



## INTRODUCTION BY CHAIRMAN MARCUS DAVIES



Welcome to the new Cinque Ports Newsletter, the purpose of this Newsletter is to run in conjunction with the website to let people in the local area as well as members know what we are about and what we are doing. It is now three years since Cinque Ports Rugby Club was set up and I am very pleased to report that, as well as showing steady improvement on the pitch we are growing in size and, in the coming season, hope to be able to field a second team, at the same time developing the Women's and Junior teams. Since the beginning we at CPR have been about rugby for all without discrimination and

that ethos is still very much in the forefront as we develop and grow. We are happy to welcome new players regardless of age or ability as we have a full coaching staff to bring on players of all ages and skills, all with the required qualifications and CRB checks in place.

With the growth in our club players are reminded that selection criteria will include training attendance, at the moment new players are outnumbering existing players at training, it may be summer but the coaching staff have a full program designed to help improve personal fitness at the same time as improving skills so that we can hit the ground running at the beginning of the new season. If you don't play rugby and would just like to be part of a friendly club we have always got room for supporters. We currently use the Grove School grounds and our 'clubhouse' is the Comet on Harley Shute Road but we are working with the local authorities and sports councils to get a permanent ground with our own clubhouse. We would like to invite all members to contribute to our Newsletter with any comments, observations, announcements or advertisements, the contact details are at the end of the newsletter.

## RETIREMENT???? (APPARENTLY)



Tight Head Prop Terry Doorey confirmed that he was retiring (yes Terry we've heard it all before). The wizened old front rower has finally hung his boots up for the last time (?) and is proudly putting on his coach's cap for Cinque Ports. A career which spanned 16 years and started with Bexley RFC where he was a 14 stone winger (yes I really did say 14 stone) and included a spell playing in New Zealand for Northcote RFC when he forgot to come home for 2 years after attending a wedding (that is some hangover Terry!). Then he switched codes and joined the dark side when he played two seasons

for South London RLFC, during this time Terry suffered for his sins by dislodging 6 vertebrae in his neck. He then saw sense and returned to the only true religion that is Rugby Union, playing for Streatham & Croydon RFC and then Torquay RFC before joining Hastings & Bexhill where he made one of his now legendary attempts to retire. He was coaxed out of retirement to join Cinque Ports where he has made a valuable contribution to the team we have now, he will be missed as a well respected, skilful and committed team player. He considers the pinnacle of his career to be the time spent playing for South London RLFC as he was at his fittest. When asked about the future he said that he was relishing the role of Forwards Coach at Cinque Ports and is looking forward to seeing his boys play. We would like to thank Terry's wife for her patience and support both in the past and for the future.

# CLUB OFFICIALS/COACHES PAGE - Contributed by Bill Langley



Well we have come to the end of June and the training is going well I think. The weather is still dodgy and the ground is hard as rock, which means that for the time being we will be avoiding doing full tackles as this will only lead to unnecessary injuries. We will be using wrap up and stop tackles without going to ground too heavily. Full tackles will be brought in as and when the weather allows, but if we can use the school's gym mats then we will sort something out. This is a safety call lads. As for training we are getting good numbers and we have acquired many new players which is a very positive thing. A regular

influx of new players is essential to the continuity of the team. It does look as though we will be able to put 2 teams out next season but we will see. If it is possible to field 2 teams then it will represent a big step forward for the club towards long term stability and success. All we will need then is our own clubhouse and ground, which I know the club management, is working very hard to secure. This would put us on an even footing with the other clubs in our league and allow ourselves to build towards the future with confidence.

We have managed to get a new fitness instructor to come and put you through your paces! Her name is Julie Cowan and I know that you will come to love her sessions in the coming months! Her brief is to get you fit, to give you some training in the techniques of running and increase your endurance, all of which should make it easier to concentrate on making good decisions on the pitch when you are tired. She will be coming once a week and initially be working with the Backs before turning her attention to the Forwards. So if you think you will be getting away with it, think again! Another positive is that Tony Welford, a well respected coach and ex – director of rugby at Eastbourne RFC has agreed to come and work with the Backs. He will be doing sessions throughout the summer although not every week. Securing these two talented people will prove to be very helpful towards our goal of a top 3 finish next season.

July is the month for skills training. We will be splitting you up into small groups and working on various positional skills such as kicking, catching the high ball and what to do with it, passing techniques, decision making, throwing in, lineout/scrum moves, the maul etc. Each group will have its own coach and the sessions will be run as either a round robin where you will pass from one skill to another or as individual sessions where we will concentrate on one specific aspect. The new and inexperienced people will be put in a group and coached in the basics to bring you up to speed in time for the season. As you can see this will be good for your development and therefore it is important to turn up.

This brings me to the only gripe I have. Although we have been getting 20+ players to each session, there are senior players who have not been attending many, or indeed, any training sessions. This is not acceptable. Commitment to the team is an important part of playing rugby. The training pitch is where we can iron out problems, or practice moves or techniques. We are developing new lineout moves and techniques, new scrum calls, moves and techniques, and finally the backs are going to be practicing new moves. The club is moving forward fast into a new structure, not only in the coaching but also in the playing side. There are enough players on the books for a 2<sup>nd</sup> team, whether this happens or not is down to how many players turn up for training and matches. There will be competition for 1<sup>st</sup> team places and participation in training sessions will be an important consideration during selection. Our club is doing all it can to gain success on the pitch but we need the commitment of the players on the training pitch to achieve the potential our club certainly has. To this end, please make every effort to attend training as this will stop you being on the pitch and not knowing what you are supposed to do when a move is called. If you have problems with transport, work or family let us know and we will do our best to sort out a suitable solution that is acceptable to all concerned. I am sure you want to be part of a successful team but that is impossible if the players in that team don't train together, so I look forward to seeing you there.

ONWARDS AND UPWARDS CINQUE PORTS!

# 10-A-SIDE TOURNAMENT



On Saturday 15<sup>th</sup> August we are hosting a 10 a side tournament and including 2 teams from Cinque Ports we now have a total of seven teams taking part (Burgess Hill 2nds, Lewes 3rds, Horley 1sts, Rye Goons and Rye Colts). It is a first for Cinque Ports to host such a tournament and we would appeal to all players and anyone interested in helping with the numerous other duties i.e. referees, touch judges, stewards etc to contact Gavin Thomas as soon as possible. This tournament is to become a regular feature in our calendar and will be called the Golden Pig Tournament. Please support Gavin wherever possible to make this inaugural tournament a roaring success. Gavin's email – [gavin.thomas@cinqueportsrugby.co.uk](mailto:gavin.thomas@cinqueportsrugby.co.uk).

# NEW COACHES JOIN CPR TEAM

We would like to welcome Tony Welford and Julie Cowan to our coaching team. Tony joins us from Eastbourne RFC where he has been both player and coach; he will be concentrating on coaching the backs. Julie is a qualified fitness trainer and will be helping to improve overall fitness in the team. We would like to welcome them both to our team and wish them a long and happy stay, and ask you to attend training to make sure they feel welcome.

# GO APE CANCELLED

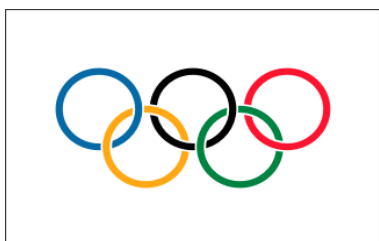
We regret that due to lack of support the Go Ape day has had to be cancelled. Coach Bill Langley said that it would have been a good team building day but with the economy the way it is I guess people just don't have the money to spare.



# TUG OF WAR

We are entering a team for the Hastings Old Town Carnival Week Tug of War; this takes place on Saturday 1<sup>st</sup> August at 10.30am, meeting outside the Lifeboat Station. We need 8 people in the team and of course supporters on the day. Please contact Marcus Davies for details and to put your name down.

# OLYMPICS DATE CHANGE



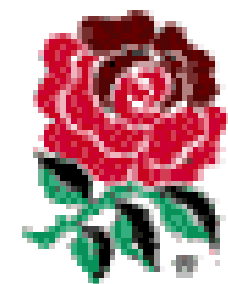
Due to the number of other events in August the Olympics date has been changed. It will now take place on Sunday 9<sup>th</sup> August at the Grove. This is a good opportunity to introduce new people to our club and we are looking for teams of 6 (two team members must be men, two women and two under 12 years of age).

# RYE RAFT RACE



We have entered the Rye Raft Race on Sunday 23<sup>rd</sup> August. Rafts will be launching from 12.30pm and the race starts at 2.30pm at the New Road Bridge. We need people to build and man the rafts as well as supporters on the day. Please contact Marcus Davies for more details.

# INTERNATIONAL TICKETS



We now have details of our ticket allocation for the autumn internationals, they are as follows: -

November 13 - England v Australia - 13 tickets @ £71 - 4 tickets @ £60 - 3 tickets @ £52 - 2 tickets @ £41

November 21 - England v New Zealand - 13 tickets @ £71 - 5 tickets @ £60 - 3 tickets @ £52 - 2 tickets @ £41

If you would like any of the tickets they will be sold on a first come first served basis but we will only accept requests for tickets if you pay the cash there and then. We expect a high demand for these tickets so we will not be able to reserve any.

# MEMBERSHIP SUBSCRIPTIONS

At the AGM the subscriptions for 2009/10 were set as follows –

FULL PLAYING	£50	or	£40	if paid before Sept 1 <sup>st</sup> .
NON PLAYING	£40	or	£30	if paid before Sept 1 <sup>st</sup> .
UNWAGED/STUDENTS/WOMEN	£30	or	£25	if paid before Sept 1 <sup>st</sup> .
JUNIOR (11-18)	£15 plus £1 per session.			
FAMILY	£65	or	£60	if paid before Sept 1 <sup>st</sup> .

WEEKLY MATCH FEES ARE: - £7 for Members - £5 for students - £10 for casuals.

It was also agreed that any player who has not paid their subscription WILL NOT BE SELECTED FOR ANY TEAM; you are not covered by the RFU insurance. Forms are available from Peter Silk, Marcus Davies and Kevin Parker or will soon be available to download from our website, they should be returned to Kevin Parker, The Bear Inn and Burwash Motel, High Street, Burwash, East Sussex TN19 7ET.

# MATCH DIARY AND FORTHCOMING EVENTS

1 August – Old Town Tug of War

9 August – Olympics Family Fun Day

15 August – 10-a-Side Tournament

23 August – Rye Raft Race

## FUN & GAMES

C O N Q E R Z P O S T S  
K O V L T D C A E R A C  
O X N I R B F P S N C R  
R E A V H U O L M D K U  
K I O T E P G T Y S L M  
E I T A F R H B K I E S  
A M C C C I S R Y N R O  
R U C K U G H I Z B P H  
P R X L J H T M O I L G  
A C U E E T R Y W N J L  
R A B W T S X Z R E G I  
M K E Y S T U O E N I L

CONVERSION RUGBY

KICK SCRUM

LINEOUT SINBIN

MAUL TACKLE

POSTS TRY

RUCK UPRGHTS

Every effort has been made to ensure the details in this newsletter are correct at the time of printing.

IF YOU HAVE ANYTHING TO CONTRIBUTE/ADS TO PLACE PLEASE SEND DETAILS TO  
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