

# IN TOUCH 03



February / March 2015

**IN A PACKED ISSUE:**

**Rowland's Ramblings**

**Representative Honours**

**Your club needs you!**

**Catering Crew Job (16+)**

**Summer camp 2015**

**Quins Easter Camp**

**U10s 6ish Nations**

**Coaching Corner**

**Ladies Report**

**Events**

**Quins Curtain Raiser Review**

**M&J Report**

**Surrey Bs**

**International Tickets**

**Concussion Protocol**

**In Touch meets... Kevin Mohr**

**Social Media**

**What it means to be a club sponsor**

## Rowland's Ramblings...

## Thoughts from the Director of Rugby's chair!

**As I write this, the rain is driving down, its freezing cold and our pitches (particularly the Clubhouse pitch) are capable of staging the world mud-wrestling championships... that's right, Spring is in the air!**

Quite frankly, I am amazed that we have been able to keep the show on the road given the state of the pitches. We continue to host a full book of training during the week, plus senior and junior matches at weekends, as well as two festivals since Christmas, without any cancellations. Credit must go to our external Groundstaff who have done a cracking job, as well as our House & Grounds team. That said, anyone who sees the pitches at the club will know that we are very much on the brink, and a wet March would leave us in trouble. Lets hope Spring does happen...

On the pitch, the 1st XV continue to perform strongly at the top end of London 1, as the league table shows.

To remind members, the winners of the league go up to National League 3, with the runners up going into a play off. There are 4 games left, and its out of our hands, but all we can keep doing is playing well, winning, accumulating points and keeping the pressure up on those above us. In Boxing, people say that 'styles make fights' and its largely true in this league as well. There are some teams who we are made for and others who we will struggle against, but that isn't necessarily reflected in league position. Our strengths are speed, athleticism and fitness, which are geared more towards end of season pitches rather than mid-season quagmires. My view? There will be a number of twists and turns amongst the top 4 in this league before the season is over and with the top 4 playing each other this Saturday, its a pivotal weekend for all.

Fixtures		Results			Table	
London 1 South						
Pos	Team	P	W	D	L	Pts
1	Wimbledon	22	18	1	3	89
2	Chobham	22	19	0	3	84
3	Sidcup	22	17	0	5	81
4	Sutton & Epsom	22	17	0	5	81
5	Guildford	22	14	0	8	65
6	Havant	22	9	2	11	54
7	Brighton	22	8	2	12	49
8	Charlton Park	22	8	3	11	49
9	Gosport & Fareham	22	7	2	13	44
10	Dover	22	6	1	15	36
11	Cobham	22	8	0	14	35
12	Twickenham	22	5	1	16	30
13	Hove	22	4	4	14	28
14	Basingstoke	22	6	0	16	22

**ROWLAND'S RAMBLINGS** *continued*

Most recently, we have enjoyed a good win against Hove, a narrow win away at Charlton Park (a good team who should be higher up the league) where an unbelievable defensive effort just carried the day, and a very tight loss to Sidcup. We are tightly matched with the latter having won at their place in October, but they edged a low scoring match against us, where their strong pack and experience allowed them to play the conditions that little bit better than us. No complaints. We then beat Twickenham in a remarkable match. They are another team with a false position, their backs were sharp, they played to their strengths and we were only 1 point up heading into injury time. To then get two excellent tries to secure the bonus point put a false veneer on the score, although I doubt there was a better individual score seen anywhere in the country than that which Khyran Ghumra ran in with the last play of the game.

And so, onto this Saturday. We go to Wimbledon for a 3pm kick off. The league table above tells you all you need to know on the importance of this match, and I was therefore delighted to see that we will be filling a Supporters coach for the relatively short haul down the A3. It will be a tough game for our lads, and the boys will be really lifted by the numbers of black and white bedecked supporters that look like getting to Barham Road on Saturday. It should be a cracker.

Followers of the 1st XV (and there are many) who can't get to matches often comment on our match reports. These are done by the erudite Paul Beken whose fair, balanced and informative writing contrasts with much of the one-eyed garbage you can get from match reports at other clubs. Paul, along with Dave Jackson who does our photography, have each done a brilliant job in the last few years in keeping members, visitors and local media well informed on developments at the club, for which we are indebted to them.

Elsewhere, the planning for next season is in full swing and I would hope to be in a position to provide members with more details in the next In Touch. We have a great bunch of people giving so much to the club at the moment, and I hope that we can keep as many of them as possible on board.

Finally, a word of congratulations for our U13s who finished their first season in Junior Rugby as runners-up in Surrey League 1. They run two teams who have both acquitted themselves really well, and it's no surprise to me, as this has always been a superbly run group. Also, a mention for the U16s whose two teams are riding high in their respective leagues. Great credit to Tom O'Brien, Kevin Gartside and Colin Doherty for their work in the stabilising and redevelopment of this group.

Good luck to all teams across the club in the forthcoming weeks.

**Rowland Cheall**

**REPRESENTATIVE HONOURS****The number of representative honours have sky-rocketed over the past couple of months!**

Congratulations to all of the following lads, well done and good luck for those with games coming up!

**Seb Adeniran-Olule:** 2 Caps for England U20s, notably his appearance for their win against Ireland in the U20 Six Nations! Also picking up his first full cap for Harlequins in their Aviva Premiership game against Exeter.

**Stan South:** Gained his first full cap Harlequins in their LV Cup game against Gloucester.

**Mofe Wilkey & Archie White:** Both selected for England U18s in their recent game against Wales.

**George Jackson:** Selected for England Counties playing against Ireland Counties and France Academy.

**James Ford:** Selected for Surrey U15s this season, with games against Sussex, Kent and beyond!

**YOUR CLUB NEEDS YOU!****Wimbledon Away (Supporters Coach)**

Our 1st XV boys need your support on Saturday 21st March with, what is shaping up to be, the biggest London 1 South game this season. A supporters coach is being run from the clubhouse to Wimbledon and back in time for England vs. France, being screened live at the club, so there's no excuse! The coach is departing at 1.30, spaces are limited.

**To book text Sam Phillips: 07769 345407.**

**Your club needs you!**

**CATERING CREW JOB (16+)**

**Are you aged over 16 years and older? Are you available for casual part-time work on Sundays and some Saturdays? Can you serve over 100 Chicken Burgers a minute?**

**Then this might be the job for you!**

The Catering Crew are looking for new members for the end of this season and throughout next season.

To apply contact Sarah Mahoney, Catering Manager, on [sazmark65@talktalk.net](mailto:sazmark65@talktalk.net)

## SUMMER CAMP 2015

**Following on from last year's tremendous camp with over 120 children in attendance for the week, bookings are now being taken for this year's camp.**

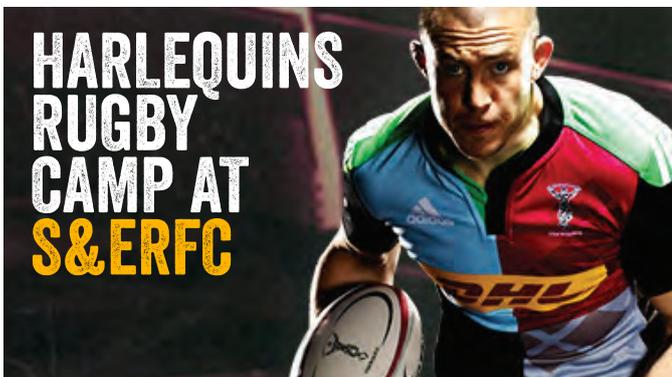
The dates for this year's camp are from Monday 17th – Friday 21st August. So come and get your child to learn to play the SUTTS Way! For bookings and enquiries, contact the Summer Camp Team on:

[suttonandepsom.rugbycamps@hotmail.co.uk](mailto:suttonandepsom.rugbycamps@hotmail.co.uk)



## QUINS EASTER CAMP

**Monday 30th March to Wednesday 1st April.** For full details and bookings click the link on the homepage of our website.



## U10S 6ISH NATIONS

**It was another enjoyable year for the Under 10s 6ish Nations Rugby Festival in aid of this year's chosen charity, the Royal Marsden Cancer Trust.** This was our second year running this colourful festival which is one of the best festivals of the year where all the U10s squad are mixed up into teams of their choice either England, Scotland, Ireland, Wales, France Zealand or the Barbarians. With the fantastic support and teamwork of all the parents, relatives and friends we raised a total of £752.41 for The Royal Marsden Cancer Charity from donations and the fantastic raffle. This year's champions were France Zealand. A big well done to all the children and a big thank you to everyone who was involved.

## COACHING CORNER

**Welcome to the coaching cornering from your CCC, Barry Nolan.** Firstly, I would like to thank all coaches, managers, referees and also parents for their continual help and active response and attendance on courses, seminars, meetings, etc. at the Club. The coaching development goes from strength to strength. It is great to see all players active in games and or mini games, rather than seeing lines of minis, juniors or seniors waiting to be go next in a 'drill'!

We continue to hold RFU CPD courses at the club, where we have just had a 'Kicking in 15 a side Game' CPD where 3nr the 16 attendants were from S&E. The next CPD will be Scrum Factory on 23 March 2015, cost £15; there 2 places left. We have still been holding in house coaching development sessions where the latest has been Tag to Tackle session for the U8 coaches, who under the NRoP will be encountering tackling next season for their young players. There is a follow on session booked with the U8 coaches at 20.00hrs on Wednesday 18 March with a refresher just before the season starts.

Without doubt it was fantastic to see 108nr members, from players, coaches, referees, physiotherapists, parents and committee members, attend the recent Concussion Awareness Presentation by the RFU at the club on 25 February. The RFU's concussion education campaign continues with the launch of three online courses aimed at coaches, match officials and players. These will be available at [EnglandRugby.com/Headcase](http://EnglandRugby.com/Headcase) - they are 30 minutes modules that will take one through why it's important to manage concussion properly, how we all have a role in protecting players and helping them through their recovery and return to play if they do get injured. Please take a moment to research this website.

As we approach the end of the season I would like to ask all, what courses, either in house Coaching Development or RFU CPD you would like to see held at the club and please take time to come and speak to me so I can book courses with the RFU. Also please take note of the coaches notice board that is regularly updated with courses and events; of course I would like to thank those who have livened the board up with pink wallpaper!

Lastly well done to Pumba for attaining his RFU Level 2 Coaching Award.

**Disclaimer** – *The Editor takes no responsibility for any changes to the Club Coaching Noticeboard (if only the same could be said for his father).*

## LADIES REPORT

**The Senior Ladies are moving from strength to strength with now over 30 ladies on the team sheet when we had only 5 at the start of the season; a sterling effort. Certainly matters can only get better as we are receiving more and more girls through word of mouth, friends, players and our website.**

This of course will be enhanced when the thriving junior and youth girls filter through the system. Without doubt the majority of the squad are relatively new to rugby where we have had to develop our core skills very quickly to encounter and challenge well established teams. Results have improved; where we were beaten at the season start by one of the best teams in the league by nearly 70 points only to play the return match and draw 12 all, where the opposition scored and converted in the last minute; an absolute marvellous progression.

Both the Ladies and Youth Girls recently received a visit from former England player – Claire Purdy. It is without doubt that they thoroughly enjoyed the coaching and were put through their paces and have since renewed their enthusiasm for the sport, and it has reignited that passion from within.

The strong point about the Ladies is their camaraderie, teamwork and willingness to battle on, no matter what. Indeed it must be stated that they both play and party hard – social animals – with a mini tour to Newcastle very soon.

## QUINS CURTAIN RAISER TOURNAMENT REVIEW

**Sutton & Epsom RFC continued their community association with Harlequins by sending 11 mini's teams across U7s – U12s to play in the DHL Curtain Raiser Tournament.** The focus of the tournament was for the teams to demonstrate the core values of rugby and to demonstrate it being played in the right way. For those teams that were able to shine then they were voted by fellow team managers to receive The DHL Team Spirit Trophy. However, no player went home without a memento of the day as they were all presented with a Harlequins medal for taking part.

As a further highlight for some of the U8s they also took part in the Guard of Honour at The Stoop to welcome the Harlequins and Exeter Chiefs out onto the pitch for their match. Also, at half time a group photo was taken under the posts in order that it can remain a great memory of the day, just as long as we ignore the Quins result!

Many thanks to all those who took part and to Quins for hosting and to top it all, the event managed to raise £500 from the Cash Back ticket deal which has gone direct into the S&E mini's general fund.



## EVENTS

**A full and fun-packed calendar of events at the club...**

### Friday 27th March

#### Film Night Paddington Bear!

Suitable for 6-12 years – bring your friends – only £3.00 each which includes film, popcorn and a drink! 6.00 – 8.00pm. All money raised will go towards kit for the mini section. Parents to accompany children, the bar is open downstairs.

### Saturday 11th April

#### League Lunch v Dover

Menu is popadoms & dips, curry (from the Star of India in Cheam) and cheese and biscuits. Book your tables with Lin. Cost £16.

### Saturday 18th April

#### The Great War Centennial Charity Day

See website for full details of this great day of rugby.

### Saturday 2nd May

#### B&W Ball

This is being held at the Holiday Inn Sutton and as last year there will be a live band. We have rooms available at a reduced rate of £79.00 per room inc breakfast. Tickets are £45.00 each. NB: Very few tickets are available, this event is nearly sold out.

## M&J REPORT

**With a packed few weeks of Junior League Fixtures coming up (many of which deciding where most of our junior teams stand at the end of the season), a full Junior Round-Up will come in the next In Touch.**

Although a massive congratulations to those, already named, who have picked up Representative Honours, all of whom played their Junior Rugby at Sutton and Epsom.

Since the start of Feb our minis have been very busy! Our U5s and U6s have trained regularly with the numbers attending seemingly going up every week. Mo and Rod are doing a great job ensuring all the kids have a fun time at the start of their long rugby careers. Unfortunately, Kristina, their team manager is stepping down after filling this role brilliantly for the past few years, so please can you consider whether you will be able to help out next year.

As for the "older" minis, well they have been very busy as well. We have sent 79 teams to 10 different festivals over the last few weeks and from what I have heard back is that the kids have been playing some really good rugby. We ourselves have hosted 2 festivals in Feb and although one was unfortunately affected by waterlogged pitches and so numbers had to be reduced, we still hosted 60 teams from 14 different clubs across the two festivals.

At the start of the year, the club decided to introduce a different format to our festivals to be in line with the RFU's rugby blueprint. We decided that we would not be awarding trophies for an overall winner of the festival and no final leagues would be collated.

This was to encourage the kids to play good competitive rugby in each game they played. A trophy is still awarded to the team selected by the head coaches in each year, who in their opinion has played the best rugby throughout the festival. Also, every team receives two shields to award to two of their own players who they feel were the best attacking and best defensive players of the festival.

Finally, every child taking part from U7s to U12s also receives a medal. A massive thank you for all of the positive feedback so far and for those who have helped with the numerous jobs that are required when it comes to running a festival, although your help is needed again (see opposite). Finally, I know there is still plenty of rugby to be played by the kids over the next 2 months and I hope all of you and especially the kids enjoy it.

For those years who are going on tour, have a good one.

**Ryan Reino and Paul Phillips**

## SURREY Bs

**It is now only 6 weeks until the club hosts the annual Surrey B festival and this year it looks like it will be the biggest one ever held!**

It is a privilege to be asked to host this festival but this does mean that we need the whole club to chip in to help on the day. With that in mind, you will shortly be asked by your age group's head coach or team manager to see if you could help organise the event leading up to it or on the day itself. It is vital for the festival to run that each year provides volunteers and the time you give is really appreciated. Jobs that need filling include car par marshals, catering assistants, help with setting up the festivals and taking down at the end, pitch marshals and general clearing of the site. Please offer you help, as the more people who step forward, the less time is required from everyone.

We are also looking for "section managers" who will take responsibility for a particular area on the day. Parking has already been kindly filled but we still need catering, registration, set up and take down managers. **If you feel you could offer your time, please let Ryan Reino know ASAP.**

## INTERNATIONAL TICKETS

### World Cup warm-up matches

We have received details of two pre-World Cup warm-up matches to be played at Twickenham in August and September against France and Ireland. Tickets are offered at half price for Juniors (under 16). The RFU require our application to be received by the end of April so members will have to complete the forms and send them to me by 20th April. The forms can be downloaded from our website.

### England v Barbarians

We also have a few tickets available for the England v Barbarians match on Sunday 31 May. Anyone interested should get in touch with **Bryan Chapple on 01372 464250 or [bryanchapple@btinternet.com](mailto:bryanchapple@btinternet.com)**

## CONCUSSION/FIRST AID

**Following on from the successful Concussion Awareness Course and First Aid Task Force Meeting, details of the club policy which is already in place and will continue to be added to will be announced in due course.**

## IN TOUCH MEETS... KEVIN MOHR

**To celebrate the Honorary Secretary turning 50 (for the avoidance of doubt, 50!) InTouch is meeting the man himself, Kevin Mohr.**

**Name?**

Kevin Mohr

**Club nickname?**

Fat G\*t

**Age?**

Forgotten, although the party was great (cracking food Sarah).

**Role in the Club?**

Honorary Secretary, responsible for all the paperwork etc.

**Editor's Note:** All paperwork affiliated with the club has subsequently been lost, unopened or not responded to.

**Favourite TV Show?**

At the moment it is slow mo replays of Madge falling down the stairs at the Brits – top comedy, or the recent repeat of Smiley's People.

**The biggest challenge the club faces?**

Apart from getting the chairman to open his wallet, encouraging parents and members to make use of the clubhouse – it is our main source of regular income through the year.

**Who is your Rugby inspiration?**

Bob Haime – the effort he has to put in to be allowed out should be an inspiration to us all.

**Best banter heard at the club?**

"The Referee's a Weasley", by the Ladies team, sitting in the stand with several bottles of wine, giving their opinion of a referee; helpful advice during a game by Peter Jenkins – I'm sure players and officials are always grateful of Pete's incisive expert comment; and Bob's excuses when he doesn't show up.

**Favourite tour venue and why?**

St Mary's, Dublin. Amazing hosts, an amazing day, other than Kevin McCarthy's singing – he should duet with Stitch!

**Tightest person at S&E?**

Discounting the Scots, as it is genetic, it is Richard "two jobs" Humphreys, touch judge extraordinaire – but that is why he is also the Treasurer... although he could buy a round occasionally!

**5 people you would most like to have dinner with?**

Bob Haime, if he is allowed out, if not Desmond Tutu; Dave Allen the comedian; Henning Wehn (German comedian); my wife (memo to Bob – that is how you get permission to go out!); Vanessa Paradis, she can sing a bit and knows how to hail a cab.

**Funniest club moments?**

Bob whinging about not being fed at Dover – he hadn't returned his permission slip; Comedy Night when the Comedian was left speechless on finding out Beccs nickname... The Director of Rugby at a Players Dinner, Antics at Christmas Carnage; the 1st XV when drunk.

**Editor's Note:** General point, Bob Haime is the last person to see In Touch before Bob, himself, does the design/artwork. Don't offend him, it'll soon backfire! Kev, I fear what he changes your answers to!...

**Note to Editor:** Sam, there is no need to change any answers – I know who wears the trousers in my household. However, I think I've spotted a typo – second word in the 'Club nickname' answer?!?

## SOCIAL MEDIA

**Don't forget, if any member has anything club related they would like to tweet, then please feel free to contact S&E's dedicated Tweetmeisters:**

**Ryan Reino**

[ryan.reino@blueyonder.co.uk](mailto:ryan.reino@blueyonder.co.uk) / @Ryan\_Reino

**Rachel Forsyth**

[Rachel.forsyth@rocketmail.com](mailto:Rachel.forsyth@rocketmail.com) / @BruceyForsyth

In the meantime, get following:



Follow us @SuttonEpsomRFC

And whilst you are at it, don't forget to follow the Sutton & Epsom Ladies as well:



Follow us @SuttonLadies

And remember to 'like' on Facebook: *Events at S&E RFC*

**Website updates to Bob Haime**

[bob@haime-butler.com](mailto:bob@haime-butler.com)

## DEBBIE FROM CUFF AND GOUGH LLP: WHAT IT MEANS TO BE A CLUB SPONSOR

**As a long standing rugby fan and having watched my son go through the ranks at the rugby club over 10 years it really was an honour to be asked by the Junior Club Chairman to consider whether our firm would sponsor the fledgling girls team a couple of seasons back and it was without hesitation that my business partner, Jeremy Cuff, and I agreed.**

As a local firm of solicitors (all our staff are local) we were looking to up our profile. We are very much involved in community projects in Banstead and the surrounding area it has been a sheer delight to watch the success of the girls team over the past 2 seasons.

We have hugely benefitted from the exposure of having our names emblazoned across the girl's team shirts especially given the Sky Sports News coverage of the girl's team last year when we had a full days TV coverage!!!

Our sponsorship at the club has enabled us to put our firm's name on the radar of thousands of local families many of whom are now our valued clients.

But it's also more than that... it's about being part of something worthwhile and providing the funds for the kit for the girls team certainly seemed worthwhile – not only do they look great but they have been extremely successful and in our small way it feels good to be associated with them.

As a thank you for our support the girls team attended our stall at the Banstead May Fayre last year dressed in shirts bearing our name and handing out summer camp leaflets which we had also sponsored – it certainly felt like our name was everywhere in Banstead that day. What better way of putting our firm's names on the lips of the families we would like to act for whether they are moving house, need to write a will or any of the other services we offer.

We hope our sponsorship with the rugby club will continue for many successful seasons to come. For more information about our services, have a look at our website:

[cuffandgough.com](http://cuffandgough.com)

## OUR REHYDRATION PARTNER

**If you haven't tried it yet, please give COCO5 a go – your health and your club will benefit.** COCO5 is a biological rehydration formula that provides the body with complete electrolyte replenishment required by active lifestyles. It contains components that occur naturally in coconut water, elements recognised by medical science as crucial to the biological balance of hydrating cells. **It is the healthy, 100% natural alternative to other sugar-packed sports drinks.**



### Editor's Note

Please send any content you have for In Touch to Sam Phillips – no matter which facet of the club you're from, we want to hear from you:

[sam\\_phillips1@hotmail.co.uk](mailto:sam_phillips1@hotmail.co.uk)

### Sutton & Epsom Rugby Football Club

Cuddington Court, Rugby Lane, Cheam, Sutton,  
Surrey SM2 7NF  
Telephone: 020 8642 0280

## Haime & Butler

### Brand design and communication

We're an independent branding and marketing communications agency. We help our clients gain the competitive edge by applying logic and strong creative ideas across all delivery channels – to get the right messages, to the right people, at the right times.

Haime & Butler  
9G2 The Leathermarket  
Weston Street  
London SE1 3ER  
T: +44 (0)20 7407 2141  
[haime-butler.com](http://haime-butler.com)