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In Touch

ALL THE NEWS FROM IPSWICH RUGBY FOOTBALL CLUB

Welcome!

Welcome to the fifth issue of In Touch the newsletter from Ipswich Rugby Club. This edition features the match day report on our second win of the season against arch rivals Sudbury and an interview with Nick Williams the First XV's tight head prop. Also Alan Maynard the club's Director of Sponsorship and Marketing explains why he loves rugby so much and his vision for Ipswich Rugby Club.



I count myself incredibly lucky! I first picked up a rugby ball when I was six and a half years old. From that point on I was fortunate to have fantastic teachers and lucky enough to live in an area which was rugby mad. I went on to play the game for nearly thirty years, through schools colts and eventually into club rugby at Plymouth. At Plymouth I learned

from people who went on to be household names. Some of what I learnt from these guys ought not to be repeated but came in handy on a wet day in places like Camborne Redruth or Penzance Newlyn.

Even though I ghosted very fleetingly with the professional game, the thing that was drilled into me was that everyone who coached us, trained us and put us back together after injury, did so free of charge and I was always told that the best way of showing my appreciation was to do the same once I had finished playing. I had been retired three years by the time life took me to Ipswich and ultimately to the rugby club. Once again a club stacked full of volunteers doing everything for free in order that in a football obsessed town this great game of Rugby Union is represented well. Which is where I became involved...

As Director of Sponsorship and Marketing my job along with Kate Hughes is to promote the club in every way we can. The club is very lucky that Graeme Kalbraier is so generous in his sponsorship of the club. As they rediscover the winning touch they become more newsworthy to the outside media and it is our responsibility to get the message out so that we can attract further sponsorship and much needed funds. The club is like two sides of the same brain -

on Saturday the First XV and then on Sunday the other part of the club - hundreds, literally hundreds, of children learning the game. Trained by unpaid coaches doing exactly what happens in so many clubs - passing it on.

One of the committee members once told me that The Club sucks you in and he was right. I am passionate about the club and how it shows itself to the outside world from the First XV down to the youngest Youth and Juniors. There are a wealth of stories - not just match reports but about the characters in the club. We pass these stories on through 'In Touch' as well as through the new website. Both of these are examples of the work Sponsorship and Marketing are doing at the moment, and in my own way - giving back.

Alan Maynard



Another win for the First XV

24th October
Ipswich 22
Sudbury 13

A transformed Ipswich team convincingly beat arch rivals Sudbury at Humber Doucy Lane

First XV news

Match Report 24th October 2009

Ipswich 22 Sudbury 13 by David Broughton

At last Ipswich, for the first time since the start of the season, had an out and out backline, and what a transformation it was in this local derby.

Sudbury won the toss and elected to run down the slope for the first half and Ipswich kicked off in an enthusiastic mood, after having a good training session in the midweek. From the kick-off Sudbury knocked on just outside the 22 metre area, from the scrum Nick Joseland picked up and drove the ball forward for the next phase; a quick recycle of the ball found hooker Gavin Ball charging over the try line in the right corner with only 3 minutes on the clock. Sam Corston was wide with the conversion. (5-0).

Ipswich was keen to build on the score applying the early pressure in all departments, forcing Sudbury to kick long and chase.

over the ruck to kill the ball. Sam Corston kicked wide from 24 metres out.

On 16 minutes of play Sudbury took the lead when Ipswich failed to clear the ball and was caught in possession and not releasing from the subsequent lineout catch and drive, no.5 Toby Goodwin went over in the right corner. Matt Cooper converted for the extra 2 points. (5-10).

Ipswich continued to stay upbeat running good attacking lines; the pressure told when in the 36th minute from 2 phases, again Sudbury dived into the ruck from just 10 metres back from the try line. A tap penalty was taken and passed to Nick Joseland who charged through handing off everyone in his path as he crossed under the posts. Sam Corston converted the try to increase the lead just before half time. (12-10).



Sudbury were desperate not to let the game run away from them and put some good tactical kicks over the Ipswich defence pushing them deep into their own half, earning a penalty when an Ipswich defender failed to roll away from the tackle. Matt Cooper kicked for the easy 3 points.

Within 3 minutes of the restart Ipswich went straight onto the attack and again forced Sudbury to infringe at the ruck right on the edge of the 22 and in front of the posts.

Sam Corston stepped up to slot the ball through the uprights and increase the lead. (22-13).

The remainder of the game was played out with Ipswich having the bulk of possession and they were the worthy winners, to the delight of the home crowd.

After the game Head Coach Aaron Brown praised the whole Ipswich team for listening to him and sticking to the game plan. He made a special mention to stand-in lock Jonathan Fell for putting in an absolutely outstanding performance and took the honour of Man of the Match.

Ipswich had no game on 31st October.



From an Ipswich knock-on Sudbury were awarded a penalty when Ipswich forwards were penalised for not binding. Sudbury winger Matt Cooper kicked from just outside the 22 for the easy 3 points and reduced the deficit. (5-3). Ipswich went straight back on the attack and within one minute of the restart had a chance to increase the lead when the Sudbury defence dived

Ipswich team now running down the slope and receiving the ball were in rampant mood to finish off the game, strong running and retention of the ball gave a good platform for the backs to show their pace, and within 5 minutes the ball went through the backline for centre David Pulemagafa to force his way through the Sudbury defence and under the posts. Sam Corston converted. (19-10).

Next First XV Match

7th November **Away to Harlow.**

League Table - London 2 North East

	P	W	D	L	PF	PA	PD	Pts
Thurrock	6	6	0	0	276	53	223	12
Braintree	6	5	0	1	142	124	18	10
Colchester	6	4	0	2	217	103	114	8
Romford & Gidea Park	6	4	0	2	129	136	-7	8
Norwich	6	3	1	2	128	93	35	7
Sudbury	6	3	1	2	132	103	29	7
Saffron Walden	6	3	0	3	119	165	-46	6
Chelmsford	6	2	0	4	122	118	4	4
Harlow	6	2	0	4	98	135	-37	4
Ipswich	6	2	0	4	76	146	-70	4
Enfield Ignatians	6	1	0	5	73	164	-91	2
Mersea Island	6	0	0	6	54	226	-172	0



Interview with Nick Williams

Following on from our interview with Alex Primmer the club captain, 'In Touch' was pleased to meet with Nick Williams last week, the First XV's tight head prop.

Nick is an established player at Ipswich having joined the club aged eighteen when he came to the town as a student. Fifteen years later he is still playing for the first team in the front row. Nick is an Essex boy which is where he first started playing rugby at seven for Brentwood Minis, following in the footsteps of his older brother.

From talking to Nick it is very clear that he is passionate about rugby and Ipswich Rugby Club. Ipswich Rugby Club is his second family and for him it is a great honour to play for the First XV. By nature he is very competitive and hates losing. After a slow start to the season he hopes that the team can gain some consistency and build on the win against Sudbury.

Other than Ipswich Rugby Club, Nick supports Watford based Saracens, having had trials for their U21's side before moving to Ipswich as a student. His favourite player of all time is

Richard Lowe who was an "old school" prop for the New Zealand side Waikato. In particular Nick admires the fact that Lowe was a no nonsense hard player who didn't take a step back during a match.

Outside of rugby Nick leads a very busy life. His job as a student paramedic based at Ipswich Hospital involves him juggling shifts, along with studying for a degree. He hopes to qualify from the University of East Anglia in 2011. As if this was not enough, Nick is also a member of the GB Masters Judo team, representing Great Britain both at home and abroad. As well as winning a number of British Masters competition medals Nick has attained second dan level in judo. He thinks that judo complements rugby, helping to improve his fitness and balance on the pitch. With such a hectic life, Nick is lucky that he has a very understanding other half.

Club Shop

The Club Shop is open on Sundays for the sale of sportswear including replica shirts, club shorts, socks, studs and leisurewear. The club office is manned Monday to Thursday 9am - 5pm for enquiries. Alternatively telephone the club office on **01473 724072** and leave a message or email club@ipswich-rugby.co.uk

Online Shop

Alternatively you can purchase kit from the new online club shop not only do we offer our familiar Black and Gold kit, but also additional rugby items, plus selected clothing for the ladies as well! We continue to stock Gum shields, socks, studs, ties etc in the club shop plus a small selection of other items for immediate purchase or to view.

Visit www.ipswichrugby.com and follow the link to the online shop.

Watch this space...

Soon Wi-Fi access provided by BT Openzone will be available in the club house.

More details to follow in the next issue of *In Touch* and on the website.

Youth & Juniors news



Under 10's

We are lucky in the under 10's to have such an enthusiastic and dedicated group of players, parents and coaches.

Our emphasis has always been on the enjoyment of the boys as this brings continuity in our membership, with almost all our current membership of 29 having been with us since under 7's. This in turn helps us to develop the skills and discipline necessary to make fine young rugby players, and we are very fortunate to be able to say that we have a number of very promising "future stars"!

This season is our second of full contact and first of contested scrums and lineouts, and already the boys are taking up the challenges these present with vigour. As coaches we recognise that children grow at a different pace and

today's prop could well be tomorrow's fly half, so we have an objective this season to circulate players in different positions during our coaching sessions, whilst also ensuring they do not forget the basics. Our opposition have been very complimentary on our rucking ability and whilst this is pleasing we see it as time to focus on other aspects of our game.

Last weekend we were joined by two players from the first team during a training session (thanks to them for giving up a Sunday morning) and our boys found their tips useful, now they just need to put them in practice.

We have been very successful over the last three seasons and it would be fair to say that we win more than we lose, having regularly contested finals in the end of season festivals. We have already introduced the traditional and highly enjoyable (for players and parents alike) end of season tour. At under 8's level we won the Team Tours Direct South Coast Festival of Rugby at Camber Sands. This season we are going to be travelling to Leicester for a coaching clinic with the Tigers followed by a tour of the coaching facilities and a lap of honour prior to the match with London Irish which is sure to be a memorable experience for everyone, and no doubt a lot of "reflection" will be required in the hotel bar after the match!

Source: Mark Banham

Under 12's Bury Festival Report

Having just fallen short as losing finalists last year, the Ipswich U12's travelled to the Bury St Edmunds festival hoping that their early season form would take them one step further this year.

The first pool game saw them take on Sudbury in what was expected to be a close encounter. Ipswich's ever impressive forward line continued as per previous matches and contained the Sudbury pack with relative ease. Scrum half Tom Emery capitalised on a typically impressive run by Phil Day to score Ipswich's first try. Roles were reversed for the second try, when scorer turned provider with Phil diving over after a similar run by Tom. It was not all one way traffic though and Toby Trinder's last ditch tap tackle epitomised Ipswich's sturdy defence. The second half saw

Sudbury continue to press but a long clearing kick by full back Ollie Campbell allowed Phil Day to chase and score his second try leaving Ipswich with an impressive opening 3-0 victory.

Shelford, the team who narrowly defeated Ipswich in last year's final were Ipswich's second pool game opponents. Both sides were evenly matched. Ipswich threatened briefly when Ewan Thompson's quick thinking saw him win a line out against the head and dart up the touch line to within 10 metres of the Shelford line. Unfortunately the attack came to nothing as the Shelford players defended and cleared to the half way line. Final score 0-0.

The euphoria of the opening win against Sudbury seemed a distant memory when Ipswich took on Braintree for their third game. An uneventful first half and results from other pool games meant the pressure to win had increased ten fold

in the second half. The game flowed back and forth, but neither side really displayed a decisive cutting edge. The final whistle blew with the deadlock unbroken and an Ipswich side having to reflect on what was an opportunity missed.

For the final match Ipswich regrouped and produced the type of rugby shown in their first game. Tom Emery's dazzling run down the blind side saw him open the scoring. Ollie (hands of Velcro) Campbell continued to impress with a flawless display under the high ball. In the second half, a fine take by Toby Trinder in the line out enabled the ball to be worked out to Phil Day who took the ball at pace, straightened his run and cut through the Woodbridge defence to score Ipswich's second try and close out the game 2-0.

In just missing out in the final, Ipswich played the hosts Bury St Edmunds for the plate. With energy levels exhausted it seemed fitting that these two evenly matched teams should share the spoils and walk away honours even following another 0-0 draw.



Ref's Corner

To continue the laws of offside you need to understand the below and this will help coaches to explain to players what is happening in a game and why.

11.3 Being put on side by opponents.

In general play, there are three ways by which an offside player can be put onside by an action of the opposing team. These three ways do not apply to a player who is offside under the 10-Metre Law.

- (a) Runs 5 metres with ball. When an opponent carrying the ball runs 5 metres, the offside player is put onside.
- (b) Kicks or passes. When an opponent kicks or passes the ball, the offside player is put onside.
- (c) Intentionally touches ball. When an opponent intentionally touches the ball but does not catch it, the offside player is put onside.

11.4 Offside under the 10 metre Law.

- (a) When a teammate of an offside player has kicked ahead, the offside player is considered to be taking part in the game if the player is in front of an imaginary line across the field which is 10 metres from the opponent waiting to play the ball, or from where the ball lands

or may land. The offside player must immediately move behind the imaginary 10-metre line. While moving away, the player must not obstruct an opponent.

Penalty: Penalty Kick

- (b) While moving away, the offside player cannot be put onside by any action of the opposing team. However, before the player has moved the full 10 metres, the player can be put onside by any onside team-mate who runs in front of the player.

- (c) When a player who is offside under the 10-Metre Law charges an opponent waiting to catch the ball, the referee blows the whistle at once and the offside player is penalised. Delay may prove dangerous to the opponent.

Penalty: Penalty Kick

- (d) When a player who is offside under the 10-Metre Law plays the ball which has been misfielded by an opponent, the offside player is penalised.

Penalty: Penalty Kick

- (e) The 10-Metre Law is not altered by the fact that the ball has hit a goal post or a crossbar. What matters is where the ball lands. An offside player must not be in front of the imaginary 10-metre line across the field.

Penalty: Penalty Kick

- (f) The 10-Metre Law does not apply when a player kicks the ball, and an opponent charges down the kick, and a team-mate of the kicker who was in front of the imaginary 10-metre line across the field then plays the ball. The

opponent was not 'waiting to play the ball' and the team-mate is onside.

Penalty: When a player is penalised for being offside in general play, the opposing team chooses either a penalty kick at the place of infringement or a scrum at the place where the offending team last played the ball. If it was last played in that team's in-goal, the scrum is formed 5 metres from the goal line in line with where it was played.

- (g) If more than one player is offside and moving forward after a teammate has kicked ahead, the place of infringement is the position of the offside player closest to an opponent waiting for the ball, or closest to where the ball lands.

11.5 Being put onside under the 10 metre Law.

- (a) The offside player must retire behind the imaginary 10-metre line across the field, otherwise the player is liable to be penalised.
- (b) While retiring, the player can be put onside before moving behind the imaginary 10-metre line by any of the three actions of the player's team listed above in 11.2. However, the player cannot be put onside by any action of the opposing team.

This is a bit more complicated but, I am happy to help if you have questions.

All the best "Blind as Bat". Source Stu Hudson

News & Events

New Sponsor

We are pleased to announce that industrial cleaning company Shirley Shelley have become a sponsor of Ipswich Rugby Club by taking out a pitch side advertising board.

Our sponsors

Tiger.co.uk
Motor insurance comparison



Tiger.co.uk is a unique insurance comparison service that allows customers to shop around for quotes either online or over the phone.

We work with over 90 insurance brands and can help compare prices for car, bike, commercial vehicle or home insurance quotes.

The website is easy to use with a simple 2 page quote form. For those customers who would prefer to speak to someone, or who cannot obtain a quote online, we have a friendly UK based call centre ready to transfer shoppers directly through to our partners. All completely free of charge.

To get a quote visit us at **Tiger.co.uk**. To discuss business or marketing opportunities please contact us on **0845 073 1173**.



www.ipswichrugby.com

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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