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JANUARY 2010



Rugby in Alberta news....

Special points of interest:

- **AGM**
- **RA High Performance**
- **What Refs Do**
- **Brian Arceiro**
- **Coaching Clinics**



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RUGBY ALBERTA AGM

Due to severe weather on December 5 & 6th Rugby Alberta made the decision to postpone the AGM. We do hope this did not cause you any inconvenience to anyone and we look forward to seeing you January 24th in Red Deer.



RUGBY ALBERTA AGM

January 24, 2010

11:00 a.m.—2:00 p.m.

Red Deer Lodge, Gull Lake Room

Red Deer, Alberta

DATES TO REMEMBER!

- January 24th—Rugby Alberta AGM, Red Deer
- February 4th—AJRA Kinsmen Sessions Start (Contact Aaron 780-288-5106)
- February 13 & 14—USA 7's, Las Vegas
- March 11—14—Rugby Canada AGM, Toronto
- April 24—Jasper 7's
- May 22, 23—Rugbyfest—Edmonton
- June 11 & 12—ASAA High School Championships—Lethbridge
- July 19—25—Alberta Summer Games - Peace River
- August 11—17th—Rugby Canada Age Grade Festival, Calgary Rugby Park

RUGBY ALBERTA HIGH PERFORMANCE ACADEMY

On Sunday 17th January 2009 the Rugby Alberta High Performance Academy opened its doors to a selected group of athletes. Rugby Alberta in conjunction with the Alberta Sports Development Centre (ASDC) at Red Deer College tested the athletes in a number of facets of strength and conditioning. As part of the package these athletes also participated in a Nutrition workshop to give them some insight into eating as an elite performer.

This first session was aimed at the Calgary and Red Deer based athletes however of the coming week's athletes in Medicine Hat, Lethbridge and Edmonton will be tested at their local ASDC centres. For more information on the Alberta sports Development Centres utilized by Rugby Alberta please visit <http://www.asdc.ca>

Once all athletes have been tested personal strength and conditioning programs will be provided to them to work on throughout the year. The athletes will also be expected to attend a number of workshops and skills camps throughout the year.

The Rugby Alberta High Performance Academy is part of the Rugby Canada Prairies Academy in partnership with Saskatchewan and Manitoba.



St. Albert Rugby Club to Televisive Live 6 Nations Rugby

Interested in watching live 6 Nations Rugby? Support SARFC and spend your winter mornings with the local rugby community in front of two 120" projector TV's. Be sure to purchase your tickets in advance and arrive early as space in the "Sandy Bibby Memorial Theatre" fills up fast.



All games are the live commercial satellite feed via Setanta Sports.



Tickets are now on sale at the clubhouse bar. Full-tournament packages include all 9 game days, 8 complimentary "Belly Boy" breakfasts and 1 lunch for only \$150. Single game day entry is \$20 and all multi-game days are \$30 firm and include "Belly Boy" breakfast.

For the schedule go to: <http://www.stalbertrugby.com/TelevisedRugby.aspx>

ARCIERO GETS WORLD RUGBY TROPHY NOD— taken from RC website

Congratulations to Canadian referee Bryan Arciero for his appointment to the IRB Junior World Rugby Trophy in Moscow this May.



Twelve match officials, including two from Russia, have been named in the match official panel for the IRB Junior World Rugby Trophy to be held in Moscow from May 18-30, 2010.

The panel selected for the key international age grade tournament comprises a blend of match officials from 11 Member Unions with international experience coming in the form of Canada's Bryan Arciero, who was an assistant referee for the USA v Uruguay Rugby World Cup Qualifier in November, and Japan's Akihisa Aso, an official at last year's IRB Junior World Championship and now on the IRB Sevens World Series panel.

Another highlight is the selection of Marcin Zeszutek, the first referee from Poland to be selected in an IRB panel.

The panel is: Mauro Rivera (Argentina), Bryan Arciero (Canada), Naipolione Locoloco (Fiji), Gia Amir Khanashvili (Georgia), Marius Mitrea (Italy), Akihisa Aso (Japan), Andrew Karani (Kenya), Marcin Zeszutek (Poland), Joao Mourinha (Portugal), Igor Nikolaichuk and Vladimir Volovik (Russia) and Aruna Ranaweera (USA).

"The IRB Junior World Rugby Trophy provides a key development platform for participating Unions and for match officials and the group of referees and assistant referees selected for the tournament in Russia will benefit from exposure to a best-practice environment that will further their development along the pathway to international officiating," said IRB Referee Manager Paddy O'Brien.

"From an officiating perspective, the aim of the 2010 tournament is to identify and develop talent that has the potential to take the next step up the international ladder. This group of match officials will benefit from working in an environment that through education, training and assessment hones skills and promotes excellence which will assist their future refereeing careers."

"The IRB and its Member Unions invest considerable resources in developing the next generation of international match officials with tournaments including the IRB Junior World Championship and IRB Junior World Rugby Trophy essential in the development pathway of many senior officials," added O'Brien.

The selection of two referees from Russia underlines both the rising talent pool within the country and the IRB's commitment to leaving a lasting legacy within the nation. A key element of the dedicated tournament legacy programme will be the hosting of a special match official workshop where domestic match officials and referee managers can benefit from access to training and education programmes.

The IRB Junior World Rugby Trophy 2010 is the first IRB fifteen-a-side tournament to be hosted in Russia and comes at a time when Rugby is enjoying unprecedented interest within the country. The Union is one of three nations to have expressed their formal intention to tender to host Rugby World Cup Sevens 2013, with the men's senior national team still on track to qualify for a first ever Rugby World Cup, in 2011 in New Zealand.

What Refs Watch—submitted by Sandy Nesbitt

2010-01-12 00:37:36

A friend asked on Friday how many things a referee has to watch in a match, and it seemed a good idea to find out.

The statistics and thoughts come from one match - London Wasps vs Newcastle Falcons in England's Premiership. It was played on 3 January 2010 - which means it is not a fossil, nor was it played in the worst conditions, nor was it just a bit of rough-and tumble. On the field were 30 professional players and from time to time fresh ones came on. Watching them play was a referee who had two assistants on the sideline. The referee was, by law, the sole judge of fact and law and decisions were ultimately his responsibility.

Let's look at the match statistics, mindful that not all actions on the field are equal. Tackles, rucks, mauls and line-outs are more complicated than most passes, but all passes make their demands on a referee.

Spectators can watch and not watch as they feel like it, sip a beer, chat, shout, fall asleep. Players, too have downtime, especially if they are on the extremities. But the referee has to watch every second of the 80 minutes. The referee is the one player on the field involved in every activity.

In this match a count was taken of what takes the referee's attention during 80 minutes.

Passes: 186

Kicks: 80

Tackle/ruck/maul: 164

Scrums (including resets): 31

Line-outs: 24

Penalties: 19

Free kicks: 4

Drop-outs: 4

Consulting assistants: 0

Consulting TMO: 1

Whistling start and end of half: 4

Total: 514

514 in 80 minutes. That's over six a minute. That's one every 9 seconds or so. That's hectic. And we have not included the referee's supervision of medical men on the field

and of substitutions/replacements, which as we know from fake blood and 16-man teams need supervision.

Obviously there are aggravating circumstances. The 30 players involved in such a match are intense and intensely involved in physical contact. They are confined to a field and mostly are intensely active in confined spaces on the field. That makes decisions more difficult. The players are not static and are at the same level as the referee, which means his view can be blocked unless he is clever in his positioning. It is often a game played at great speed. Nor are there only players involved. There are coaches and other officials and there is a crowd, everyone a partisan. Some situations are easier to observe than others. A pass from one player to a teammate after a long kick is relatively easy but still needs close observation. The ball may not be cleanly caught. It may be knocked backwards or sideways or forward or be knocked back and bounce forward. It needs careful observation. Miss one of those and the referee is in trouble.

Then there are the complex situations, above all the tackle. The tackle is a dynamic area of conflict. This is where players fight with greatest ferocity. And it's not just what they do when they are there but also how they get there. If it becomes a ruck it is more complicated in what players are allowed to do and offside lines also come into play. The scrum is another area of conflict - 16 players with laws of binding and angles and all sorts of things. In this match it was a tough area as the Falcons' pack was considerably stronger than the Wasps'.

Line-outs are not as simple as they look - big and determined players with the possibility of offside, obstruction, aerial infringement and the straightness of the throw. Not even a kick is always simple. Was it taken back into the 22, was it out on the full from outside the 22, where are the kicker's team mates (offside/onside) - that sort of thing.

It is not an easy game to referee. It is a complex game and to see fair play is a little man armed with a whistle but backed by the ethos of the game - and that ethos is one of sportsmanship. Destroy the ethos of rugby and you destroy rugby. Attacks on referees erode the ethos of the game. The best you hear in favour referees is that they have a thankless task or serve the game. Neither is true. There enormous pleasure in refereeing, a part of the sport of rugby football. Referees get great rewards from refereeing. But they are human, and being human they make mistakes. The same is true of players, coaches, selectors, administrators, politicians, priests, blacksmiths, mothers, fathers, children - every single human being.



Do it Right... Be Rugby Ready

For players, coaches, match officials, administrators and unions



Rugby Ready is a powerful online resource that you can register to use for free! With an emphasis on strength and safety, it teaches you to respect yourself and the game so you can gain maximum enjoyment from it.

The self-assessment programme includes 17 good-practice modules covering:

- Match preparation and physical conditioning
- Correct technique
- Injury prevention and management



REGISTRATION IS FREE

<http://www.irbrugbyready.com/irbrr/en/home8.jsp>



COACH ALBERTA

- Is the organization dedicated to coaches of all sports in Alberta.
- To Support, connect and develop inform and advocate for coaches in Alberta

EDUCATION NETWORK ADVOCACY

Become a CAB Member:

When you enter the link below, the information you provide will register you as a member of Coach Alberta. As part of the registration process, you are asked to complete a short survey, the goal of which, is to provide CAB with information to better assist in providing services back to you as a CAB member.

[HTTP://WWW.COACHALBERTA.CA/HOME.HTML](http://www.coachalberta.ca/home.html)



Rugby Alberta Coaches Clinics

These are full weekend course aimed at coaches wanting to work and coach with athletes in the full contact game.

Date: Friday, Saturday, Sunday, February 5, 6 & 7th, 2010
Course: **Rugby Alberta / NCCP Comp Intro Course**
Location: Strathcona High School (Edmonton)
Times: 6pm-9pm—Feb 5
9am—5pm—Feb 6 & 7

Date: Friday, Saturday, Sunday, February 19, 20, 21, 2010
Course: **Rugby Alberta /NCCP Comp Intro Course**
Location: Henry Wise Wood High School (Calgary)
Times: 6pm-9pm—Feb 19
9am—5 pm—Feb 20 & 21

Date: Friday, Saturday, Sunday, March 12, 13 & 14
Course: **Rugby Alberta /NCCP Comp Intro Course**
Location: Red Deer Titans Rugby Club
Times: 6pm-9pm -March 12
9 am—5pm -March 13 & 14

Date: Friday, Saturday, Sunday April 23, 24 & 25
Course: **Rugby Alberta /NCCP Comp Intro Course**
Location: Grande Prairie (Venue to TBC)
Times: 6pm-9pm -April 23
9 am—5pm -April 24 & 25

Fee: \$200.00
Student Fee: \$160.00 (Student ID required)

Please note: These may be the only courses offered this season so register NOW!

NCCP Competition Introduction Course

Fee: \$200.00

Student Fee: \$160.00

Minimum of 10 Registrants per course for it to run

Payment must be received by Rugby Alberta 7 days in advance.

Registration Form Received along with payment.

Methods of Payment are: Credit Card, Cheque, Cash

Please fill out the registration form found on our website (www.rugbyalberta.com) under Coaching Clinics and submit full payment to Rugby Alberta, 11759 Groat Road, Edmonton, Alberta T5M 3K56 at least 7 days prior to the commencement of the course/clinic. If you would like to pay by credit car please call our office 780-415-1773.

PLEASE NOTE IF CLUBS, COMMUNITIES OR SCHOOLS WOULD LIKE TO SET UP THE LOWER LEVEL NCCP COMMUNITY COACHING COURSE PLEASE CONTACT DUSTIN @ RUGBY ALBERTA.

PLEASE SEE THE FOLLOWING LINK FOR THE DESCRIPTION OF NCCP COURSES OFFERED BY RUGBY CANADA AND NCCP.

<http://www.rugbyalberta.com/index.php?submenu=Education&src=gendocs&ref=Education&category=Coaching>