



# In Touch

IPSWICH RUGBY FOOTBALL CLUB

## Welcome!

Welcome to November's issue of In Touch the newsletter from Ipswich Rugby Club. This month we profile First XV player Gavin Ball, include reports from the Senior Section coaches and feature an interview with Paul Rowland the Youth and Juniors chairman.

### Paul Rowland Chairman of The Youth and Juniors

One pleasant Saturday afternoon whilst watching Ipswich beat The Old Streetonians at home, I met with Paul Rowland. Paul is the new chair of the Youth and Juniors section and life long rugby enthusiast.

This is Paul's fourth season at the club, he first became involved when his son Harry joined the Y&Js. Harry is now in the U10s squad which is coached by Paul, having gained his Level 1 Coaching and ELRA Stage 1 & 2 Refereeing qualifications two seasons ago. It was clear from talking to Paul that he enjoys all aspects of rugby – playing, coaching and watching. Paul first started playing rugby at the age of sixteen, although his school only played football. After university Paul had to curtail his Royal Navy career for family reasons but on starting work in the City gained entrance to the HMS President Royal Navy Reserve unit for whom he played Rugby for a number of years.

Paul had to give up playing rugby due to a back injury, however he is still keen to put his boots on again and have a go playing for the Second XV. In fact he has challenged other coaches of the Youth and Juniors to join him!

Paul and his growing band of volunteers are very keen to engender a community atmosphere within the Youth and Juniors section. Already this season they have organised a Halloween Party which was attended by over 300 children and parents, and last Sunday for the first time the club held an Act of Remembrance Service. Future events are already planned for the rest of the season.

Not only has Paul been working hard for the club but he has roped his wife Sophia in to help as "club administrator". Sophia along with a number of mothers across all age groups have taken to the role with real zeal and are doing a fantastic job."

Kate Hughes



### Another fantastic win for Ipswich!

30th October 2010

**Ipswich 48 Old Streetonians 19**

Ipswich played entertaining rugby in their winning match against London side Old Streetonians at home.

# Senior news

## First XV Round Up from Head Coach Aaron Brown

The First XV have only played two competition matches in the last month but on both occasions the team scored decisive victories. With a possible 10 points on offer in these two games, including bonus points for scoring 4 or more tries, the First XV managed 9 points.

Both matches were hard fought and both matches needed the full 80 minutes to complete all questions asked. Skill sets, cohesion and fitness levels have played a big part of the recent success.

Training has been well attended with numbers again on the rise due to new players to the club and more Colts' players taking the opportunity to further their skills and integrate with the senior players. The new players and Colts have applied their skills at second team level with good rewards and true Ipswich spirit shown on and off the pitch. With

hard work coming via Tim Lloyd and Rob Kersey both on and of the field the second team's season is looking brighter with each week that goes by.

Lastly a real feeling of club spirit was brought to the fore with a well attended Remembrance Day held at Humber Doucy Lane on Sunday. Gratitude must be given to those who organised this event and for those who showed their respects and came together for a sense of belonging.

Source: Aaron Brown



Photos above taken at the Ipswich v Old Streetonians match on 30th October.  
**Ipswich 48 Old Streetonians 19**

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

## League Table 2010/2011 - London 2 North East

POS	TEAM	PL	W	D	L	F	A	PD	BNS	Pts
1	Rochford Hundred	8	7	0	1	219	125	94	5	33
2	Braintree	8	7	0	1	215	137	78	3	31
3	Canvey Island	8	5	0	3	255	126	129	7	27
4	Chelmsford	8	5	0	3	205	102	103	5	25
5	Romford & Gidea Park8	5	0	3	189	104	85	5	25	
6	Saffron Walden	8	4	0	4	203	213	-10	6	22
7	Enfield Ignatians	8	5	0	3	127	161	-34	1	21
<b>8</b>	<b>Ipswich</b>	<b>8</b>	<b>4</b>	<b>0</b>	<b>4</b>	<b>190</b>	<b>224</b>	<b>-34</b>	<b>4</b>	<b>20</b>
9	Sudbury	8	2	0	6	186	270	-84	3	11
10	Old Streetonians	8	2	0	6	159	274	-115	2	10
11	Harlow	8	1	0	7	119	221	-102	5	9
12	Beccles	8	1	0	7	114	224	-110	3	7

## Second XV – The Magpies

The Magpies continue to go from strength to strength playing more regular matches.

This past month has seen them beat Mersea Island away and lose to Woodbridge 22-7. Despite the defeat it was a good performance with the whole team playing well. It has been particularly

pleasing to see how well the Colts who have joined the Seconds have settled in to the side. Rob and Tim look forward to playing more games with the Colts. The next match is away on Saturday 20th November against Harwich and Dovercourt RFC.

Source: Tim Lloyd and Rob Kersey

If you are interested in joining the Seconds, Tim can be contacted on 07979 502876 or [tim.lloyd@eu.jll.com](mailto:tim.lloyd@eu.jll.com)

## Colts

Ipswich Colts continue to make a big impact on Suffolk rugby even though the weekend's fixture against Bury St Edmunds in the Eastern Counties cup was cancelled at the last minute. However, players Mike Graham, Jake Goodon, Sam Goodwin and Ben Grimwood were all released to play for Suffolk U20s against Cambridge University U20s.

Additionally a strong contingent from the Colts helped out the Second XV fulfil a fixture against Woodbridge, so a busy weekend of competitive rugby was had by all. The next fixture in the Eastern Counties cup takes place next weekend at home against Sudbury RFC.

Source: Paul Mardle

## Profile of Gavin Ball



This week In Touch profiles first team player Gavin Ball. Gavin made his debut for the First XV ten years ago aged 18

and for the last five years has played regularly for the squad as hooker. Gavin joined the club at the age of 11 in 1993 to make friends when his family moved to Kesgrave. Club Captain, Alex Primmer is a contemporary of his from the Youth and Junior section.

Rugby was encouraged at Kesgrave High School and during Gavin's time there he played hooker for the school side. Gavin has never been a fan of soccer or shown any interest in playing the game. He regards Ipswich Rugby Club as "home from home" and would not consider moving to play for a different team.

Gavin was looking forward to Saturday's match against Harlow. Subsequently Ipswich beat Harlow away for the first time in four years. This season has seen the First XV play a number of tough matches in succession, however as Gavin explained to me, in the run up to Christmas they face teams which are either lower or at a similar position to Ipswich in the league. This will hopefully result in Ipswich winning matches and moving up the league table.

Other than Ipswich Rugby Club Gavin supports the premiership side, Saracens, and when match commitments allow has been to watch them play at Watford.

Outside of rugby Gavin works in Stowmarket for a Honda dealership as a quad bike mechanic.

# Youth & Juniors news

## Halloween Party

Thank you to all of the Y&J Administrators, Coaches and parents who made the first Ipswich RFC Y&J Halloween party such a ghoulish and festive success! Over 200 children and around 250 parents attended the party on Friday 29th October.

Sophia Rowland did a fantastic job galvanizing willing volunteers and organising the event; a particular word of thanks to the following whose help in the run up to, and during the course of the event was so very well received: Jorgen Wilhelm, Sarah Day, Debbie & Richard Taylor, Ali Wareham and her boys, Jay Smith, Hayley Williamson, Nicola Naunton & husband "The Mischief maker", the Aberys, Kevin & Lisa Parrish and Mel & Andy Williamson.

A particular big thank you to Mr. Steve Beazley and his mucker who took a whole day off work to set up and ignite a fantastic firework display which was safely executed and a simply fantastic spectacle; very well deserving of the rousing applause and cheers that met its finale.

Our lovely tired old Club House had an excellent Halloween makeover and there were numerous activities available for the children; goal kicking by candlelight, apple bobbing, a fancy dress competition, Halloween stories in the air tent, the uninvited guest, the scary walk, etc. In the meantime, our parents were able to

admire one another's costumes and enjoy the beer and food on offer. A good time was had by all and hopefully this will become an annual event at Humber Doucy Lane.

Having covered our costs for the evening, the Y&J now has a fund of money available to help spruce up and re-decorate the inside of our Club House... we are now seeking the support of our age groups to source at cost, lighting, paint, panelling and the skills to execute a make over. If anybody has the skills to support a "fix and mend" day at the Club, could they let Stella Day and Paul Rowland know as soon as possible so that they can group people together and get things done to everybody's benefit.

The piece de resistance will be some large blown up action and team photos to be taken shortly by Mr. Tim Bowden that will be displayed on the walls of our Club House with our shields, photos and trophies catalogued and displayed in a more pleasing manner.

Source: Stella Day



## U10's Away to Diss on 6th October 2010



Max Mash



Thomas Fletcher



Max Mash with Brad Pack in close support

Our two teams played a round Robin mini Festival of 6 games vs Diss, Fakenham and Swaffham, winning 5 and losing a 6th by a single try.

# Youth & Juniors news

## Y&J Act of Remembrance Sunday 14th November 2010



The Act of Remembrance on Sunday 14th November 2010 was the first time such a formal "service" has been held at Ipswich RFC, Humber Doucy Lane. Good fortune favoured our efforts as the weather held for what all who attended commented was a well thought out and meaningful act of Remembrance.

The Y&J really threw itself into the programme of events as the U7s, U8s, U9s and U10s all agreed to come in early and train from 0900 so that we could hold the service before the senior boys from the U13s, U14s and U15s played their Club matches vs. Bury St Edmunds; we were absolutely delighted that our Friends from Bury chose to join us and participated fully with us.... a real show of true Rugby spirit.

The 200 boys in attendance lined up by age group and from each one a number of players and team captains came up in turn to lay a wreath at our dais of Royal Navy Union flags; in my short address I reminded the attendees that in the First World War only 10% of the 200 players would have returned unharmed and in the Second World War 50%. Mick Jenkins (ex IOD and MBE) read a very poignant poem entitled "In Flanders' Fields" which was followed by an emotive and flawless performance of "The Last Post" by Mr. Vince Taber (Father of the U10s' James) the 2 minute silence was respected perfectly and then the air was rent once more by the crisp and refreshing tones of "Reveille" before Mick once again led us in a short powerful prayer of Remembrance.

**On this day our Club chose to take the time to remember the bravery and loss of the some 5 million British servicemen who went to war between 1914 – 1918 and incredibly again in 1939; there have only been a handful of years since 1945 when a British or Commonwealth Serviceman or woman has not been killed on active service.**

Within our Club's coaches, parents, volunteers and senior playing squad there are a number of ex-servicemen. Accordingly, every time we hear of another lost soldier, particularly from our local Anglians, the impact is keenly felt at a Club such as ours. Very sadly

for our Friends at Stowmarket RFC they recently lost one of their boys to the Afghanistan conflict; we have not suffered the same loss but we do have one of our senior squad serving overseas and a number of our young men leaving us across the next couple of years to seek active military careers.

It was a very special morning to have so many parents, friends and families with us; a particular note of thanks to our President, Karl King and our First XV Club Captain Alex Primmer who laid the last wreath on behalf of the senior squad who attended in great numbers together with their coach Aaron Brown. It is a very rare and special day indeed when our Club can witness in one place our youngest players who are 6 year olds through to the very best that Ipswich has in our First XV.

Our thanks to all that attended for their respect and the support of all our willing volunteers for what will certainly become a Club event on the basis of the very positive responses that we have received. After the matches were played and some great performances seen, the Club House was full, boisterous and a happy place to be; what better way to honour those that have gone before us and those that did not return.

The Y&J will be seeking to create a permanent record of those that have served us, their Crown and Country together with a memorial to Prince Obolensky who played his last English International trial game at Portman Road before joining the RAF in the Second World War and tragically dying in a flying accident at RAF Martlesham.

**The Y&J collected for the British Legion Poppy appeal and will also be making donations to Help for Heroes and the East Anglian Benevolent Fund.**

Source: Paul C Rowland Ipswich RFC Y&J Chairman

## U10's played Colchester at Home on 31st October 2010

Our two teams won all 4 games comfortably vs Colchester with a try differential of + 28



Callum Mash



Callum Mash



Harry Williamson



Thomas Shaw...galloping towards the try line from the halfway !

## Success in the Leicester Tigers U10s Prima Cup!

On Sunday 14th November the Ipswich RFC U10s travelled to Swaffham RFC in Norfolk to a very warm welcome from the host club and an even hotter welcome from those teams that we met. This event was the Eastern Counties Festival.

Our boys played magnificently to win through and be invited to play at the National Finals on Saturday 27th November at Welford Road, before the Newcastle Falcons Aviva Premiership match.

Our Pool was a tough one as we needed to play and beat Cambridge, Woodbridge and Newmarket just to qualify through to the semi finals. On a heavy clay pitch, we were unable to play our fluent open Rugby and instead the nerves of the day and the need to tough it out meant that every game became attritional. What was very pleasing is that every player in our squad of 13 participated fully as we beat Cambridge 1-0 with Zack Beazley scoring; drew 0-0 with Woodbridge; we beat Newmarket 2-1 with Elliott Chilvers and James Taber scoring.

After resting Charles Wareham and Jack Tillett for a game, we took on Colchester in the semi final with the former scoring after a short sharp burst to see us through to the Final and Jack terrorising his old teammates with intense running and sharp tackling.

It was dark by the time we came to play the final against North Walsham, the floodlights came on and both sets of parents were in full voice, our boys showed the camaraderie that comes from playing rugby together for several seasons. Every player trusted the boy alongside him to make the tackle, to hit the ruck, to put their body on the line so that we could defeat North Walsham. We scored first through Ollie Brett

who recovered from a dead leg in a previous game to power through 3 defenders and surge over the line. With the last play of the first half North Walsham picked up a loose ball and their very quick winger sped three quarters of the length of the pitch untouched to score with a show boating swan dive in celebration. North Walsham did not score again and were stopped dead in their tracks time and time again as they surged downhill on the sloping pitch to score what would have been a winning try in such a tight game.

With the final whistle came the realisation that although the result was a 1-1 draw, Ipswich RFC went through victorious as we had scored the first try.

Afterwards the North Walsham players, parents and coaches were naturally "gutted" and could not be consoled despite the very sporting applause and commentary from us....we take great pride in our sportsmanship and good graces. As always news of our victory was met with great support from other friends at clubs such as Buy St Edmunds, Diss, Newmarket and Sudbury.

Many congratulations to every player and an additional word of congratulation to the forwards, Zack Beazley, Ollie Brett, Elliott Chilvers and Harry Williamson who took the ball up and hammered the



Leicester Tigers 1st team squad player Ben Pienaar with  
**Back Row:** Elliott Chilvers, Zack Beazley, Harry Williamson, Ollie Brett, James Taber, Harry Bureau & Thomas Fletcher  
**Front Row:** Jack Tillett, Jamie Lindsay, Charles Wareham, Max Magistri, Callum Mash & Harry Rowland (Capt)

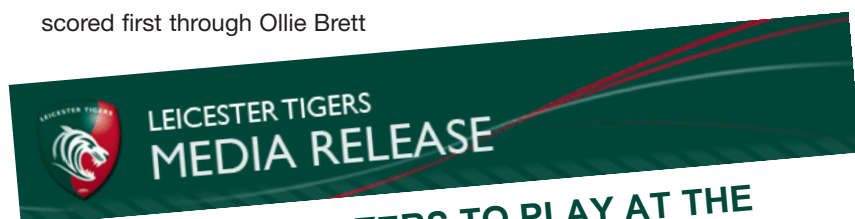
opposition at every opportunity; Charles Wareham found his confidence and intensity across the two most important matches in the Semi Final and Final; Harry Rowland tackled like another Forward, communicated positively and having been given the Captain's armband by Mr. Beazley for the day drove his team mates forward at every opportunity, willingly and brilliantly supported by Harry Bureau who never stopped running and threatened every time he had the ball in his hand; players such as Callum Max, Thomas Fletcher and Jamie Lindsay came on and fitted in seamlessly and skilfully while Max Magistri and James Taber played their hearts out and each made a try saving tackle to see their team through.

My thanks to Mr. Beazley and his touches of magical coaching as time and time again he brought the boys up to match ready fever pitch;

They always delivered and they always enjoyed themselves knowing that they had given of their very best. In the meantime, our players' families, under the most intense pressure, kept their positive support at all times which fired the boys up and kept them going.

In addition to the U10 team the entire squad and their families have been invited to Leicester and it is hoped that as many as possible will attend with the Ipswich RFC Y&J very kindly agreeing to support the cost of transporting us to Welford Road for the Big Day !

Source: Paul C Rowland Ipswich RFC Y&J Chairman



## IPSWICH YOUNGSTERS TO PLAY AT THE HOME OF LEICESTER TIGERS

DATE: TUESDAY 16TH NOVEMBER 2010  
ISSUED ON BEHALF OF LEICESTER TIGERS

Young rugby players from Ipswich RFC will run out at the world-famous home of Leicester Tigers after reaching the last eight of the Prima Tiger Cup.

## On the Physio's Couch

### Is Stability Really Core?

The last ten years or so have seen the emergence of “core stability” as a fundamental part of strength and conditioning.

It has been promoted as a treatment for low back pain, preventer of injury and enhancer of sports performance. The teaching of Pilates, which incorporates many of the core stability principles has become a boom industry, there are classes everywhere and everyone knows someone who does it! More recently there has been a backlash. A paper written by Professor Lederman, an Osteopath, has caused much debate on the issue.

The popularity of core stability training followed research in Australia in 1997. The study demonstrated that co-contraction of the deep abdominal and back muscles preceded movement of the limbs and, therefore, anticipated forces that may act on the spine. Contraction of these muscles would have a “corset” effect on the spine and maintain it in a neutral position.

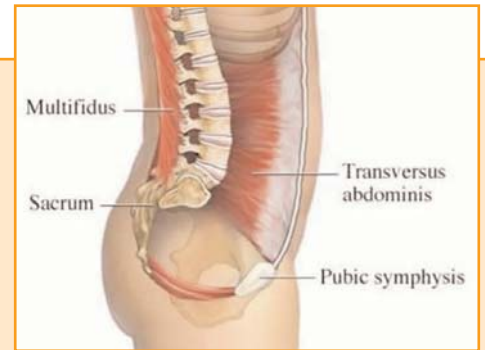
The argument against core stability is that it is wrong to train muscles in

isolation and that is not as beneficial for managing low back pain or injury prevention as initially hypothesised.

As ever, with such arguments the real truth probably lies somewhere between the two. I think it is certainly the case that core stability training is often applied badly and therefore benefits are not gained. Stability training like all training should be functional but activation of the right muscles are essential and are best taught in isolation.

I thought it might be helpful to review the fundamentals of activating the stabilising muscles and then in subsequent months suggest some more functional exercises.

1. Start by lying on your back with your legs bent up.
2. The neutral spine position must be found. This is when the spine is normally aligned with a small gap between it and the floor. Relax your shoulders



3. Breathe in deeply and relax your stomach muscles. Try to breathe into the sides of your ribcage
4. When exhaling draw your lower abdomen towards the floor. Imagine you are “zipping” up your fly!
5. Try and visualise the “corset” tightening but don’t hold your breath.
6. You should be able to feel Transversus contracting by placing your fingers just inside the iliac crest (bony part at front of hip). It does not have to contract hard, aim for 40-50% of max but you should try and maintain for 10 seconds.
7. Once you’ve mastered it in this position try activating in standing and sitting. You can then integrate this into your gym programme by activating prior to lifting or squatting etc. This should help to control your posture and improve your technique. Remember to keep a neutral spine position and not to brace the entire abdomen just tighten the corset!

Source: Dave Williams – Director Sportsmed East

### Early Spring Event

The next Y&J social event will be our own “take” on a classic with a difference.... “I am an Ipswich rugby player get me in here!” In true “bush tucker trial” fashion, the organisers are sourcing edible yet disgusting and yucky things to eat... deep fried crispy ants....you have been warned! Only the very bravest of our players need apply! Details to be released shortly.

### Sponsors Lunch

This season’s Sponsors’ lunch will take place on Saturday 11th December. For tickets please contact the club.

**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](mailto:kate.a.hughes@btconnect.com)

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