

## **Riwaka Rugby Club Newsletter 2 2016**



### **Hello and Welcome to the Riwaka Rugby Club February Newsletter!**

Everyone at the club has been working behind the scenes to get things organised for the upcoming season and everything is on track for a great year ahead.

The “Off Season” Community Rugby Development Program has been running for 4 months and has 40 members aged from 13 to 24, from all over Motueka. The “Off Season” Program ends when competition games start and the “In Season” Program begins. The “In Season” Program members train two nights a week and members receive specialist coaching, personal support, mentoring and access to the R-Fit Gym at the Club Rooms.

The program is already showing success, with members making the new Waimea UC Championship and Kahurangi sides. Congratulations to everyone involved!

The R-Fit Gym had the first of its two official openings, on the 20th of February. If you would like to see what it's all about, then feel free to head down and have a look Monday to Friday from 9.00 am to midday, or contact Tito by email [titoelisara@yahoo.com](mailto:titoelisara@yahoo.com) to arrange a time to visit. We hope to have a second opening at some stage soon; to officially thank the volunteers and sponsors who have helped get this awesome facility up and running.

R-Fit has a Facebook page which advertises some of the group activities, so check this out “R-Fit Strength & Conditioning”. Currently Jess Drummond is running two circuits a week, for females of any fitness level and sport.

While R-Fit was set-up for the Riwaka Rugby Club, we also want to provide an asset for the entire community and give something back. In order to start we have entered into a special arrangement with “Abel Tasman Educational Trust” (ATET) whereby they receive subsidised access to R-Fit and free personal training thanks to Tito.

Our Club Day is planned for Saturday 21 May. There will be rugby all day at Cooks Recreation Ground with JAB rugby on in the morning and the Senior B’s and Kahurangi playing in the afternoon. The B's will be playing Marist and Kahurangi playing Moutere. We'll send out a special “Club Day” reminder closer to the day.

Like most sports clubs we are always looking at ways to generate extra income. One of the ways we do this is hire out the clubrooms for events and special occasions. So if you are looking for a fantastic, large and fully equipped venue with plenty of parking, don't forget about the Riwaka Clubrooms. For more information please visit our website or email us [admin@riwakarugbyclub.nz](mailto:admin@riwakarugbyclub.nz)

### **RUGBY**

Kahurangi pre-season training is well under way with a trial game held at Sport Park Motueka on Saturday the 27<sup>th</sup>. The players showed plenty of enthusiasm and commitment and from my personal view, there seems to be the makings of a good team there. Kahurangi kick off the season with an away game against Wanderers on 19 March at Trafalgar Park.

The B's have had great turnouts at pre-season training, with up to 21 players turning up. We have a number of new players in the team this year so be sure to make yourselves known to them and welcome them to the club and community. The B's first game is against Takaka on 19 March at Riwaka (TBC).

The Women's team have started training and are still a few players short. If you or anyone you know is interested in playing or helping out, please contact [jacquisturgeon14@gmsil.com](mailto:jacquisturgeon14@gmsil.com).

Jo Sturgeon has been busy organising the JAB rugby for the year, putting up signs, visiting schools and building her management team. She has organised the Registration Day on the 5<sup>th</sup> of March at Cooks Recreation Ground from 9.30 am to 12 midday. You'll be able to recognise Jo because she will be modelling the flash new Riwaka RFC hoodie! So make sure you get your kids down on the 5<sup>th</sup> to register.

This year we hope to have a few resources available for JAB coaches and managers, in an effort to provide some guidance and help steer things in the right direction.

Here's to a great season ahead! Thanks for your ongoing support!

Kind Regards  
Nick | Chairman

## **SITUATIONS VACANT**

### **Volunteer Vacancies currently available are:**

- Club Secretary (Job Description Available)
- Game Day Time Keeper/Scorer and Groundsman

If you are interested in any of these jobs email [admin@riwakarugbyClub.nz](mailto:admin@riwakarugbyClub.nz)

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