



PENGUIN INTERNATIONAL RUGBY FOOTBALL CLUB

Rugby Report 2005



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Cover photo: Penguin's v Northlink College (RSA), COBRA 10s. Raymond Rodan jumping high!

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1 Introduction

2005 was a very busy and exciting year for the Club. Its activities were distributed between playing/coaching activities, and, for the first time, a concerted coaching-only programme. Following the encouraging start of the HSBC/Penguin International Coaching Academy in 2004, its 2005 activities included general coaching in both Malta and Malaysia, plus four level 1 coaching courses for Malaysian school teachers.

The Club's main summer expedition comprised a development tour to Malta to participate in the Malta International XVs tournament. The playing XV was accompanied by the HSBC/Penguin International Coaching Academy, which ran several coaching sessions for the local rugby community.

The Club made its 8th visit to the COBRA 10s tournament in Malaysia, arguably the strongest 10s tournament in the world. As with its Maltese tour, the Club arranged for two dedicated coaches for the COBRA schools development programme.

A report of each of our activities follows.

2 Playing Activities

2.1 UNIVERSITY MATCHES

2.1.1 Oxford

The annual match versus Oxford was scheduled for Wednesday 23rd February 2005. Unfortunately, freezing conditions, with snow, led to the match's abandonment. This is the second time in 4 years that this fixture has been cancelled due to bad weather. The Club looks forward to its visit in 2006.

2.1.2 Team

1. Peter Cook - Leicester, 2. Kramer Ronaki - Cambridge City, 3. Rhys Thomas – Dragons & Wales, 4. Adam Russell – New York Athletic Club, 5. Chad Eagle – London Welsh, 6. Dave Gorrie – Lansdowne, 7. Ryan Percy – Penzance, 8. Rhys Oakley – Dragons & Wales, 9. Alex Wright – Leicester, 10. Pat Howard (Capt.) – Leicester & Australia, 11. Ben Breeze – Dragons, 12. Tom Howard – Queensland University, 13. Joe Ewens – Stourbridge, 14. Christian Corrigan - Ealing, 15. Dan Howells – London Welsh, 16. Peter Ince – Penzance, 17. David Howard – Queensland University, 18. Dave Campton – Coventry, 19. Stean Williams – Coventry, 20. John O'Reilly – Esher, 21. Phil Waters – Stourbridge, 22. Dan Connolly – Richmond, 23. Owen Warbler – London Welsh.

Manager – Craig Brown

2.1.3 Cambridge

Penguin's 24 - 43 Cambridge

The match against Cambridge was played on a cool, blustery, and damp evening, on Wednesday 3rd March 2005. A vocal crowd was entertained by adventurous rugby, although the 1st half error count for both sides was fairly high. The half time score was level at 12-all, but it was the more determined and better organised Cambridge team that

dominated the second half, running out winners 43-24. Strong performances from Cambridge players including Steff Thomas and Tom Kirkman, aided by some weak Penguin's defence, ensured Cambridge had the upper hand for long periods in the second half. For the Penguin's, Ryan Percy had a strong game while Ricky Pellows ran well from half back. This match was the 50th appearance for Cambridge by Ben Dormer, who has toured twice with the Penguins in recent times.

2.1.4 Team

1. Rowan Fuller - Henley, 2. Peter Ince – Penzance, 3. Andy Fuller – Nottingham, 4. Nathan Pike – Rotherham, 5. Graham Quinn – Lansdowne, 6. Dave Campton – Coventry, 7. Ryan Percy – Penzance, 8. Antonio da Cunha (Capt.) – CF Belenenses & Portugal, 9. Ricky Pellows – Penzance, 10. Anthony Knox – Oxford, 11. Tim Holgate – London Welsh, 12. Sam Alatini – Cambridge City& Tonga, 13. Kevin James – Penzance, 14. Miguel Morais - G. D. Direito & Portugal, 15. Dan Howells – London Welsh, 16. Kramer Ronaki - Cambridge City, 17. Karl Cleere – Lansdowne, 18. Ed Whitely – Loughborough, 19. Rory Jenkins – ex Harlequins, 20. Peter Archer - Cambridge 21. David Jenkins - Cambridge 22. Christian Corrigan – Ealing.
Manager – Craig Brown, Coach – Steve Hill.

3 Malta

3.1 Tour Report

The Club's second visit to Malta, the first being in 1967, following a request from HSBC to investigate the popularity of rugby in the region. The tour's objective was to promote the goodwill and camaraderie of rugby by playing in Malta, as well as by delivering a series of coaching sessions for the local rugby community. Investigations confirmed that the Malta Rugby Union runs an international XV's tournament about May of each year, which attracts teams from the UK and other European rugby nations to compete against the local sides. Contact was successfully made with the Malta Rugby Union and the tournament organiser, and arrangements made to send a team to compete in the tournament supported by qualified coaches to assist the local rugby community.

The tour commenced with the team assembling for a training run at Crawley RFC, grounds near Gatwick airport on Wednesday 27th April, prior to departure. Two further training sessions were held before the tournament on Saturday 30th April through Sunday 1st May. The tournament was well organised with eight teams competing in two pools on day one. Day two consisted of semi-finals/finals. The weather was very warm and sunny, and Malta an interesting place to visit with a history going back through the centuries. The locals ensured everybody enjoyed themselves with a post-tournament function held at the Black Bull in St Julian's.

The Penguin's squad was selected with the relative strength of the competition in mind and consisted of a number of Cambridge and Oxford students; first and second division players from both Scotland and Ireland; division 1 south west players; one player from HSBC RFC, and two players from Sidcup RFC. The team was superbly captained by Gareth Taylor from Ebbw Vale.



Line out win versus La Vallette

3.2 Tournament Results

- Pool 1 Penguin's winners v La Vallette
 Penguin's winners v Cymbran
 Penguin's winners v Bishop Stortford
- Semi final Penguin's winners v Walcot
- Final Penguin's winners v Old Allayians

3.3 HSBC Liaison

The team was kindly hosted by HSBC during its visit to Malta. A function at Valletta Wine Vaults was attended by members of the Malta Rugby Union, members of the Malta Olympic Committee, clients of HSBC, and several HSBC staff members including CEO Shaun Wallace and COO Martin Wilkins. The evening was a relaxed affair with speeches by Martin Wilkins for HSBC and Alan Wright in reply for the Club. The Wine Vaults is a historic cellar in Valletta, cut into a hillside of the town, and the reception included fine local wines and some local delicacies.

The function was well covered by several newspapers and one TV crew. One of the resulting newspaper articles is included in Appendix B.

3.4 Team

Paul Beal – Redcar, Sean Brophy – Oxford, Padriag Brennan - Co Carlow, Neil Meikle – Heriots, Ferg Gladstone – Cambridge, Deri Hughes – Oxford, Danny Mizen – Sidcup, Henry Head – Ballymena, Gareth Taylor - Cross Keys, Elliot Stephenson - Oxford Harlequins, Ben Wheeler – Cambridge, David Cox - Co Carlow, Brendon Pascoe -

Tauranga Sports, Shaun Baxter - Oxford Harlequins, Ben Dormer – Cambridge, Ian Wilson – Borders, Scott Wight – Melrose, Sam Stoop – Oxford Brookes, Samuel Adlen - Oxford University, Euan Herkes – Haddington, Richard Roddis – Sidcup, Andrew Wilson – Heroits, Huw Williams - Cambridge University, Owen Edwards – Ballymena, Mark Pusinelli – HSBC

Craig Brown – Tour Manager, Steve Hill – Tour Coach, David Jack – Academy Referee, SRU Referee, Alan Wright – President, Grant McKelvey – Academy Coach, SRU Rugby Development Manager.



The touring team in Malta

4 Malaysia

4.1 Tour Report

The club made its 8th visit to the COBRA 10s, arguably the strongest 10s tournament in the world. Armed with its previous experience, the Club was determined to do well, which required the selection of a very strong side. Over the previous few years, the standard of competition has increased significantly, with many teams fielding numerous players with IRB 7s or provincial rugby experience.

As with past years the team met for the first time upon arrival in Kuala Lumpur and had only three training runs prior to the tournament. The team strengths included mobile forwards, very fast outside backs, as well as experienced half backs/centres.

The team gelled well and performed at high levels on day one. Three good victories were achieved through a determined defence and pace and skill out wide.

On day two the team had a good win in the quarter finals over Mendoza, who fielded numerous provincial, and a couple of international Argentinean players. The semi final opponents were the defending champions, Marist St Josephs from Samoa who included six of the Samoan IRB 7s team and two other Samoan XV internationals. The Penguin's defended well, and made Marist work hard for their two tries, but the infamous Samoan defence held and the team was not able to cross the line. It was disappointing to lose but the victors deserved their win. It was interesting to learn that the Samoan's had been training for 6 full weeks prior to the tournament including trails and fitness tests.

The Penguin's team included Amasio Valence, star New Zealand 7s player and the current record holder for the most IRB 7s tournament appearances, Fijian 7s regular and captain Jone Danuvucu, Jope Ledua, Raymond Rodan and Watisoni Gonewai who have all played 7s for Fiji and Mike Davis from Canterbury who was recommended by Robbie Deans, ex All Black Coach and now Canterbury Crusaders coach.

4.2 Results

Pool C

Penguins 50 - 7 Chinese Taipei

Penguins 33 - 5 Northlink College (RSA)

Penguins 32 - 7 Oriental Rongotai (NZL)

Quarter finals

Penguins 19 - 7 Mendoza (ARG)

Semi final

Penguins 0 - 12 Marist St Josephs (SAM)

4.3 HSBC

The team was invited to a small reception hosted by senior HSBC officers whilst in Kuala Lumpur. The evening provided an informal atmosphere for the team to mingle with bank officers and their guests. The function was ably hosted by Ian Ogilvie, in the Bangsar region of Kuala Lumpur, and included speeches of welcome and thanks from Ian Ogilvie, David Townsend and Craig Brown. It was interesting to note that the origins of rugby players always have common links, when it was discovered the Deputy CEO of HSBC in Malaysia, Ian Ogilvie is an ex Watsonian, where both Craig Brown and Grant McKelvey played in the 1990s.

4.4 Team

Jone Danuvucu (Nadronga, Fiji 7s), Raymond Rodan (Nadi, Fiji 7s), Willie Hafu (Mahurangi, NZ U19), Mike Davies (Canterbury 7s, NZ Schools), Howard Graham (British Army, England 7s) - Capt, Watisoni Gonewai (Nadi, Fiji 7s), Kini Nauvasi (Baravi Exiles, Nadi), Todd Clever (Mahurangi, USA), Haden Kose (Mahurangi, Nth Harbour B), Amasio Valence (Mahurangi, NZ 7s), Damian Hall (Bective Rangers), Craig de Klerk (Villagers, Western Province), Oli Brown (Boroughmuir, Scotland 7s), Jope Ledua (British Army, Fiji 7s)

Manager – Craig Brown, Coach – John McKittrick, Academy Coach – Grant McKelvey, Academy Coach – Sailosi Nawavu, HSBC Liasion – David Townsend, Liaison Officer – Hang Kek Kang, Physio – Marc Daniels

**PENGUIN INTERNATIONAL RFC
COBRA 10s 2005
Kuala Lumpur, Malaysia**



Back row: Marc Daniels (Physio), Grant McKelvey (Academy Coach), Oli Brown (Boroughmuir, Scotland 7s), Haden Kose (Mahurangi, Nth Harbour B), Craig de Klerk (Villagers, Western Province), Damian Hall (Bective Rangers), Jope Ledua (British Army, Fiji 7s), Todd Clever (Mahurangi, USA), Kini Nauvasi (Baravi Exiles, Nadi), Craig Brown (Manager)

Front row: John McKittrick (Coach), Amasio Valence (Mahurangi, NZ 7s), Raymond Rodan (Baravi Exiles, Fiji 7s), Mike Davis (Burnside, Canterbury 7s), Howard Graham-Capt (British Army, England 7s), Watisoni Gonewai (Nadi, Fiji 7s), Willy Hafu (Mahurangi, NZ U19), Jone Daunivucu (Nadronga, Fiji 7s), Sailosi Nawavu (Academy Coach)

Absent: David Townsend (HSBC Liaison), Hang Kek Kang (Liaison Officer)

5 HSBC Penguin International Coaching Academy

5.1 Malta

5.1.1 General Coaching

As part of the touring team to play in the Malta international tournament, the HSBC Penguin International Coaching Academy was active in running several sessions for the local rugby community. Under the direction of Grant McKelvey (Watsonians and Scotland), Edinburgh Rugby Development Manager for the Scottish Rugby Union, sessions were planned and executed for the local senior men's team, young people, childrens and the national women's team.

The first coaching session was for approximately 70 children and young people aged 7 to 18. The entire squad was involved in delivering the training session planned by Grant. The training included general skills as well as focussing on passing the ball out of contact and supporting the ball carrier. The session lasted for just over 90 minutes and was well received by all concerned. After the session, the Penguin's team presented each of the local players with an academy shirt and badge.

Initial planning between Damien Neill, the Director of Rugby and National Coach of the Malta Rugby Union, and Craig Brown identified a need for some specialist scrummage coaching. A session was held involving a number of tight forwards from the Penguin's under the leadership of Grant McKelvey. The session concentrated on the roles and skills of individual positions, as well as working as a unit. Twenty senior players attended, many of whom play in Malta's national team. In addition, David Jack, Scottish Rugby Union referee, provided a hands-on briefing to local referees on the complicated task of adjudicating the scrum. Of particular benefit was technique of placing players in live situations to demonstrate specific point. It was also useful for the players to obtain the referee's perspective.

Two sessions were held for the Malta Ladies' team, women's rugby is a reasonably new concept in Malta and at this time the number of players is small thus they concentrate on 7s. They also lack the numbers to play a regular competition at home. No victories have been recorded, however, the team has played against a couple of touring teams from the UK and had travelled once to play a match in Tunisia

Grant McKelvey introduced a wide range of skills and drills as well as working on the basics, organisation, and team play. The women played an exhibition match as the curtain raiser to the final of the tournament, and it was evident they were very enthusiastic and had taken on board much of the ideas and skills presented to them. A fortnight after the Penguin's training sessions the Malta women's team travelled to Prague to play in a 7s tournament. They had a difficult start, drawing the Czech Republic in the opening match. Malta went on to win 12-7 and record their first ever win as a national team. The Penguin's were pleased to receive feedback from the Malta Rugby Union, confirming that the work of the HSBC Penguin International Coaching Academy had a large part to play in that first success.

5.2 Malaysia

5.2.1 Level 1 coaching course

Following on from discussions at the 2004 COBRA 10s, vis-à-vis how best to develop the game in Malaysia, the HSBC/Penguin International Coaching Academy assembled, at the behest of our friends at COBRA, a team of qualified coaches, to lead a level 1 coaches' course for school teachers. The course was based on the UK's level 1 course, although it was adapted to suit local conditions.

At first, 1 course was planned and facilitated in February 2005. Following on from its tremendous success, the Academy was invited back to run a further 3 courses over the year and to plan a further two years of 5 to 6 courses per year. 2005's courses and tutors are detailed in the table below.

Course Date	Venue	Tutors
14 to 18 February	Kuala Lumpur	Jon Bates, Tony Robinson, Craig Brown
30 May to 3 June	Kuala Terengganu	Tony Robinson, Stu Power, Craig Brown
25 to 29 July	Penang	Mal Chumbley, Craig Brown, Tony Robinson
13 to 17 September	Melaka	Craig Brown, Peter Macauley, Jon Bates

The UK level 1 course runs over two days. However, the Malaysian equivalent has been expanded to 4 days to include a thorough review of the theoretical aspects of the game (classroom based activities), and greater emphasis on practical training (field based activities). Although the course was amended and improved over the year, the core course of classroom based lectures, discussions, work groups and presentations interspersed with practical field based activities in which all students participated and actively coached their colleagues, remained the same. The classroom based activities include an introduction to the game, working with children, communications, health and safety, game sense and the role of the coach, and the field based activities include running, passing, kicking, tackling, ruck, maul, scrum, lineout and playing the game.

A formal certificate is awarded to the participants upon successful completion of the course. The three requirements for the achievement thereof are:

- full attendance and participation in all activities;
- passing a practical assessment (each student is assigned a coaching task),
- passing a written exam (both multiple choice and short answer questions).

The courses have generally ended with a coaching session for local school children, whereby the newly qualified coaches are mentored by the HSBC/Penguin International Coaching Academy coaches, with a review and feedback session post coaching

The COBRA Coaching Development Team, led by the dedicated and efficient Colonel @ Charlie Wong and Colonel @ Tommy Pereira, and ably assisted by Tan Tai Fatt, has secured the coach development programme's credibility by gaining endorsement from the Malaysian Ministry of Education and Sports. This in turn has resulted in high profile course closing ceremonies, including representation from high ranking Ministry officials, attendance by local media, including TV stations and newspapers, and support from the Malaysian Rugby Union. See Appendix A for an example of the newspaper articles, resulting from Penang's closing ceremony.



The Penang class

HSBC in Malaysia, under the guidance of Mrs Elizabeth Wee has been very supportive of the coaching programme, generously providing HSBC/Penguin International Coaching Academy polo shirts for the course students.

5.2.2 COBRA Schools' Development

As part of the COBRA 10s tournament, the club supplied two dedicated coaches to assist in the COBRA schools rugby development programme. Grant McKelvey and Sialosi Nawavu (Baravi Exiles and Fiji) spent 3 days travelling around Kuala Lumpur and surrounding areas, visiting two schools per day and running 90 to 120 minute sessions at each school. They provided general coaching to school rugby players aged 10 to 16 in addition to discussing coaching techniques with the schools' teacher rugby coaches.



Sialosi Nawavu taking local school children through stretching drills

5.3 Further developments

Following on from the great work undertaken by all the coaches and players involved in coaching during 2005, the HSBC/Penguin International Coaching Academy has seen its reputation has grow. This has resulted in numerous requests from rugby unions and other interested parties for visits or revisits of the academy in the near future to roll out similar programmes. Requests have been received from rugby communities in India, Malta, Malaysia, Mexico, Guam, Brazil, the US, Canada, Bermuda amongst others.

Appendix A – Penang Coaching Course News Article



FOR THE ALBUM: Participants of the five-day rugby coaching course pose with the three facilitators and the organisers after the closing ceremony in Penang. — Pic: FARIZ ISWADI

Penguin lesson for northern teams

■ By K. Kandiah

RUGBY in the northern States got a boost after the conclusion of a Level One Coaching course at the Continental Hotel in George Town, Penang, recently.

The five-day course, organised by the Combined Old Boys Rugby Association (Cobra), was conducted by certified coaches from the HSBC Penguin Rugby Coaching Academy from the United Kingdom.

The third phase of the Cobra Schools Development Programme, conducted with the cooperation of the Malaysian Rugby Union (MRU) and the Education Ministry, was attended by 32 teachers from Perlis, Kedah and Penang.

The programme consists of four Level 1 Rugby coaching courses — the first for the central region was held in Kuala Lumpur (February), the second for the east coast region in Kuala Terengganu (May), while the fourth will be held in Malacca for the southern region (September).

The facilitators were Cobra resident coach-cum-course coordinator Tan Tai Fatt, Penguin director of rugby Craig Brown and Penguin coaches Anthony Robinson and Malcolm Chumbley.

Programme director Col. (rtd) Wong Hin Jee said the participants are supposed to create interest and awareness of the sport in their respective schools.

"The concept of this programme

SCHOOLS WATCH



SAHC emerge champions

SULTAN Abdul Hamid College (SAHC) stormed to a 21-8 win over SM Pokok Sena Sains (SAINA) to win the inaugural Kedah President's Shield Under-18 rugby competition at the SMDSO ground in Alor Star yesterday.

Though SAINA got off to a 3-0 lead through a penalty by Hafizuddin Yusof in the fifth minute, it was evident that SAHC were in full com-

mand.

And it took them only four minutes after SAINA took the lead to get a try through Shafiq Hashim which Ariff Saad converted to make it 7-3.

Thereafter, it was SAHC all the way and they got another seven points from a try by Nor Azmil Shaari which Ariff Saad converted to give them a 14-3 lead at halftime.

is to promote, develop and create an awareness of the sport among the school children at the grassroots level, especially the Under-15 age-group children.

"It is nice to receive a certificate, frame and display it, but what is the point if your knowledge is not put into use or imparted to others, the whole idea of this effort is to develop rugby.

"I know it is hard to get funding for this sport as it would be tough fighting against other more popular sports, but if we put our heart and soul to it I am sure we can do it," he told the participants at the closing.

Present at the closing ceremony were Cobra vice president Lt Col

(rtd) Tommy Pereira, Education Ministry Sports and Physical Education department's sports management division director Chua Hong Tam and Penang Rugby Association president Hassan Farouke.

Apart from the coaching course, Cobra also conducted a coaching clinic for the island state's school students at the Polo Ground, Jalan Sepoy Lines in George Town yesterday.

The clinic was conducted by HSBC Penguin Rugby Academy coaches, while the Penang-based teachers who had attended the course assisted in conducting the drills.

Appendix B – Malta Tour Newspaper Article

THE TIMES, SATURDAY, APRIL 30, 2005

SPORT

RUGBY

Penguin Academy coaching in Malta

This week, Maltese rugby has been the beneficiary of the expert coaching advice of the HSBC Penguin Rugby Academy.

The renowned rugby organisation is holding coaching sessions for U-16 and U-18 players and match officials.

This weekend, the Penguins will also take part in the Malta Rugby Football Union's International Tournament at Marsa.

Penguin Academy officials were welcomed during a reception hosted by HSBC Bank Malta. The activity followed a first training and coaching session which took place at the Marsa grounds.

"The HSBC Penguin Rugby Academy is recognised for its commitment towards fostering the development of rugby worldwide," HSBC Chief Operating Officer Martin Wilkins said.

"As the popularity of rugby in Malta goes from strength to strength, we are delighted to welcome the Academy and wish them an enjoyable stay."

The Penguins were founded in 1959 and since then played in/or against teams from no fewer than 57 countries. The club has always endeavoured to provide coaching sessions while on tour.

In moving the club forward, it was decided to formalise the coaching activities and in conjunction with HSBC the Academy was formed in 2004.

In its first year, they have run coaching sessions in Hong Kong, Mexico, Malaysia and now Malta.

"HSBC's support for the Academy reflects the bank's belief not only in the physical well-being of the players but also the positive impact of the game's values of Fair Play and team-work," said club president Alan Wright.

"There has been a great response from the Maltese rugby playing community and I hope that we have played our small part in strengthening the game here."