

CAS Open Rugby Squad 2019

Congratulations on your selection in the 2019 CAS Opens Rugby Squad.

Your hard work and performances through the early stages of the rugby season have earned you the honour of representing the CAS; the first step towards NSW and Australian Schoolboy honours.

**The intention of this letter is to:**

1. Outline your commitment as a representative of the CAS.
2. Provide details of the training and matches.
3. Provide details of the costs involved.

**Your commitment:**

As a member of the CAS squad you are expected to conduct yourself in an exemplary manner at all times both on and off the field, maintaining a high standard of self-discipline as expected by your Headmaster.

*Punctuality and attendance is essential*. You are expected to attend and be punctual for ALL training sessions and matches, as stipulated by the coach and listed below. Failure to attend any session may result in removal from the CAS squad.

* Correct Rugby gear including boots and mouthguards must be worn to all training sessions and matches.
* A CAS jersey and white playing shorts will be provided prior to the GPS match.
* School 1st XV socks and the white shorts **MUST** be worn in matches (no club logos).
* Full school uniform **MUST** be worn at all other times other than when involved in a match.

It is also expected that any boy selected to play in the NSW trials will be available to play for NSW Schoolboys in the Term 2 holiday period – July 7 - 14. More details pertaining to this will be circulated at training. If you are not available for NSW selection, you MUST advise the Squad Manager, Mr Northcott, as soon as possible.

**Age limits (PLEASE READ CAREFULLY):**

* Any boys turning 19 in 2019 are not eligible for CAS or NSW schoolboy selection. Please advise Mr Northcott immediately if you turn 19 this year.
* Any boys turning 16 in 2019 MUST complete a The Age Dispensation Consent Form and Dispensation Form and hand to Mr Northcott prior to the GPS fixture
* Any boys turning 16 in 2019 and playing in the front row MUST advise Mr Northcott immediately.
* Any boys turning 16 and selected as reserve MUST advise Mr Northcott immediately.

**Costs:**

CAS has attempted to keep costs to an absolute minimum. As a result, schools have agreed to pay for the jersey and shorts although players may wish to purchase other items listed below. Please do not hand any cash to CAS staff. An itemised invoice will be sent to each school in Term 3.

CAS playing Jersey & shorts provided

CAS Tie\* - $ 25.00

Team photograph\* - (Framed) $ 55.00

\* Not mandatory items

**Training and match schedule**

ALL players MUST attend training sessions.
Failure to do so will result in exclusion from the squad.
Any injuries must be reported immediately to the Squad Physiotherapist, Mrs Narelle Veverka.

Sunday June 23 -
Sunday Timeline Focus Location
9:00 -9:30 Stretch/recovery Session/Player Details Taken Cranbrook main oval
9:30 -9:45 Pool Session Cranbrook Pool
9:45 -10:15 Showers and move to QP Cranbrook main oval
10:15 -11:45 Game plans/Train on QP Cranbrook main oval
11:45 -12:15 Lunch - Subway platters Cranbrook main oval

Monday June 24 - Training from 4pm at Knox Grammar. Under lights so will go past 5.30pm

Tuesday 25 June Match CAS v GPS Venue Knox Grammar
GPS Blue V GPS White 3:15pm Kick Off

2nd XV 4.45 p.m. Kick Off
1st XV 6:15 p.m. Kick Off
• Team photos will also be taken prior to each team warming up.
• A short function will follow the 1st XV game. Players must wear school uniform to this function.

Thursday June 27 - Training from 4pm at Tyneside oval (St. Aloysius’ College Oval)

Friday June 28 - NSW trials @ David Phillips Fields Daceyville TBC
1st XV – 12:50 (vs ISA)
2nd XV – 10:30 (vs ISA 2nds)

\*\* All boys in the 2nd XV are expected to stay and reserve for the 1st XV \*\*

**NSW Selections**

The NSW schoolboys squads will be selected and announced on **Saturday 29th June** to play in the Australian Schoolboy Championships from 8th – 13th July at St. Ignatius College.

**CAS Coaching staff**

Physiotherapist – Mrs N. Vaverka veverka@bigpond.com 0418 484 944

1sts Mr S Coleman Waverley scoleman@waverley.nsw.edu.au 0424 582 810

1sts Mr P Cornish Waverley pcornish@waverley.nsw.edu.au

2nd Mr B Whittaker Barker BWhittaker@barker.nsw.edu.au 0423 622 279

2nd Mr K Newbury Waverley knewbury@waverley.nsw.edu.au

Squad Manager Mr S Northcott Barker SNorthcott@barker.nsw.edu.au 0419 365 531

CAS Convener Mr M. Bos markpbos@gmail.com 0411 506 129

If you are having any problems please do not hesitate to call any of the above staff at their respective schools or myself on 0411 506 129.

Best wishes for an enjoyable and successful experience,

**Mark Bos**

Convener | **Associated Schools**

**T:** 02 85448560 | **M:** 0411 506 129

2 Yanina Pl Bangor 2234

<http://www.cas.nsw.edu.au/>

**STUDENT DETAILS:**

Name:…………………………………………………………………………………… D of B …………………………

School: ………………………………………….. Year at School: …………

Mobile No: ……………….……………. Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## PERMISSION

We hereby acknowledge that we understand the obligations for ……………………………………………… to attend on the dates listed above.

***Failure to do so may see the student withdrawn from the team or future nomination.***

………………………………………………………..

*Parent Signature*

Consent by Parent to display Student’s photograph in CAS Print publications and/or CAS website.

……………………………………………………….

*Parent Signature*

Return to Squad Manager