



TGS

# RUGBY





## DIRECTOR OF RUGBY

Welcome to Rugby at Townsville Grammar School. This Handbook contains information for the 2023 Rugby season. Parents and students are asked to read this document carefully and refer to this Handbook in the first instance for Rugby related information.

Due to demand, in addition to our mixed junior teams and senior boys' teams, subject to nominations, we will also be entering senior girls' teams in the U13, U15 and U17 age groups in 2023. This is obviously an exciting time for Grammar Rugby and for our Townsville Grammar School community.

Parents and friends are encouraged to attend weekly matches. Such presence sends a strong and supportive message to the players and builds a wonderful atmosphere. I warmly invite parents or friends with a rugby specific skill set to contact me to discuss how they can become an accredited referee/linesman or support the Rugby programme as a coach. 2023 also sees a continuation of the 'Friends of Rugby' supporters group.

Parents or friends are invited to support the programme by getting involved in fundraising or community initiatives.

I look forward to the 2023 season and wish all players, coaches and parents an enjoyable and rewarding year of Rugby.

Should you have any queries, please feel free to contact me.

Giles Derrett

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## RUGBY AT TOWNSVILLE GRAMMAR SCHOOL

Rugby Union was the first winter sport played at the School. It was introduced by Mr Hodges, the Headmaster who had come to the School from The Rugby School in England; the School where the game was first played. Fred Timbury, Head Boy at the School in 1901 and a good soccer player, became the School's first international when he played Rugby for Australia in two games against New Zealand in 1908.

No winter sports of any nature were played during the war years (1939-1945) and Rugby League was re-introduced in 1946. This was the dominant sport until 1980 when Rugby Union was re-introduced. In the 1980s and 1990s, most of the rugby was played mid-week against local schools. On weekends, the School played fixtures (home and away) against schools from Charters Towers, Mackay, Bowen, Rockhampton, Cairns and the Burdekin. In 1990, the Grammar First XV was the first country school to play in the final of the Metway Cup, a state wide knockout competition.

The game has gone from strength to strength since 1980 with five students representing Australia at either age or school level. Many past students have also gone on to represent Australia or a State at an Under 21 or Senior level. Sam Scott- Young represented Australia on seven occasions.

A feature of Rugby Union at the School has been the opportunity for students to undertake overseas tours. Since the first tour in 1982, teams have travelled to New Zealand, Canada, the United Kingdom and Ireland. The School has also hosted many schools and individuals as a result of these tours. 2017 saw an Open 1st XV travel to France and the UK.

Townsville Grammar School is now extensively involved in the local TDRU competition and regularly fields teams in age groups from U8 – U18. In 2022 the School fielded teams from U8 – U18 in the TDRU Rugby 7s competition with a total of more than 170 students involved.

### ATTENDANCE

Rolls are kept in order to monitor the commitment of players throughout the season and will become a record of player's participation and eligibility for various awards.

It is therefore essential that players advise their coach prior to the session of any absences that will occur during the season. This includes absences from training/games due to other School commitments or illness. Injured players are still expected to attend training where physically possible.

### IN-SEASON SELECTION PROCESS

Coaches are responsible for establishing a playing roster, based on initial skill-sets within the group and physical attributes. Coaches will indicate periodically, position-specific expectations and assign individual goals for development. Where squads exceed 23 players, match day squads will be selected on rotation (adhering to position specific requirements).

Players will ideally play a minimum of one half (perhaps as a half or two quarters). Time on the field may also be dependent on the following: attitude, training attendance, fitness, position/skill-set or performance. Coaches will keep a record of training attendance and playing time.

### FINALS SELECTION PROCESS

Selection for the finals will be at the discretion of coaches, who will select playing squads of 23 and utilise players in positions that they believe will give the side the best opportunity against their opponents.

### JUDICIARY PROCESS

Where conduct leads to a Grammar player receiving either a yellow or red card, or they are cited by an official for behaviour which breaches the IRB guidelines (Law 10.4 – Dangerous Play and Misconduct), players may be required to face the TDRU Judiciary Committee.

Players and coaches should also be aware that the receiving of a red card automatically results in a mandatory 10 day ban under QRU guidelines.

In addition to any such penalties imposed by the TDRU Judiciary Committee, additional bans or sanctions are normally imposed by the School. The Director of Rugby will always bring such matters to the attention of the Principal for due consideration.

### TRAINING DAYS

U8 - U11 (Annandale): Tuesdays 3:15-4:15pm

U12-U18 (North Ward): Tuesdays and Thursdays 3:45-5:00pm

### WATER AND FOOD

Players must ensure that they have their own sports water bottle at training sessions which is clearly named and recognisable. For health and safety reasons, bottles must not be shared. During fixtures, when the sharing of water bottles may be unavoidable (breaks in play) players should avoid direct contact between their mouth and the water bottle.

## WET WEATHER

If there is no word, please assume the game is on and follow the advertised playing details. Where advanced notification is available, alerts will be sent via the School App. Families are encouraged to install the App onto their phones and devices.

## TRANSPORT

Players will need to organise their own transport to and from games. Players are required to arrive 45 minutes before their game, to allow for team discussion, strapping and warm up.

## BOARDERS

Boarders will need to arrange lunch/dinner requirements with the boarding staff prior to fixtures if games clash with meal times. Transport to and from the Hugh Street Rugby grounds will be provided for all boarders. Boarders will also need to discuss with their coach and the Head of Boarding any alternate arrangements they may have made by their last training session prior to the fixture.

NB. When on leave, boarders are expected to fulfil their training/ game requirements and ensure they have appropriate transport arrangements in place and wear correct School uniform, School bag and footwear to and from the venue.

## RUGBY AWARDS NIGHT

The annual Rugby Awards Night will be held on Saturday, 9 September 2023. This is a compulsory event for players and provides an opportunity for the coaches, players and their families to join together in celebration and recognises their efforts and achievements from the season.

## FIXTURES

The weekly draw is available from the Rugby Notes available in Parent Lounge, the School App and on the noticeboard outside the Gymnasium.

## MEDICAL FORMS

Parents are asked to ensure that the School has current medical information regarding your child/children. All accidents and injuries should be reported to the School and lodged with the player's coach and the Director of Rugby via email.

## NUTRITION & EXERCISE

The merits of 'healthy in body, healthy in mind' are substantial and well documented. Regular exercise and a well-balanced diet are essential not only for good physical performance health but for mental health as well.

High fat and processed foods tend to satisfy hunger but do not provide the necessary energy of complex carbohydrates. The correct diet is very important if energy levels are to be sustained. The main requirement for diet is complex carbohydrates such as fruit and vegetables, grain products such as rice, pasta and grained bread. Players should have snacks before and after exercise. Water is the best liquid to drink and replenish lost fluids.

Players are encouraged to maintain and improve their cardio-vascular fitness. A self-managed routine of cross training such as swimming, running and cycling is encouraged in addition to the scheduled training sessions.

## RESISTANCE TRAINING

Players in the U16, U17 and U18 teams are encouraged to use the weights room facility in the Centenary Gymnasium. Appropriate resistance training will improve specific conditioning, appropriate for these senior years of rugby.

Players should liaise with the Director of Rugby regarding a program specific for their body shape and playing position. Players are required to undertake a weights room induction before use of this facility.

## UNIFORM - COMPETITION

As an ambassador of the School, the playing uniform should be worn with pride and in the correct manner at all times, this includes wearing the TGS uniform as listed below when travelling to and from games.

During game time, the boys should wear the following:

- Suitable rugby boots (metal studs are permitted, but should not be sharp and not longer than 18mm)
- TGS black rugby socks
- TGS rugby shorts
- TGS sport polo shirt or Club Training Shirt to be worn to and from the venue
- TGS rugby jersey – supplied Safety Equipment: Mouthguard (compulsory) Dentist or Chemist variety is acceptable
- Headgear (optional)
- TGS cap or TGS bucket hat \*
- All compression garments (Skins) must be black and are to be the short version – the long and ¾ length leggings are not acceptable. Short sleeve tops must not be visible
- Year 12 Students may wear their Senior Jersey
- TGS tracksuit (optional) \*
- Sports shoes and socks are to be worn to and from game

Socks and shorts are part of the 2023 levy and do not need to be purchased.

**Please note:** If students arrive at a game wearing the incorrect uniform, they WILL NOT be permitted to take the field.

\* Uniform items can be purchased at the School Locker – [www.tgs.qld.edu.au/uniforms](http://www.tgs.qld.edu.au/uniforms)

## THE PLAYER'S KIT BAG

- TGS sports bag
- Drink bottle – clearly named and suitable for a drinks carrier
- A roll of strapping tape (optional) – TDRU has qualified strappers at the games, but cannot provide tape to every player
- Tag tightener – if applicable
- Roll of insulation tape or taping laces down and taping socks up. (Optional)
- Expensive items (phones, etc) should be left at home as their security cannot be guaranteed
- A distinct key chain or tag (to help players locate their bag amongst many other TGS sports bags on Game days.

## FEES 2023 SEASON

**U8 – U11: \$300 / U12 – U18: \$350**

Upon registration, full payment is required. This fee can be paid by credit card.

A \$50 non-refundable administration fee may apply if the nomination is withdrawn before the first game of the season. Withdrawal after this date will incur significant charges as levies are non-refundable.

The fee covers ARU Levy, QRU Levy, TDRU affiliation and insurance. In addition, the fee covers the cost of attendance of the player and parents at the Rugby Awards Night.

## CLUB VALUES:

TGS plays in the very best spirit of the game and show exceptional sportsmanship.

- TGS plays structured Rugby that ensures ball retention, go forward and discipline.
- TGS plays with co-ordinated, aggressive and planned defensive patterns.
- TGS teams maintain the highest standard of uniform compliance and behaviour - both on and off the field.

## PLAYER COMMITMENT:

- I will train and play with focus and intensity.
- I will encourage others through my actions and positive communication.
- I will be fearless and determined.
- I will be committed and represent my school with pride

### DIRECTOR OF RUGBY

Mr Giles Derrett

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### DIRECTOR OF CO-CURRICULUM

Mr Scott Stevens

[scott.stevens@tgs.qld.edu.au](mailto:scott.stevens@tgs.qld.edu.au)

[WWW.TGS.QLD.EDU.AU/RUGBY](http://WWW.TGS.QLD.EDU.AU/RUGBY)



## TOWNSVILLE GRAMMAR SCHOOL

### NORTH WARD

45 Paxton Street  
North Ward, QLD 4810  
07 4722 4900

### ANNANDALE

1 Brazier Drive  
Annandale, QLD 4814  
07 4412 4800

### NORTH SHORE

North Shore Boulevard  
Burdell, QLD 4818  
07 4412 6600