Hi

Presidents Message

The club would like to announce Ross Webster as our Junior President for the 2016 season. Ross brings many years’ experience in playing the game as well as coaching junior sides for the club over the last few years.

Ross has been passionate about Rugby from an early age, played at school and in the Subbies competition in Sydney. He has been involved in Bowral Rugby as a Team Manager and Coach over the last two years and his son, Angus, is playing in the U12’s this year.

Ross can be contacted via email at ross.webster@bowralrugby.com.au or on his mobile 0421 99 2010. Thank you for putting your hand up Ross and we look forward to a great season.

On 15th April at 1pm we will be hosting the Business Luncheon at the Clubhouse. Tickets are $150 and include a 3 course meal, beer and wine for 4 hours. This is not an event to be missed so mark the date in your diary. More information about our guest speaker and where to get your tickets will be coming out soon.

Don’t forget if you have friends or family who would like to receive this monthly newsletter get them to subscribe via the website: www.bowralrugby.com.au

See you at training!

Regards,
Mark Freund - President
Seniors News

The seniors have seen a great turn out at training this year. Probably the most players we have had training at the club this early in the year for close to a decade. We had our inaugural preseason run up Black Hill in late January which was a great way to kick off our preseason. We are training every Tuesday and Thursday, as well as holding Monday night fitness sessions at F45 Training in Bowral. Many of the guys are working through a rugby specific lifting program too.

We have one more trial match on the 12th of March at home vs Sydney Irish.

The seniors competition kicks off on April 2, check here for the fixtures:

Please come down and support the teams if you can. Food and drink will be available as always.

Bowral Blacks vs Randwick, Senior trials February 20

Juniors News

.Welcome to Bowral Blacks Rugby Season 2016! We are looking to build on a fantastic Blacks Season and World Cup last year and move onwards and upwards this season.

We had our first Rego Day on Saturday 20th and online registrations are open via the Bowral Blacks website. I would like to welcome Matt White on board as the Junior Registrar. Matt is taking over from Tim Stevens, who will ‘shadow’ Matt for the season to help him settle in. I would like to thank Tim for all his work over the last few years and for progressing the club to a much stronger position than when he started.

A few dates for the diary:

First Training: 4 March 2016

Coaching Junior Rugby Course: 10 March 2016. 6pm start at Erigde Park. This includes Smart Rugby accreditation which is mandatory for all Junior Coaches. This is for coaches of U6 to U12 but coaches of older age groups are welcome. Could you please advise me if you can come so I can confirm numbers.
Second Junior Registration: 12 March 2016. 1pm - 2.30 pm at Er ridge Park. This coincides with Senior Trial against Sydney Irish, Junior Rep games at 2.30 pm and 4.30 pm and a game between Chev and St Pius X, Chatswood.

Waratah Way Coaching Clinic: 17 March 2016. 6pm start at Er ridge Park. Focus on Scrum, Breakdown and Backline Positional Play. This is for all coaches so could you please advise me if you can come so I can confirm numbers.

First Trial: 20 March 2016. Venues and times to be advised


We will circulate the juniors match schedule as soon as it is finalised by the IDJRU.

2016 Membership

As a supporter of the Bowral Rugby Club I would like to invite you to take up full membership of the Club for the 2016 season and in subsequent years.

The cornerstone of local, district, State and National Rugby is the local club. For 46 years the Bowral Rugby Club has provided an infrastructure where junior and senior players, spectators and rugby enthusiasts have been able to enjoy playing and watching rugby on the Highlands.

Your subscription will enable 80 senior players and over 200 juniors to grow to understand the value of rugby and mateship in their lives. It will also provide you with the opportunity of being involved with a club that values its members by providing a comfortable clubhouse from which to watch the rugby and enjoy social interaction. Communication with members regarding competition draw, Men's Luncheon and Club activities will be through a monthly newsletter.

Membership fee for 2016 is $50. Member's names will displayed on the Membership Board in the clubhouse. Membership of the Bowral Rugby Club is an acknowledgement of the part rugby plays in our lives and is an investment in the future of the youth of the district.

The club looks forward to your membership. Download the application for membership from the website:


Or fill out the enclosed form and return to:

Bowral Rugby
P.O. Box 1091,
Bowral 2576

Or email it to: ian.dwyer@bowralrugby.com.au
Blacks History - From the Archives

**A Conversation With...Bruce "Tubby" Hindmarsh.**

Bruce played more than 250 games for the Blacks as a tight head prop and hooker. He was significant in the development of the Juniors, the building of the clubhouse and in Club administration. In this regular newsletter piece Dennis Mudd from the Club Committee interviews some interesting people from the Club’s past.

**Dennis:** Tub, You were there in 1972 when it all started. What are your early memories of that time and the first few years?

**Tub:** I remember when the "call to arms" was made by Robin Croker for rugby enthusiasts to gather to gauge interest in forming a club. What struck me was that very few of the lads had played rugby before. I had played at school and a few others at other schools or University but most hadn't played or came from a league background. The enthusiasm was infectious but skill set was poor however at the end of the first season we found ourselves playing the highly rated Yass team in the Canberra Cup Grand Final. We lost but what emerged was great team spirit and camaraderie. In the second year we defeated Yass in the Grand Final for the first Club Premiership.

**Dennis:** What do you see as some of the highlights during the 46 year history?

**Tub:** There are three main highlights for me. The first is the spirit in which the Blacks play the game. This spirit is based on respect, reliance on each other and mateship. It is the backbone of the Club. The second highlight was the move to Eridge Park and the building of the clubhouse. Again this was done because the boys banded together and volunteered their labour and skills. A very special highlight for me was the formation of the juniors now called the "Short Blacks".

**Dennis:** Is the game harder now? What do you see as the main differences between early times and now?

**Tub:** There is no doubt that the game is faster now. A higher level of physicality and speed exists. Players are fitter and speed is paramount. However in earlier times a different type of toughness was required. Rucks and mauls were brutal affairs requiring prolonged physical exertion. Rucking with the feet was permitted.

**Dennis:** You have played all your rugby in the front row and spent a lot of time around other front rowers. You must have insight into the many idiosyncrasies they display. Would you like to share some of those?

**Tub:** Well, the first is that if sitting next to a front rower at dinner it is wise to keep your hands well away from their plate while they are eating. Next, front rowers prefer dark, smelly, sweaty and close environments. They become easily startled and confused if one finds himself in open play with no one near. The confusion usually results in the front rower kicking the ball to nowhere in particular. When questioned later the only explanation given is "I never been in the open before and didn't know what to do." Thirdly, those Neanderthal grunts actually mean something to another front rower.