



Hornsby Rugby Club

2012 Season Plan – Mike Wilde

1. Overview

Welcome to the new season and a new start. With silverware being the carrot we dangle in front of our noses each year this year will be no different; We are going to use 2012 as a building year and our focus will be on making the finals in at least two grades; The focus this year across the club is to bring the Lions roar power to the front and show this is what Hornsby is all about its strength and power.

With all grades – we are going to welcome a strong year where our focus is on winning games, and building momentum. I'm particularly looking for a good start and see what happens from here.

And with this goal in mind this will not come without hard work and dedication;

The theme for this year's pre season is "Competitive and Comparative" meaning exactly that. Training drills, games and fitness sessions will be competitive as well as comparative with the beep test and coopers test being performed and recorded during pre season to test player's fitness. Players will be expected to reach a predetermined level based on their playing position to be considered for each grade. Injuries hopefully will be limited if we get turnouts.

The season plan will be broken up into the following areas;

- Pre Season
- Actual Competition
- Mid Season review
- End Season review

2. Recruitment

Recruitment - and driving this now should be the focus of every one and creating competition for places which can only improve the club as a whole, so you as coaches need to be driving this- every day now we need two new players as the saying goes if you want to be in the shop window for selection get to pre season and start putting in the hard yards. The rewards will be clear to see come the start of the season.

So grab your mates – and get the word out that Hornsby is the place to play and coach rugby this year. I would like to have a 5th grade if at all possible.

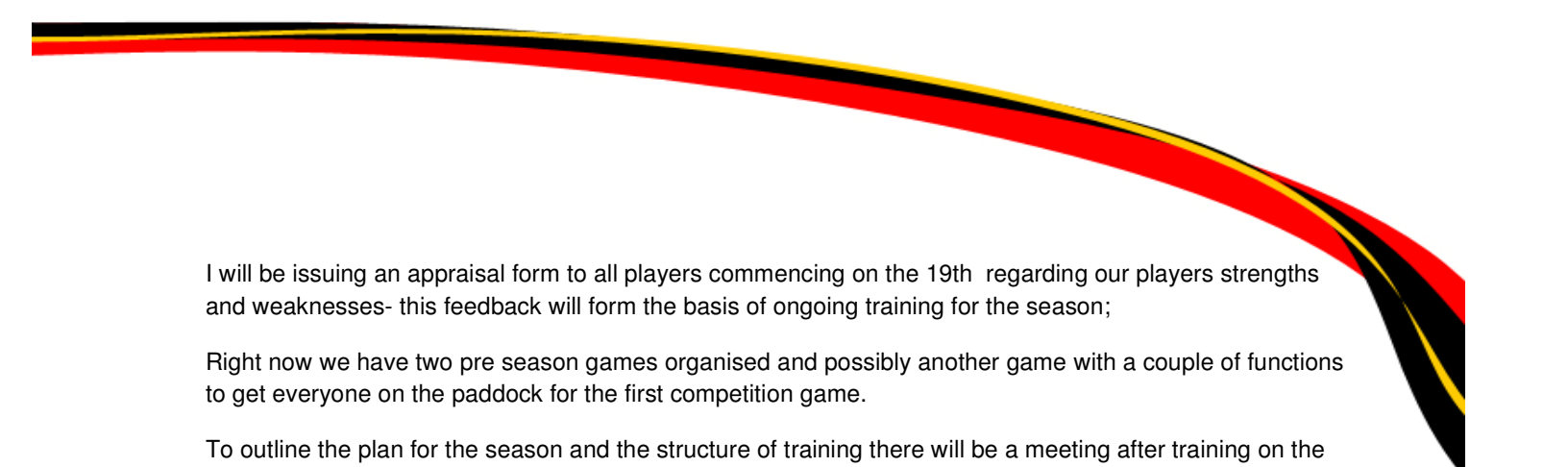
3. Fitness

On the note of fitness, this will be the main focus for the club in all grades and colts. We have a fitness coach Tommy Marshman (Crossfit) on board from the start of the year. He will have a strong presence please make him welcome. We will also have a wrestling conditioning coach for part of three sessions in the early part of the pre season and also some qualified Waratahs' turning up.

We also have a beach morning session organised and this will cover a mixture of runs, a game of touch and finishing with a cool down swim. Finally with our trainer at his gym we will have some sessions started as well.

We need to be one of the fittest clubs in the competition come the start of the season.

Pre season starts on the 19th of January at James Park – opposite Hornsby Hospital. The last week of January is the commencement of ball skills / drills and games that will incorporate these skills.



I will be issuing an appraisal form to all players commencing on the 19th regarding our players strengths and weaknesses- this feedback will form the basis of ongoing training for the season;

Right now we have two pre season games organised and possibly another game with a couple of functions to get everyone on the paddock for the first competition game.

To outline the plan for the season and the structure of training there will be a meeting after training on the 19th for players and coaches. Players will be given the opportunity to add input with an open discussion at the end of the meeting.

Apart from all the serious rugby talk we still plan to have a fantastic year off the field and with TJ on board for making the 50th year something special!

So guys get out there and start chasing players – if you have mates sitting/ considering their rugby options then let me tell you tell them that they do not want to miss out on Hornsby rugby season for 2012.

Regards

Mike Wilde

Club Coach 2012