wales, and England vs. Ireland.

### "I'm an Ipswich Rugby player get me in here !"

A coming event for all teams including the Seniors...

### St. George's Day Celebration

There will be a St George's Day celebration and an end of season barbecue and awards event.

### Old Players Lunch

This season's Old Players lunch will be held on Saturday 29th January 2011. If you are interested in attending please contact Colin Jarrett at [brenda.jarrett@ntlworld.com](mailto:brenda.jarrett@ntlworld.com)

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