



In Touch

IPSWICH RUGBY FOOTBALL CLUB

Welcome!

Welcome to the sixth issue of In Touch the newsletter from Ipswich Rugby Club. This edition features the match day report on our home match against Romford and Gidea Park, and an interview with Ryan Potkins one of the First XV's backs. Also featured is an interview with Graeme Kalbraier owner of Call Connection our main sponsor.



Graeme has been involved with Ipswich Rugby Club for a number of years. He first came on board aged 17 when he played for the 3rd and 4th teams when not playing for Ipswich School. After school Graeme joined the army for ten years. His recent involvement with club came about when his son Robbie joined the U9's in 1994; the following year saw Graeme completing his coaching qualifications and helping to coach the U10's and U11's. In 1995

Graeme was asked by the club to sponsor the Youth and Juniors section, which lead him to become the main sponsor of the club through his different companies. Currently Graeme sponsors the club through his retail insurance internet brand Tiger.co.uk.

From talking to Graeme it is clear that he has a deep passion for rugby and Ipswich Rugby Club. His interest was rejuvenated when Robbie played for St Joseph's College and the Youth and Juniors section. Robbie is now a professional player for the National One side Blaydon following a two year association with Newcastle Falcons. Unfortunately Graeme is unable to attend as many of our First XV matches as he would like, as he spends most Saturdays watching Robbie play at various grounds around the country.

Graeme was delighted that the First XV were promoted last season, and now that we have a good squad he hopes that they will show their prowess over the remainder of the season and finish the season in a strong position. His dream is for the club to gain further promotion, and play rugby at the highest level that they can reasonably sustain. Local rivals Diss Rugby Club who now play in National 3 league have achieved this goal, and there is no reason why Ipswich cannot do the same.

Although it is a shame that there are not enough senior players to make up more than two teams, and that a lot of youth players move away from the area, Graeme is pleased to see young players from the Colts breaking into the senior side. He is very keen to encourage players from the youth sections to stay involved with the club.

I asked Graeme what was the one thing he wished to communicate to the rugby community of Ipswich. He said that the strongest rugby clubs rely on a lot of non-playing volunteers, and that Ipswich Rugby Club is run by a handful of dedicated people and as such Graeme would like to see more volunteers come forward and help grow the club.

Kate Hughes

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

You can also 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.

League Table - London 2 North East

	P	W	D	L	PF	PA	PD	Pts
Thurrock	8	8	0	0	316	58	258	16
Braintree	8	6	0	2	160	142	18	12
Romford & Gidea Park	8	5	1	2	167	169	-2	11
Saffron Walden	8	5	0	3	172	185	-13	10
Sudbury	8	4	1	3	196	116	80	9
Colchester	8	4	0	4	237	152	85	8
Norwich	8	3	1	4	145	122	23	7
Harlow	8	3	0	5	129	155	-26	6
Enfield Ignatians	8	3	0	5	106	188	-82	6
Ipswich	8	2	1	5	109	200	-91	5
Chelmsford	8	2	0	6	139	163	-24	4
Mersea Island	8	1	0	7	64	290	-226	2

Match Report 14th November 2009

Ipswich 23 Romford and Gidea Park 23 by David Broughton

The topsy turvy season continues for Ipswich after enjoying a comfortable lead of 18 points for 70 minutes of the game, before clinging onto a 23 point draw.

The match followed a minutes silence in respect of Ipswich Club stalwart Roy Bouch who sadly died last week.

Ipswich kicked off from left to right going against the terrible conditions. Romford used the elements to good effect and on their first attack Ipswich were penalised for straying offside. No.9 Braiden kicked from the edge of the 22 metre line for the first score (0-3). Ipswich went straight back on the attack from the restart looking the more dangerous. However Romford increased their lead when Ipswich were penalised for a late tackle inside the 22, again No.9 Braiden kicked the 3 points (0-6).

Ipswich were still playing the more positive and again found themselves inside the Romford half, this time Romford were penalised for being offside on the edge of the 22, No.9 Sam Corston slotted the kick for 3 points (3-6).

With ten minutes to play before halftime Ipswich took the lead after forcing Romford to give away a lineout inside the 22. Ipswich caught and drove on before releasing for two quick phases of play before No.7 Louis Pentelow picked up and dived across the line on the left of the field. Sam Corston missed with the conversion (8-6).

From the restart, Ipswich again enjoying the possession inside the Romford half and being awarded a penalty for hands in the ruck, Ipswich opted for a 5 metre

lineout. A catch and drive allowed captain Alex Primmer to cross the line and touch down. Sam Corston missed the conversion (13-6) at half time.

At the restart Ipswich managed to steal a Romford lineout releasing to the backs to make inroads into the Romford 22. The Romford forwards again strayed offside and the referee indicated advantage, the ball was passed back to Sam Corston to drop goal in front of the posts to increase the lead (16-6).

With twelve minutes of the second half played, Ipswich went further ahead. The Ipswich pack secured the ball for scrumhalf Whanuahou to pick up and dummy pass before diving across the tryline by the posts. Sam Corston converted (23-6). Ipswich continued to play some of the best rugby we've seen this season at Humber Doucy Lane, but were unable to convert the pressure into more points. Romford on the other hand adopted a damage limitation game of forcing long kicks rucking ball, and on the stroke of 30 minutes their backs crossed the tryline. The conversion was missed (23-11).

Romford went straight back on the attack and found themselves mauling their way into the Ipswich 22 and crossing the tryline in the right corner, again the conversion was missed (23-18).

Immediately from the restart Romford repeated the attack and from a 5 metre scrum forced their way over the line again in the right corner for the try. No.9 Braiden missed the conversion (23-23).

Interview with Ryan Potkins



Last week In Touch was pleased to meet up with Ryan Potkins one of the backs in the First XV team. Ryan first started playing rugby for Ipswich

with the U15's when one of his teachers at Westbourne High School introduced him to the game. Prior to that he had only played football but he soon was converted. When asked why he prefers rugby to football Ryan explained that he likes the physical aspect and team camaraderie of rugby.

Ryan played for the Colts before being picked by Aaron Brown the club's head coach three years ago to play for the senior team, along with fellow Colts' player Louis Pentlow. Ryan is a utility back playing in various positions in the back row. His favourite player is England No.10 Johnny Wilkinson. Ryan is a dedicated Ipswich player and doesn't see himself playing for any other local side. He hopes that the team gel and finish high up in the league this season, giving the side something to work on next year.

Playing rugby for the first team doesn't leave much time for anything else with training three times a week and matches on a Saturday; fortunately Ryan's girlfriend is supportive of his rugby career. After a match Ryan likes to socialise with the rest of the team. Away from rugby Ryan works as a self-employed bricklayer.

The last two minutes were played with Ipswich trying to rescue the game and tempers flew at a lineout on the halfway line between both sets of forwards, for some bizarre reason in a moment of madness Ipswich wing Jermaine Watson ran from his opposite wing to join the scuffle, leaving the referee no choice but to show him the red card.

Ipswich 10 Harlow 31

On Saturday 7th November Ipswich played away to Harlow. For all full match reports visit website www.ipswichrugby.com



Youth & Juniors news

Match Report Under 17's

1st November, Lowestoft & Yarmouth 5 Ipswich 17



From the start Ipswich played with confidence and purposeful aggression.

Commendable kicking by captain Josh Cowey and masterful forward play in the loose kept the ball in the Lowestoft & Yarmouth (L&Y) half for much of the first thirty minutes. L & Y proved stubborn in their defence and, encouraged by their home crowd, looked dangerous when given the opportunity to launch a counter attack. In one of many bone-crunching encounters Sam Tipping clashed heads

and was forced to retire, to be replaced by Vik Sarpal Ipswich's only reserve. Ipswich's decisive try came after nine minutes of play. L & Y broke through their rival's attacking line with a testing kick that reached almost to the Ipswich 22-metre line. Here it was gathered by winger James Milbourne whose pace and elusive running over two-thirds of the length of the pitch could not be matched by the L & Y defence. Slipping past his opposing wing, James sped around the L & Y centres to score under the posts. Josh Cowey converted the try and Ipswich were seven points ahead and in high spirits.

In the second half, and with the weather behind them, L & Y gained more possession. Keeping the ball with their forwards, they began to pressure the Ipswich line. L & Y became dominant in the scrums. They worked well as a unit. They were quick to make the first contact and to go in low and under the Ipswich

front row. Tom Rice having taken an early knock in the first half and fearing further injury, reluctantly left the field. Ipswich was down to fourteen players. Josh Fisher joined the backs as a centre and the pack was reduced to seven players.

After four minutes of the second half L & Y forwards powered their way from a maul over the Ipswich goal line to score close to the corner flag. Their conversion, though well struck failed to pass between the posts. There then followed an entertaining, nail biting twenty-five minute tussle. Both sides had scoring opportunities. Ben Grimwood had Ipswich spectators on their feet with a well positioned kick into the L & Y 22-metre zone, chased by a black and gold cloud of Ipswich players. But for valiant defence, a try was almost had. L & Y had an equally close encounter with the Ipswich goal line and only desperate defence by all fourteen Ipswich players kept the home team at bay until the final whistle blew.

Source: Baljit Sarpal

Under 11's

The Ipswich Under 11's squad is 28-strong this season, and although many of our players have represented Ipswich from Under 7s, we have also benefitted from the addition of new players to the squad in the last few years.

Ever important in junior rugby, the squad are also very lucky to have the support and commitment of their parents and coaches pitch side on Sunday and during the week.

With the introduction of the 5-man scrum and kicking, along with a full back line, rugby at U11's gets ever closer to the 15-player game. Allied with the basic skills developed in previous seasons comes the challenge of the "thinking game", with a greater reliance on the discipline of the team. The boys are rising to the challenge with enthusiasm, as are their parents and coaches, and we will be developing these skills further throughout the season.

We have also benefited from support from the club's First XV. Having been joined first by two senior players who supported us in training, last weekend we welcomed the First XV coach, Aaron Brown and 6 first team players who led a training session, giving some great coaching tips to the players. These were put into practice in our games this weekend, with much improved tackling and rucking in evidence as a result.

As ever, there is more to do (and more fun to be had). Our boys will continue to develop their skills and disciplines over the forthcoming matches and training sessions, and look forward to reaping the rewards in the end-of-season rugby



festivals, as well as the games along the way! This season we will also be visiting Leicester Tigers for a coaching clinic, followed by the Leicester Tigers vs London Irish game, at which we will be taking a lap of honour prior to kickoff (along with Ipswich U10's). As there are a number of Tigers and Exiles supporters in the squad, we are looking forward to lively commentary on each team's skills and tactics!

Source: Nicola Naunton

News & Events

Sad News

Sadly our Fixtures Secretary Roy Bouch recently passed away.

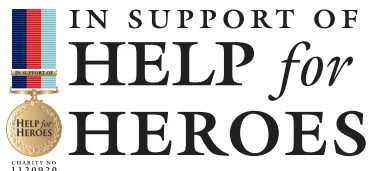
Roy was born in October 1927. He was educated at the London School of Printing and lived in a number of counties before settling in Suffolk. Roy was passionate about rugby; starting as a school boy when he won an England schools cap, he then went on to play senior rugby for the RAF, Rosslyn Park and Ilford Wanderers. Once his playing days were over, Roy trained as a referee and became involved in the administrative side of the game. He loved the values he got from rugby; friendship, trust, respect and an overall sense of fairness – you play hard on the field and then shake hands and enjoy a pint together at the club bar.

Ipswich Rugby Club has lost a good friend and supporter, and we would like to express our condolences to his family.

Next First XV Match

28th November **Away**
to **Enfield Ignations**.

Help 4 Heroes reminder



Please can we remind everyone that we are still looking for any 'old' kit they may want to donate to raise money for our chosen charity Help for Heroes.

Kit including, shirts, shorts, socks, boots etc. can be handed to the Club shop for sale on a Sunday morning. These items are particularly useful for training purposes.

BT Openzone

We are pleased to announce that the club house is now Wi-Fi enabled. BT Openzone has installed a hotspot which means with a wireless enabled laptop or hand-held device and a BT Openzone account you can connect to the internet to access your emails or surf the web.

To sign-up to BT Openzone and for more information on the service visit www.btopenzone.com

Pre-Match Lunch

If you would like to attend the pre-match lunch on Saturday 5th December please contact the club on **01473 724072** or email club@ipswich-rugby.co.uk

George Debman Butchers

We are also pleased to announce that local butcher George Debman is now our main supplier of meat. George sources all his high quality meat from local farmers. If you wish to try his meat at home George's shop is located at 101 Cliff Lane, Ipswich.

Our sponsors



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**.



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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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