

Tigers Rugby Football Club, Inc.
Coaches Meeting Minutes
8925 W. 80th Drive
October 14, 2007

Those in attendance:

Paul O'Brian, President
Dylan Lewis, Vice President
Mike O'Brian, Treasurer
Steve Sadler, Recording Secretary
Matt O'Brian, Match Secretary
Nick Samaris, Assistant Head Coach
Jim Dawe, New Coach
Matt Gabriel, New Coach
Eddie Page, New Coach
Neil Quinlivan, New Coach
Patty Quinlan (Coach)
Marcus Lucero, Captain
Lewis Rosenberg, Player
Alejandro Lucero, Player
Justin Sadler, Junior Captain
Matt Wilkins, Player

The President and Head Coach, Paul O'Brian, discussed the coming season, including the establishment of the coaching staff, and practice schedules. The following agenda items were covered:

Who would be regular coaches
Special presentations by part-time coaches
Schedules for practice
Budget and equipment needs
Coaching Legacy Players
Game schedules
Practice breakdowns
Attack and defense personnel
Recruiting

The practice schedule was discussed and there seemed to be a consensus without a vote that Tuesday/Saturday practices would work best for coaches. The players seemed to agree that they could make that schedule. Wednesday is always a game day in Colorado Youth Rugby. Tuesday's practice and Wednesdays when possible, will begin at 3:15. Saturday's practice time was not discussed, and may be handled best through a poll.

Coaching Legacy Players was presented as an option to the club as a unit or to assimilate the players into our numbers. Legacy High School (former Adams County RFC players) have been in contact with us. Skyler Burnett has expressed

that five players can join us. We have consistently offered to coach the Adams County team as a unit with our players at the same time.

Practice in January may be deferred to chalk talks and conditioning managed by the Captains or informally with coaches. Mandatory practice would begin in February with some slack given to wrestlers who would come to us late. The purpose in starting the emphasis on practice later in the season was to move the conditioning and mental peak into the month of May when the playoffs begin.

Attack and defense - Coach O'Brian discussed the importance of teaching the forwards to move the ball straight up and to count each re-established ball control as a phase. Play in the World Cup has witnessed 15-17 phases of play on drives. The commitment of the scrum to run forward will be important in establishment of ball control. Nick Samaris will return as the Backs Coach and will provide us the structure. Coach discussed the importance of utilizing our aggressive, quick and sizable back row to combine with a fast and hopefully larger back line to provide a powerful combination. Coordination between the coaches will be important in the establishment of play and the teaching of principles.

Other equipment needs were discussed including the use of tall blocking pads. Rucking and mauling technique including the use of shields (scrum pads) and the purchase of about 20 practice balls and 2-5 game balls. Jim Dawe discussed the possibility of picking up some supplies and sending them from New Zealand. He will be traveling to New Zealand in the next couple of months.

Practice Breakdown including the following items were described by Coach O'Brian. Tuesday's practices begin at 3:15 with two laps around the field and dynamic stretch. The dynamic stretch component was familiar to the Holy Family Football players who have 2-3 years' experience. We will revive that method to quickly impart the stretching required and to provide strengthening and preparation for speed training. The approximate breakdown of weekday practices will look like this:

- 3:15 Two laps around the field and dynamic stretch
- 3:35 Individual unit drills (example: tacking, scrums, passive, footwork, binding, kicking and catching kicks)
- 4:00 Group concepts (game planning and transitions)
- 4:15 Tactical play (lineouts, penalties, drop-goals, simulated situations)
- 4:30 Group play (live on Tuesdays before games, touch to avoid injuries, referee instructions and unit organization)
- 5:00 End of practice (consistently)

We discussed returning personnel and there continued to be some concern regarding the need for certain skilled positions including the development of a good hooker, fly half and full back.

Marketing and Recruiting -

- Recruiting has begun with the wearing of hoodies and handing out Tigers Rugby business cards. Wearing the hoodies at all events and other school events, talking to players to recruit them would seem to be necessary. Hoodies are seen at Holy Family and Legacy athletic events.
- Tigersrugby.com has been established as a website managed by Steve Sadler. We are grateful for Steve's contribution in this area. He will coordinate its development for other activities. The Yahoo.Group for Tigers Rugby is still available, and the old website on AcceleratePT.com/Tigers.html is still available to disseminate information.

- Certain restaurants are popular with certain high school students. The Black Jack Pizza for Arvada West next to Coach O'Brian's office, the IHOP in Broomfield for Broomfield High School students and other sites might be places where we can go and introduce ourselves to recruit players directly. Often football players will wear their game jerseys on Friday when they visit the restaurants.
- Newspapers will provide us free or reduced price ads. The cost of the ads might be prohibitive this year in light of other, more effective techniques with less expense including personal contact, but we have prepared a print ad which we sent to the coaches. We will send them to the players to consider using as posters to place in schools, restaurants and community bulletin boards identifying our attempt to recruit players. This file will be sent to all the players and the coaches again.

Coach Nick Samaris suggested a road trip to Omaha where he used to play rugby at Creighton University. The 7-8 hour drive would be an opportunity for spring break. Coach O'Brian delegated the preparation for this opportunity to Coach Nick and will follow up with preparations for presentation at a later meeting with parents and players.

The meeting was adjourned at 3:30 pm and the group enjoyed the World Cup Semifinal between England and France, won by England.

Respectfully submitted,

Paul O'Brian
Tigers Rugby Football Club, Inc.