

Many thanks to Ken Amer at Orkney Photographic for his continued support of the project and quality photographs which have been used throughout this report.



ORKNEY RFC

COMMUNITY RUGBY PROJECT





Rugby with Ruthven

"Get involved at Orkney RFC"

**"Get your school
Involved"**
Multi-Skills
Training, Tag Rugby,
Contact Rugby!



www.orkneyrfc.co.uk

Orkney Mini Rugby

Kirkwall Mini's Saturdays 10am–12noon
Kirkwall Rookies Saturdays 11am–12noon
Contact Brian Lanni on 07768 777 157

St Andrews Mini's Sundays at 11am–12.30pm
St Andrews Rookies Sundays 11am–11.45am
Contact Karen Davies on 07939 900 541

Dounby Mini's Sundays 10am–11.30am
Dounby Rookies Sundays 11.30am–12.30pm
Contact Jeffrey Dougall on 07786 685 712

Orkney Junior Rugby

U14's and U16's: Under 14s - Training/Games on Saturday mornings at ORFC, 10am–11.30am.
Under 16s - Wednesday nights at ORFC, 6pm–7.30pm & Saturdays. **U18's:** Tuesdays & Thursdays, 6pm–7.30pm & Saturdays.

Contact Bruce on 07584 167 834 or e-mail bruceruthven.orkf@yahoo.co.uk

Check ORFC Website/Guestbook for details and updates!!

Secondary Rugby Champions: Dale Watt (KGS) and Mark Berry (Stromness Academy)



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Introduction

The following report provides information about the Orkney Schools Community Rugby Project, the Junior Section of Orkney RFC, continued working relationships with other organisations and initiatives promoting healthy living. The report also highlights progress achieved and aims and objectives for the future.

The grass roots development of rugby in Orkney has set strong foundations within the schools with pupils receiving quality and enjoyable sessions in curriculum time which will continue for the foreseeable future. I hope that you find this report interesting and provides you with an insight into the work being carried out within the communities across the mainland, inner & north isles. The project continues to promote health, exercise and fitness for the inclusion of all children which to date has gained very positive feedback from pupils, teachers, parents and organisations.

The Community Rugby Project prides itself on being an effective way to help pupils become successful learners, confident individuals, responsible pupils and efficient team players in line with the curriculum for excellence.

Many thanks to the Scottish Rugby Union, Orkney Isles Council, LEADER & Orkney RFC for their continued support.

Bruce Ruthven

Orkney RFC, Development Officer

Progress Check - Aims & Objectives for Season 2012–2013

The season is coordinated in conjunction with the Academic Year.

1 Maintain current Primary Schools participation at Tag Rugby within Curriculum time.

All Schools on mainland Orkney, Inner & North isles have received tag rugby or contact rugby coaching this academic year. Participation numbers can be viewed on schools coaching statistics page.

2 Plan and conduct an all schools Tag Festival in the autumn and the spring term.

Achieved – festivals were conducted in September & June. The large spring festival was affected due to weather therefore several smaller festivals took its place.

3 Continue to develop Rugby at Stromness Academy at Friday activities and target teams at U14 & U15 levels with competitive

games versus KGS. Participation in the North Schools Cup at U15 level and in the North Schools Conference at U14 age grade.

Achieved – Rugby at the academy has continued to grow with good numbers evident. SA competed in the North Schools Cup & Cross Pentland firth competition. Girl's rugby has been a new addition to Friday activities with a girl's team playing Thurso HS girls in a friendly match.

4 Coach Education; Organise a Level 2 Refereeing Course. Deferred to Season 13–14.

Coordinate two Coaching updates for youth coaches with Alex Edmondson (SRU, Coach Educator). Completed.

Conduct a Rugby Ready Course for season 2011–2012 coaches. Completed.

5 Plan a First Aid course for a minimum of six coaches to attend. Deferred to Season 13–14.

6 Increase participation number at Rugby Rookies level from 36 registered children to 50.

41 Rookies members recorded.

7 Continue to develop Strength & Conditioning at U14 – U16 & U18 levels.

Achieved – an eight week block of S & C was conducted. ORFC also have three players who have been undertaking two sessions per week as part of the Athlete support programme, Sport Scotland.

8 Maintain involvement with Transition Sport and Collaborative days. Achieved.

9 Deliver FSA programme to 185 PS children. – On going.

10 Manage & develop Orkneys RFC's Modern Apprentice in conjunction with Scottish Rugby. (MAS Aims & Objectives & CPD available on request).

ORFC has recruited former Academy pupil Mark Sinclair as the Modern apprentice for this academic year.

11 Plan and deliver a Youth Coaching Course in Easter 2012. Completed.

12 Hold a girls fixture/s for KGS & Stromness Academy.

Kirkwall Grammar School did not have a team. A fixture was held between Stromness Academy & Thurso HS girls.

13 Integrate Shetland RFC juniors into Orkney RFC at mini and U14 levels.

Shetland did not manage to travel to Orkney at mini age grade but did at U14s & U16 levels.

14 Plan & coordinate tours for U14 & U16s squads.

Achieved – U14s toured to Shetland with the U16s touring to Edinburgh. (Reports inside).

The total number of School visits held across all Orkney & isles schools is 441. These sessions have been conducted as Fundamentals of Movement, Tag Rugby and contact rugby sessions.

Aims & Objectives for Season 2013–2014

The season is coordinated in conjunction with the Academic Year

1 Plan & conduct sessions at all of Orkneys mainland, inner & north isles schools within curriculum time.

2 Plan and conduct an all schools Tag Festival in the autumn and the spring term.

3 Assist & encourage Stromness Academy and KGS with inter island fixtures and develop teams for participation in Brewin Dolphin Cup & North schools Cup.

4 Coach Education;

- Organise a Level 2 Refereeing Course.
- Plan & Conduct level 2 UKCC course in conjunction with Caithness & Shetland RDO's.
- Coordinate two Coaching updates for youth coaches with Andrew Douglas (SRU, Coach Educator for North).
- Conduct a Rugby Ready Course for season 2012-2013 coaches. (11th & 18th August).
- Plan a First Aid course for a minimum of six coaches to attend.

5 Continue to develop Strength & Conditioning at U14 – U16 & U18 levels.

6 Maintain involvement with Transition Sport and Collaborative days.

7 Deliver FSA programme to 175 PS children.

8 Manage & develop Orkneys RFC's Modern Apprentice in conjunction with Scottish Rugby. (MAS Aims & Objectives & CPD available on request).

9 Plan and deliver a Youth Coaching Course in Easter 2013.

10 Develop girl's rugby at KGS and Stromness academy with fixture versus Caithness girls.

11 Integrate Shetland RFC juniors into Orkney RFC at mini and midi levels.

12 Plan & coordinate tours for U14 & U16s squads.

13 Recruit three coaches to assist at Midi-youth levels.

For a full description of the Development Officers Key Performance Indicators as directed by OIC, SRU and ORFC, please contact Bruce on either of the following; e-mail; bruceruthven.orfc@yahoo.co.uk or mobile 0758 416 7834

The increase in the numbers playing rugby, which is evident from the statistics, is very encouraging particularly at primary level where 95% of all school children have played tag rugby.

Tag Rugby Tag Rugby Tag Rugby

ORKNEY RFC COMMUNITY SCHOOLS TAG FESTIVAL 7TH JUNE



St Andrews P7 pupils receiving their Schools Morrisons Construction award for contributions towards Community Rugby Award.

Two hundred children gathered on Friday 7th June for the primary schools tag festival with good weather present and firm underfoot conditions the stage was set for some fast action packed tag rugby. Schools that were taking part were; Dounby, Stenness, Orphir, Evie, Firth, Hope, Burray and St. Andrews taking part. Five pitches were being used to give the opportunity for all twenty five teams to play competitive matches again each other. With all the isles schools having had their successful festival on the 17th May the mainland players were keen to show off their skills and did not disappoint with structured team defences, strong attacking play and much improved running onto the ball and support play which was a work on area within curriculum time tag rugby in the schools. It is evident that from the schools continued efforts and involvement in the Community Rugby Project the standard of play continues to increase as well as the understanding of the game. There is also a broad appreciation from all event helpers that all players are fully involved and the girl's tactical awareness is generally better than the boys showing evidence of utilising the space and ball skills.



Rugby Development Officer Bruce Ruthven stated;

"This has been a terrific day with the referees and pitch managers speaking positively of the games on display. The players have worked hard at their sessions with myself and Liam and continue to improve and enjoy their rugby. I would like to thank the players, teachers, parent helpers and the ORFC assistants and Chris Sharpe (Medic) for their time which is fundamental to the success of the festivals.

Congratulations to St. Andrews Primary school who won the Morrison's Construction CRP Achievement Award, the award is presented to schools that have shown great commitment to their tag rugby throughout the age grades at school, embracing the spirit of the game and promoting fair play."

Tag Rugby Tag Rugby Tag Rugby

ORKNEY RFC COMMUNITY SCHOOLS TAG FESTIVAL 7TH JUNE – FEEDBACK



SOME FEEDBACK FROM PUPILS WAS;

"We have loved every session that you have done with us. We really appreciate you giving up your time to teach us tag rugby. You have taught us lots of skills through the years. We would like also to thank Liam for giving his time to help our tag rugby development".

Neve, Roma, Finn and Connor

"We have really enjoyed all the tag rugby experiences we have had with you. We thank you very much for all the time you have spent to teach us. Some of the skills we have learned will be ones we will find useful for other sports as well, so we appreciate it very much".

Rhys, Glen, Shannon and Emma

"We would like to thank you for teaching and supporting us with our rugby skills. It has been a great experience and helped us a lot with our confidence and teamwork".

Jeepstar, Euan, Molly and Keir

"We would like to thank everyone involved and who helped contribute to the making of the tag rugby festival. We've enjoyed the experiences.

Rhona, Ryan, Merrick, Ross, Grace

"It has been a good experience attending tag rugby festivals. It has been a pleasure being taught by Bruce and Liam. They have been very well organised and enjoyable. We have all improved so much since you came".

Joe, Stuart, Sam and Freya

"Thanks for teaching us tag rugby for the past 4 years it has been amazing. Thank you for inspiring us to carry on with tag rugby. You and Liam have done a great job teaching us".

Morgan, Lee, Joanne, and Caitlin



Tag Rugby Tag Rugby Tag Rugby

ORKNEY RFC COMMUNITY SCHOOLS TAG FESTIVAL 7TH JUNE – FEEDBACK



"Well done today for another fantastic event. The pupils really enjoyed the day and have taken such a lot from their time at tag rugby. It was great to see how all the pupils are much more confident in their skills of the game and their awareness of the rules. The games and the skills on display both from individuals and all round teams were a pleasure to watch and a credit to the time and effort that has been put into the rugby development set up here in Orkney."

Neil McIntosh, St. Andrews teacher

Super day and great organisation, all match referees and managers were very helpful and the whole day ran smoothly. Kids thoroughly enjoyed it and so did the teachers.

Thanks
Karin Flett
Dounby PS

My five children had a wonderful time at the tag Rugby on Friday. They all commented on the fact that they thought it was better with fewer schools/teams there which I thought was interesting.

As always, thanks to you for arranging such an enjoyable day for the children, much appreciated!

Steph
Burray PS

Please pass on my thanks to all of the helpers and a big thank you also to you.

That you were able to rearrange the May festival in such a way that schools were accommodated despite what is a very busy term reflects highly on yours and the clubs commitment.

The fact that schools made the replacement "festivals" a priority indicates the value that the schools put on them.

The children were absolutely delighted with their day; every one of them feeling a real sense of achievement whilst having a lot of fun!

It was noticeable on the day how much more skilled the teams are at support play.

Thank you
Bruce Pilkington
HT – Orphir and Stenness
Community Schools

Just to let you know that the 26 children from Firth Primary thoroughly enjoyed the day at Picky for the Tag Rugby Festival on the 7th June. It was very well organised, after the check-in first thing we knew exactly where we were going and who was responsible for the pitches.

The whole day was very well structured and all of the teachers I spoke to agreed that all children took part and really enjoyed it, so well done to all of the organisers and helpers.

Kind regards,
Sarah Work
Class Teacher- Firth

Tag Rugby Tag Rugby Tag Rugby

PAPDALE PRIMARY 7



Papdale hosted their own tag festival on the 14th June which saw all the Primary 7 pupils playing in their respective teams. Six teams in total competed against each other which proved to be very close games and highly competitive. The festival was a conclusion to Papdale's tag rugby training, some quotes from the players were;

"I enjoyed tag rugby on Friday. Some of my team were quite grumpy at the

start but when we got into the games, we managed to work well in our teams and play good rugby. I would like to say thank you to the rugby coaches and Mr Ruthven for all their hard work and coming to Papdale to coach us over the years." Euan Gorman

"I always enjoy playing Tag Rugby and I think the school is honoured to have Mr Ruthven helping us with Tag Rugby over the years." *Brooke Allan, 7E*

P7 teacher Mr Peace added;

"The children really enjoyed playing in the Tag Rugby tournament on Friday. The P7s are using the skills and tactics that they have learned from the coaching sessions and are demonstrating very good teamwork and communication skills. Thank you to all the coaches for their time and hard work with the children."

Mr Peace

PAPDALE PRIMARY 4



Tag Rugby Tag Rugby Tag Rugby

ISLES & GLAITNESS TAG FESTIVAL



Friday 17th May saw the first ever Primary Isles Tag Festival take place which involved schools from Sanday, Westray, Stronsay, Papay, North Ronaldsay, Northwells, Rousay & Shapinsay. All schools showed great commitment once again with travel from the isles via boat and plane with Sanday JHS pupils coming into Kirkwall the day before and staying overnight in the youth hostel, the Isles schools were joined by Glaitness for the festival.

The festival consisted of fifteen teams and over one hundred and forty children who all participated in four games of tag rugby each. Players have received a minimum of five sessions prior to the festival to get them ready for the day. The players from all of the teams showed great awareness of the rules, quality evasive running and showcased their skills throughout the games. All players grasped the important concepts of team work and team organisation which provided maximum participation so every player played their part in the day.

"Thanks to you and your team for another really good Tag Festival. My kids had such a good time!"

Rosemary, Sanday Head teacher

Some quotes from the players were;

"We have had a brilliant day and always look forward to the tag festivals."

"It's great to be out of school and meet all of the other players."

"Rugby is the best, I get the ball and score lots of tries, can't wait until the next festival."

"We all mix boys and girls and play together as part of a team which is different from other sports."

Orkney Rugby Club youth development officer Bruce Ruthven stated;

"It has been great to have all the isle schools and Glaitness here today, despite the larger festival being cancelled a couple of weeks ago because of the weather, it has given me the opportunity to see the development of the isles and Glaitness players. They have had a great day and you don't get tired of seeing the smiley faces and amount of pleasure they get out of the festival. The schools deserve a lot of praise for their commitments to travel and general organisation, the intent of the schools towards the rugby festivals is always very positive and they set a high benchmark for other schools across Scotland. I would also like to thank Cashback for Communities who provide funding for the Schools travel which assists hugely towards event management."

Tag Rugby Tag Rugby Tag Rugby

STROMNESS TAG FESTIVAL



On Friday the 14th of June the Stromness Primary 5, 6 and 7 classes participated in a Tag Rugby day having missed the festival the previous week. Taken by Bruce Ruthven and his team of coaches the classes were put into teams and given the equipment needed such as tag belts and bibs. The all-weather pitch in Stromness was the perfect venue for the event and the day was beautiful with a blue sky and white clouds. A mini non-competitive tournament was held with 8 teams playing several matches.

Stromness pupils commented;

"Hi Bruce. We cannot thank you enough for organising and

taking our tag rugby festival. We all enjoyed it and had a great time. The round robins were excellent, a big thanks to Tyler Lewington & David Porteous for their refereeing and Liam who was helpful and kind. Thank you again, it was a blast."

Bruce Ruthven added;

"Stromness Primary 5-7 worked really hard in their festival and were rewarded with some quality rugby and games. The girls especially displayed terrific passing and catching skills and were a match for any boy for pace. I wish the best for the Primary 7 students moving into S1 and look forward to seeing the rest of the school next term."



Tag Rugby Tag Rugby Tag Rugby

ORKNEY RFC COMMUNITY SCHOOLS TAG FESTIVAL 21ST SEPTEMBER



On Friday 21st September the fifth Tag Festival took place at the Pickaquoy which proved to be another success and day of enjoyment for Orkneys primary schools. The festival started at 11am and finished at 13.40 with all teams receiving four games each with each game lasting ten minutes. Seventeen schools were involved at the festival giving the opportunity for four hundred and ninety one children taking part which made up fifty five teams. Organiser Bruce Ruthven stated; "All of the schools are familiar with the set-up of the event and it has a clear structure which is crucial to an event of this size. We will be hoping for sixty teams and well over five hundred kids for the next festival which is taking place on the 10th May 2013."

Primary children have been participating in tag rugby sessions with Club Development officer Bruce Ruthven and apprentice Liam Sharpe regularly to

make sure that they have a full understanding of the non-contact game. Crucial skills for the game are passing and catching coordination, evasive running, decision making, support play and a positive team ethos. The tag rugby sessions are coordinated throughout the academic year with all schools receiving coaching so that they can acquire the necessary skills and understanding of the rules. Orphir & Stenness Head teacher Bruce Pilkington commented;

"Every Primary 4 -7 child from Stenness and Orphir Community Schools took part in this festival, several of them for the first time. Having spent 4 weeks practicing with Bruce and Liam they could not wait to put their skills into practice. Without exception they had nothing but praise for the day. They loved the mud, they loved the heavy rain near the end that drenched them and most of all they loved the games of Tag and

being part of a team.

On behalf of the children and staff I would like to thank everyone: referees, pitch organisers and you for making these days happen. I am aware that many of the helpers give a day of their annual leave to make what continues to be the biggest annual sorting event in Orkney possible."

Bruce Ruthven added; "The standard of play gets better at each festival even with the challenging weather conditions at times. All of the children looked to have a great time and enjoy the experience, well done to

everyone for their efforts. Many thanks to all of the volunteers that made the day possible and the Sports Leadership pupils from KGS who assisted brilliantly. A special thanks to Cash back for Communities which have helped greatly towards schools travel costs. Children who would like more opportunities to get involved in rugby should now be encouraged to attend training at the mini sections in Kirkwall, Dounby or St. Andrews, details can be obtained from your school, Bruce or www.orkneyrfc.co.uk."



Tag Rugby Tag Rugby Tag Rugby

FEEDBACK FROM SCHOOLS



Every Primary 4 -7 child from Stenness and Orphir Community Schools took part in this festival, several of them for the first time.

Having spent 4 weeks practicing with yourself and Liam they could not wait to put their skills into practice. Without exception they had nothing but praise for the day.

They loved the mud, they loved the heavy rain near the end that drenched them and most of all they loved the games of Tag and being part of a team.

On behalf of the children and staff I would like to thank everyone: referees, pitch organisers and yourself for making these days happen. I am aware that many of the helpers give a day of their annual leave to make what continues to be the biggest annual sorting event in Orkney possible.

Again, thank you,
Bruce Pilkington

Head teacher – Orphir and Stenness Community Schools

Some comments from my class:

Tag rugby was really cool and I like it very much. (Jack p7)

Tag rugby was AMAZING again! (Travis p7)

Tag rugby was fabulous and wet but everyone enjoyed it. (Megan p5)

Tag rugby was so fun, everyone should try it! (Sophie p6)

Tag rugby was superb! (Jasmine p4)

Tag rugby was brilliant because the whole class tried. (Erin p4)

Great day Bruce congratulations again.

John Dearness,

Orphir PS

Hi Bruce,

My 6 children have just come back absolutely buzzing after the Tag Rugby today. Thank you for putting such big smiles on all their faces!

Stephanie :-)

Burray PS

They loved the mud, they loved the heavy rain near the end that drenched them and most of all they loved the games of Tag and being part of a team.

Tag Rugby Tag Rugby Tag Rugby

ST ANDREWS PRIMARY SCHOOL FINISH ON A HIGH...



St Andrews Primary School held their annual whole school tag festival on Wednesday 26th June. The morning kicked off with 84 P1-3 pupils representing their school sports teams in 6 games against their fellow house teams. It was fantastic to see such enthusiasm and commitment from each and every one of the children especially since P1's had only just completed their first ever sessions of tag rugby with Bruce and Liam!

After break P4-7 took to the field with 75 pupils playing for their sports day houses against their fellow competitors. Again some fantastic rugby with great skills demonstrated by all. The older pupils have really developed their knowledge and understanding of the game over the past few years and it was a pleasure to watch.

This was our 3rd whole school tag festival developed from the idea of the Orkney Tag Festivals held during the school year. We had a real feel good factor to the morning with the older P7's organising the teams for the P1-3 festival with a fantastic display of leadership and organisation.

We were formally presented with the Morrison Construction quach by Bruce Ruthven which the school had won at the tag festival earlier this month.

Thanks must go to Bruce and Fraser for their refereeing on the day and the staff and pupils of the school for making it such a fantastic event. Well done to our P7 pupils who helped plan, organise and run the morning, you have been a

real credit to the school and will be very much missed.

Neil McIntosh

Bruce Ruthven added; "The school thoroughly deserves their award with today highlighting exactly why they have won it. The Primary 7 children were very organised and helped the younger pupils with great maturity. All the players have really excelled this year and have enjoyed their rugby whilst playing in the spirit of the game. I look forward to seeing the primary 7 players in S1 at Kirkwall Grammar and hope that they continue to enjoy their rugby. Well done to the whole school for their efforts and continued enthusiasm towards the community rugby project."

Report by Neil McIntosh



Peedie Schools Rugby Initiative links up with Rugby Legend

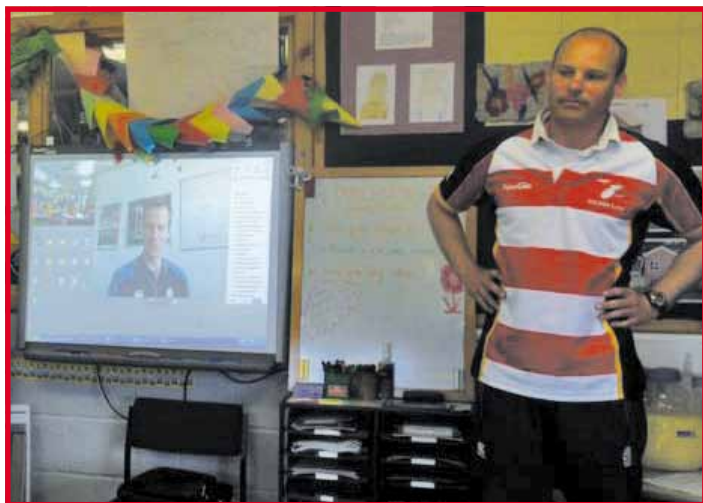


As part of the Peedie Schools activity week coordinated by Active Schools pupils from Papay, Eday and North Ronaldsay spent the week together conducting a range of activities providing the children with many learning opportunities and enjoyable sessional coaching. On Thursday 6th June children received Tag Rugby coaching from Bruce Ruthven and

played a number of ball skill exercises, running activities and tag rugby games. Bruce also organised for a Skype session with Scotland rugby legend Chris Paterson where the children had the opportunity to ask questions and speak to Chris about his playing career and current role as Scottish Rugby ambassador. Papay Head teacher Kate Evans

commented;

"They loved the day, it was an ideal size of group for them to feel comfortable and have others near their age to pitch themselves against. They also really enjoyed the VC link with Chris Paterson and were talking about it yesterday. Thanks for coming out to Papay."



Bruce commented;

"We have had a great day out in Papay; many of the older kids have travelled into Kirkwall for the tag festivals so it was good to see them sharing their knowledge with the younger kids. They had some brilliant questions for Chris and enjoyed hearing his stories and learning about his experiences of the game."



Orkney RFC Summer Camp 2013

On Thursday and Friday, 4th & 5th July the Orkney RFC Summer camp take place at Orkney rugby club. The training day was a great success seeing 50 Primary 1-3s and 15 Primary 4-7s turn up to take part.

The Primary 1-3s session took place in the morning from 10-12 and was held on the outfields behind the Pickaquoy centre. The two hour session consisted of various fun activities which all the players enjoyed, this included: a tag bulldogs station, a stadium ball station, agility and assault course station and a stuck in the mud station. Each station lasted about 12 minutes and had groups of between 15 and 17 on at a time, after all the stations had been completed the groups, who had been split into their years at school, played Tag Rugby games. All the players that took part in the camp had received Tag Rugby through their school so playing games allowed them to showcase their skills.

The Primary 4-7s session took part in the afternoon between 1-3 pm, There were 3 stations set up, each with a different activity related to different skills. The stations included: Stadium Ball, an assault and agility course and

a hand catch and kicking exercise. Once these were done they moved onto full contact rugby games, each being 20 minutes. The contact games were played with boys and girls on each team, players from each side were split using different coloured bibs for each year they were in at school i.e. P4 in yellow, P5 in green and P6 in blue.

Over all the day was highly enjoyed by all and great fun, Some play quotes were:

Conrad – "It's been fun, but hard work!"

Shannon – "It's been really good!"

Coach David Porteous added: "There is a real improvement in the players skills, they have a really good attitude and respect towards the game"

Bruce Ruthven Added: "We have had a good turnout for this year's summer camp and the kids have given their all at every opportunity. Many thanks to the coaches for their time and efforts. We hope everyone has a good summer and we look forward to seeing everyone at the start of the season. Keep an eye on guestbook and the paper for details of next season."

Photos: Orkney Photographic



Community Rugby Project

The following Primary Schools, High Schools & Junior High Schools are part of Orkney RFC's Community Rugby Project: Shapinsay/Stromsay/Rousay/Westray/Sanday/ Burray/Hope/Orphir/Stenness/St. Andrews/Evie/Dounby/Firth/Eday Papa Westray/North Ronaldsay/Stromness/Papdale/Glaitness/Kirkwall Grammar School/Stromness Academy

Statistic Evaluation 2012-13 Academic Year: The total number of Primary children receiving rugby in the Orkney & isles is **1301**. All primary school children within Orkney mainland, inner & north isles have received blocks of coaching with exception of Papdale P1 & 2s. The Peedie schools received coaching on two occasions, once on a visit to Kirkwall the other being a visit out to Peedie schools events week in Eday.

The total number of Secondary children receiving Rugby through the Community Rugby Project in Secondary and JHS's is **134**. The number of sessions that have taken place in secondary schools is **117**. Due to a lack of facilities at KGS this has impacted on player's participation levels therefore their number of sessions has decreased. It is hoped a pitch will be available for training and games in October which will assist the re-growth of playing numbers at the school.

The total number of School visits held across all Orkney & isles schools is 441. These sessions have been conducted as Fundamentals of Movement, Tag Rugby and contact rugby sessions.

COMMUNITY RUGBY PROJECT SEASON (2012-2013) EVALUATION

- The increase in the numbers playing rugby, which is evident from the statistics, is very encouraging particularly at primary level where 95% of all school children have played tag rugby.
 - The increased number of sessions completed also shows the demand for the game in Orkney and reflects the positive approach that schools, teachers and parents have towards the game. Schools have also booked early in advance from the beginning of terms.
 - Modern apprentice Liam Sharpe has also endured another busy second season of coaching and has worked hard with good feedback from schools to visit a good number of schools and gain valuable experience. Liam will finish his second year in august and will continue to be part of ORFC coaching team. Currently ORFC are seeking to appoint a new modern apprentice for season 2013-2014.
 - In my opinion children in all schools from Primary 4 upwards have a firm understanding of the rules of the game and acknowledge the importance of team work
- and fair play. In all schools children from primary 4 upwards are able to play in competitive tag rugby games fully understanding the objectives of the game. The following schools have also had their own Tag Rugby festivals; Stenness, Orphir, North Walls, Papdale, Stromness and St. Andrews.

 - I feel that the physical competencies have also improved in the last academic year especially amongst the girls who due to improved confidence are really excelling. With Stromness Academy now producing a girls rugby team the continuity and transition from primary to secondary is evident and hopefully will further develop with help from the PE staff.
 - Midi rugby with the current development to the school resulting in the loss of a quality pitch. Wet outfields at Pickaquoy have also resulted in a cancelled festival and games for the older age grade teams which have disrupted the season.
 - Feedback provided by schools clearly state they have been very pleased with the standard of coaching and have thoroughly
- enjoyed all aspects of the rugby training. From the onset of the programme the project has been as inclusive as possible to provide opportunities for all children to receive either Fundamentals of movement/ Multi – skills/ Tag Rugby or contact rugby to target all key stages of development. A high number of the schools involved in the CRP have used the tag Rugby sessions as part of their 2 hours of weekly PE.

 - Inner & North isles pupils continue to attend Orkney RFC's Junior section. Players from Flotta, Rousay, Stromsay and Westray attend regularly which is a fantastic effort from those involved.
 - The Tag Festival in May was postponed due to the weather and finding another date was difficult therefore an isles festival was coordinated on the 17th May and the mainland schools on the 7th June. Both of these festivals were a success with approximately five hundred children present from both days. Many thanks to the forty volunteers that made the day possible. Festivals feedback has been very positive and everyone who
- attended had a fantastic day. Teachers commented on the smooth running of the event and the quality refereeing from the Kirkwall Grammar school & Stromness academy students.

 - The Community Rugby Project will continue in the same format for this coming season with the next Tag Festival taking place on the 13th September 2013. This will be an opportunity for children to again represent their schools and if not already involved with the junior section get involved thereafter and strengthen the school – club links.
 - There will also be another Tag Festival scheduled for the 3rd May 2014. It has been decided that on the 13th September there will be a festival and tournament conducted to give more competitive rugby for schools and teams who want it. The two tag festivals scheme will be conducted every academic year for the foreseeable future pending available funding for schools travel through Cashback for Communities which have contributed hugely to date with funding. This is greatly appreciated by ORFC and the Orkney schools.

Primary School Coaching figures

SCHOOL	NO. OF SESSIONS	P1	P2	P3	P4	P5	P6	P7	TOTAL PS
BURRAY	4	-	4	-	1	3	1	1	10
DOUNBY	24	16	23	18	25	14	18	12	126
EDAY & N RON	2	1	2	1	-	1	-	-	5
EVIE	21	9	1	10	8	6	7	4	45
FIRTH	21	9	11	6	10	10	5	9	60
GLAITNESS	39	22	37	30	20	26	29	19	183
HOPE	10	6	11	12	8	7	6	7	57
ORPHIR	24	7	5	8	9	5	2	9	45
PAPA WESTRAY	2	2	1	-	1	1	-	1	6
PAPDALE	56	-	-	54	50	67	50	58	279
ROUSAY	4	1	1	2	3	4	1	2	14
ST ANDREWS	44	35	26	25	18	16	17	25	162
SHAPINSAY	8	5	2	2	4	2	3	2	20
STENNESS	24	4	6	5	3	1	5	6	30
SPS	35	22	24	13	15	20	20	32	146
NORTH WALLS	6	5	2	3	-	4	2	6	22
TOTALS	324	144	156	189	175	187	166	193	1210

Secondary & Junior High School Coaching figures

	NO. OF SESSIONS	P1	P2	P3	P4	P5	P6	P7	TOTAL PS	S1	S2	S3	S4	TOTAL HS	TOTAL NOS
SANDAY*	16	3	6	2	5	8	3	6	36	8	4	2	-	14	50
STROMSAY*	28	1	4	2	7	2	1	7	24	6	5	5	9	25	49
WESTRAY*	20	6	9	5	1	2	6	5	34	3	4	3	3	13	47
KGS	10	-	-	-	-	-	-	-	-	4	6	8	8	26	26
STROMNESS ACADEMY INCL GIRLS	33	-	-	-	-	-	-	-	-	6	22	22	6	56	56
TOTALS	117	10	19	9	13	12	10	18	91	77	13	10	15	134	225

The Community Rugby Project in season 2012-2013 has delivered rugby to approximately **1416 children** with a combined total of **441 sessions** taking place.

“YOUR Club needs YOU!!”

Once again the club is appealing for volunteers to assist with the running of the junior section of the club and senior club. If you feel you have the time and or skills we would love to hear from you. Duties vary from taking registers, setting out cones and jogging around with the children to having a greater delivery of coaching with the children. ORFC have lead coaches in place who will structure and set up sessions so nobody would ever be asked to do something they are uncomfortable with and not confident in taking.

The Committee are committed to continuing the work required to further progress the Club going forward. For

these and any further projects on the horizon to make any progress we now need YOUR help!! In the words of Club Chairman Rodney Spence “Many hands mak fur light wark, ya ken!”

If you have any questions or queries please speak to Bruce or contact me on any of the details below.

Kevin Sutherland

Chairman, Orkney Rugby Football Club
Home Phone 01856 873104 • Mobile 07879803945
Email kevin.sutherland@scottishfuels.net
or kevinsutherlandbp@yahoo.co.uk



Throughout the past year I have attended various Youth Clubs across Orkney to deliver sessions of Tag Rugby through the Street Rugby scheme.

Street rugby is an initiative which gives young people in the community the opportunity to experience rugby, this schemes targets Youth Clubs allowing young people to have fun in a friendly environment.

Street Rugby at Evie Youth Club...

On Thursday 21st and 28th February Evie Youth club took part in Street Rugby session held in the Evie community centre.

Throughout the two weeks approximately 19 players took part in the session which lasted for an hour. The session consisted of a 'stuck in the mud' and Shuttle Runs warm up preparing each person for the session ahead, the Groups played a clapping, passing and catching ball skills game which focused on reaction time and a good catching

and passing technique, it also worked on hand-eye coordination. Tag Bulldogs which worked on the three evasive running skills – Sidestep, Dodge and swerve and finally the players also worked on kicking rugby balls, this was covered in both sessions as it is not an easy skill to learn! To progress this players were split into teams and played games of kicking tennis – this game had the teams kicking balls to each other, players had to catch the balls or they lost a life and



had to stand at the side, the team that got the other team out first were the winners.

Some player comments were:

Katelyn – "it was really good to have you coaching".

George – "it was very good!"

Gemma – "it was awesome!"

Street Rugby at the Youth Café...

On Tuesday 20th November the "Tuesday Club" – a club for people with learning disabilities took part in a street rugby session held in the Youth Café.

Street rugby is an initiative which gives young people the opportunity to experience rugby, something they would not normally get to do and is held in a fun, friendly environment.

7 participants took part in the session which consisted of a 'stuck in the mud' warm up game preparing each person physically for the session ahead, various ball skills like passing the ball around your back and doing a figure of 8 around your legs testing hand-eye coordination and finally a game of stadium ball – putting players against each other in a 1v1 and 1v2 game like situation.

Junior Fun Day

On Saturday 20th April, the Pickaquoy Centre in Kirkwall was host to a Junior Fun Day, a day where all of Orkneys Youth Clubs joined together to participate in various activities run by different sports clubs in Orkney.

Throughout the day approximately 60 players took part in Tag Rugby sessions which lasted for 45 minutes each. The sessions consisted of a 'stuck in the mud' warm up preparing each person for the session ahead, the Groups then played Tag Bulldogs which worked on the three evasive running skills – Sidestep, Dodge and swerve and finally the players worked on Stadium Ball, this gave the players a chance to compete in 1v1 and 2v2 game like situations, with one team



trying to score a try whilst the other tried to stop them by Tagging the ball carrier.

Orkney RFC Modern Apprentice, Liam Sharpe commented: "it's really good to see all the Youth Clubs that are around Orkney coming together to give the children a whole day of different activities! Everybody who came along to the Tag Rugby sessions had a shot at all the games and enjoyed them, it was good to see all

the players really enthusiastic and I would really enjoy doing sessions with them in the future".

There has been a really positive response to the Street Rugby in the last year and it has helped to improve the image and reputation of Orkney RFC, who provide the quality coaching necessary to run the session.

Liam Sharpe

ORFC Modern Apprentice

Food Standards Agency Healthy Eating & Well Being Project



Food Standards Agency
Scotland In partnership
with Scottish Rugby

Since September 2010 the Food Standards Agency project has seen over 520 Orkney pupils take part in the health & well being initiative. The schools who have participated this last academic year were Papdale, St. Andrews and Hope primary school.

The project consists of:

1 Bacteria facts which aims to provide pupils with knowledge and understanding about pathogenic bacteria in food .It also includes a brief introduction to bacteria, the conditions needed for bacterial growth and how to stop food poisoning, making sure harmful bacteria are killed by cooking food thoroughly.

2 Being healthy - Children's ideas of what it means to be healthy can very different. To some children it may mean eating fruit and vegetables, playing rugby or going swimming, whereas other children may define "being healthy" as getting enough sleep and not eating too many sweets. This module gives children an insight into what "being healthy" means.

3 Personal hygiene - This module is aimed at helping pupils understand their own personal hygiene in relation to food hygiene. It is also intended to help pupils understand hygienic behaviour in relation to making sure food is safe to

eat, for example, by not coughing or sneezing on food.

4 Getting the balance right – This module introduces the Eat Well Plate and its 5 food groups which concentrate on balance diet.

5 Food storage –This module is aimed at providing pupils with knowledge and understanding about correct food storage. Such knowledge includes where, how and for how long food maybe stored, and focuses on high risk foods in particular. Pupils are also helped to understand how food becomes contaminated, the dangers that may arise due to bacterial growth, and the importance of following storage instructions careful and accurately.

6 Help yourself stay healthy - This module raises awareness of the variety of fruit and vegetables available and the need to eat at least 5 portions every day. The FSA "traffic light scheme" is introduced.

Through the project there are continuous fun based activities including word searches, practical learning activities, optional home activities and pictures plus quotes from current Scottish International players sharing their knowledge on the above important health & well being information. All children received a goody bag and the school receives a plaque on completion of their work.

TRANSITION SPORT EVENTS

Orkney RFC played a large role once again in this year's Transition Sport events which were coordinated at Dounby Primary School for the pupils moving onto the Academy and future KGS pupils had their event at The Pickaquoy centre. The events act as ice breakers and allow pupils to meet and build friendships whilst participating in activities that they are familiar with. Orkney rugby clubs Liam Sharpe, Brian Lanni,

Willie Stewart, Fraser McNaughton and Bruce were involved in the two events.

Catherine Johnson, Active schools coordinator said;

"I would like to say a huge thank you on behalf of the Active Schools Team to you all for your help with this year's Transition Sport Days at the Pickaquoy Centre and Dounby Primary School. This year's festivals

have again been a great success.

We recognise that these festivals could not happen without the help from yourselves and the other volunteers from your clubs. We really appreciate the help we get from you all and look forward to working with you all again in the near future."

Thanks again

Kind Regards, *Catherine*

Chris Paterson visits Orkney

Last Friday saw former Scotland International Chris Paterson visit Orkney as part of his Rugby Ambassador with the Scottish Rugby Union. Chris spent time with officials from the rugby club, and OIC and MSP Liam MacArthur before heading to Stromness Academy.

Chris coordinated a rugby session with assistance from Bruce Ruthven, Fraser McNaughton and Mark Berry in what was to be an inspiring time for the Stromness youngsters. The players were put to task on decision making exercises using evasive footwork and hand-catch principles. The session was then split into the various age groups where the players had the chance to show off their physical attributes in a competitive game.

Chris commented on the session;

"It was great at Stromness Academy, we had about 50 boys and girls who were so enthusiastic and proved to be having a lot of fun. We had limited time, so it was difficult, but the emphasis was on having fun. The kids



were so desperate to start tackling each other and get into a game which was a great site."

Chris spent the last twenty minutes of the session signing autographs for the youngsters and getting pictures taken whilst answering questions on his career to date. Then it was off to Stenness PS for a flying visit,

due to the flight being delayed in the morning and Chris's late arrival the primary schools function in the town hall had to be cancelled much to the disappointment of everyone so a quick stop on route to Kirkwall was organised. On arrival at Stenness Chris was greeted by cheering children who were delighted that Chris stopped in for a quick chat, photographs and

Development Officer Bruce Ruthven said; "It has been great to have Mossy visit Orkney on his debut season in his new role. His visit inspired so many children and adults and the Skype session with the peedie schools was a brilliant success. We all look forward to seeing him again soon."



Chris Paterson visits Orkney



On arrival at Stenness Chris was greeted by cheering children who were delighted that Chris stopped in for a quick chat

autographs were the order of the day with some parents also making use of the Scotland stars presence.

It was then onto Orkney Rugby Club where Chris was met by over a hundred children desperate for a chat and an autograph. Chris led a question and answer session where prizes were awarded for children who could answer questions asked by Chris. Chris chatted freely to everyone and signed autographs which must have taken well over an hour, a true reflection on the International player's character which inspired the coaches and players who were present. After the formal indoor session players and coaches were shown a brief kicking master class by Chris on the

Pickaquoey pitch with youngsters then given the opportunity to mirror Chris kicking style, this was then followed by the Mossy challenge where players had to catch as many balls as they could whilst keeping the balls under control they have previously caught. Club President, Rodney Spence duly thanked Chris and Isobel for their visit to Orkney and presented Chris with an ORFC tie.

Chris continued;

"During my first year of being Scottish Rugby Ambassador I've tried to visit as much of the country as possible. I'm delighted to say that I loved my visit to Orkney and the Isles; the welcome I received in was incredible. Bruce had organised visits to Primary

and Secondary schools, Question and answer sessions, rugby sessions etc and more recently a really successful Skype Q+A with Primary pupils from North Ronaldsay, Eday and Papay who were taking part in an activity week.

During my visit I was instantly struck by the enthusiasm for rugby. This is evident from the kids and adults who are playing the game to all the supporters, volunteers, parents-everyone involved with the game. Underlining the values that make rugby such a great sport. Special mention must go to Bruce for his desire, organisation and drive to make all of this a success.

I'm looking forward to my next visit."





Squad from; Liam Thomson, Adam Fallows, Bruce Ritch, Aran Drever, Matthew Rendall, Ryan Arcus, Harry Siderfin, Alastair Morgan, Magnus Merriman, Henry Gordon, Arron Gibson, Cameron Fraser, Douglas Murray, Dylan Evans, John Esslemont,

Inter County Success for Under 14s

Orkney and Shetland under 14's met on Saturday 15th at Clickamin for a full 15 a-side inter county match. This was later followed by a 7's tournament.

Captain for the day, Ali Morgan, won the toss and kicked off into a slight breeze. Orkney had some good early pressure with several decent runs deep into Shetland territory. With players having not played for over a month there was a lot of rustiness, which led to errors in all areas of the game. Shetland at this stage were capitalising on Orkneys mistakes and a

good solo run saw one of their players take the ball from his own 22m line to the other end of the field for the first try. The rest of the first half saw Shetland play the better rugby and could have scored again if it hadn't been for some excellent tackling from flankers Arron Gibson and Aran Drever.

The second half saw Shetland continue where they had left off in the first. They were soon in Orkney's 22, where some neat work saw them split the defence for their 2nd try. Orkney were now 10-0 down and this seemed to waken up

some of the players or it may have been the encouragement from the side lines. Half back pair Matthew Rendall and Ali Morgan started to get better distribution to the backs as well as better tactical kicking. Rucking was also improved and Ryan Arcus was always sniping around the edges. A sustained period of pressure from the Orkney boys saw No 8, Douglas Murray pop a lovely pass to fellow forward Dylan Evans, who had a clear run to the try line to score. The ball was now being spread much better and strong running from

centres, Adam Fallows and Harry Siderfin was much more effective than in the first half. The wingers, Cameron Fraser and Henry Gordon were also getting a chance to stretch their legs, where previously most of their work had been in defence. The Shetland defence was still solid though until Adam burst though the centre and scored underneath the posts with only five minutes left to play. John Esslemont then kicked the only conversion of the match to put Orkney two points ahead. Both sides tried hard to win the game

Orkney Coach Bruce Ruthven commented;

"The boys have scraped through the Inter county fixture with a narrow but deserved victory and are well pleased. They have shown good commitment this season and a mature approach to their fundraising to allow the trip to happen which was particularly pleasing and the whole experience serves them well for the years ahead. The behaviour has been tremendous and we have all had a great time. Many thanks to Daniel & Rae Meadows for their big input in Shetland which made for a great, well organised and enjoyable weekend."



in the final few minutes, Magnus Merriman and Bruce Ritch tried to batter their way through as the big Shetland pack seemed to tire. Flying Hooker (not two words that usually go together), Liam Thomson was stopped short after one of his trademark lung bursting runs. It wasn't one way traffic however and Shetland were still posing a threat. Orkneys back row forwards deserve special mention for their work rate in defence particularly. There was no further scoring though with Orkney narrowly winning 10-12.

Club president Rodney Spence and past president John Hawgood accompanied coaches Bruce Ruthven, Graham Lincoln and John Rendall on the tour. Rodney commented that it's good to have this fixture for the under 14's and felt that links with Shetland were important. The timing he felt was also good as it had tied in well with the Junior inter-county this year. He was also pleased with the opportunity to get a better perspective on how this age level operated and get to know the boys, as well as time to talk to the coaches.

Once again 2012/13 saw great some great work delivered by Orkney Rugby Club's Development Officer within the schools and wider communities of Orkney. The on going links that have been created between Active Schools and primary and secondary schools are proving very successful in growing the game of rugby in Orkney and as a result contributing to the target of increased participation in physical activity.

Garry Burton

Service Manager (Sport & Leisure)
Education and Leisure Services



Orkney RFC U16s Tour to Edinburgh a great experience



Orkney RFC under 16s travelled down to Edinburgh for their eagerly anticipated tour to play against two of the top teams in the central belt and one of the best teams in Scotland. The players had fundraised incredibly well prior to the tour raising over five thousand pounds which enabled flights and quality accommodation for the twenty six strong tour party.

Heriots RFC v Orkney RFC. Match report by Ross Sinclair.

It was a clear, crisp day at Heriots playing field, "Golden Acre" It was Orkneys first

game of their 3 day tour down in Edinburgh.

The game kicked off at one o'clock on Saturday 30th of March

In the first 15 minutes there were two consecutive scrums resulting in Heriots being awarded a penalty – which after some nice, quick hands – resulted in a try by the wing. Kick was converted. After the kick off Heriots knew that passing it threw the line was the best option. The ball was passed all along the line resulting in another try. No conversion. After the second kick off Orkney were awarded a penalty. Mark Sinclair

tapped a quick one for a short, sharp break scoring a try. Kick Converted and on the 25th minute Chris Munson picked the ball from the scrum and scored Orkneys second try. Kick converted.

Heriots fought back with a break by their half back on the 30th minute mark, he shifted it to the centre and a try was scored. Orkney were awarded a line out just before the half time whistle, the forwards caught the ball and drove it which was released by Cameron Gray who popped it to the centre and Orkney 3rd try was scored. Kick converted. A minute before

the half time whistle Orkney lost the ball which resulted in the last try of the half by Heriots centre.

After half time the team started to believe that they could go on and win the game.

With 4 minutes into the 2nd half a sweeping pass from their 10 created space resulting in a try for Heriots. No conversion. Orkney won a scrum 10 minutes later, 5m from the goal line and drove it over for a try. Heriots knocked the ball on which created a chance for Orkney to recycle it. The ball was passed to James Brown who



hit the gas down the blind side and took it home. Conversion Successful.

Final Score Heriots 37 – Orkney 28.

Orkney travelled to Maleny Park for their Sunday fixtures versus Currie & tour outfit Southport which was going to be another tough day for the Orkney boys. Match report by Taylor Pilkington-Tait.

As the match kicked off it was obvious that some of the boys were feeling sore and tired, this was proved, when after four minutes of strong running from Southport led to a try. Conversion missed (5-0).

Conceding this try woke the boys up and from a scrum on the 10 metre line, a set move between TPT and Cameron Gray, Gray broke through and score in the corner, conversion missed (5-5). The Orkney team were starting to get into the game a lot more and the forwards were taking on good slow balls, especially James Nicolson, Taylor Pirie and Robbie Hay gaining metres every run, unfortunately they couldn't capitalise and at the half time it remained 5-5.

In the second half Southport started just like the first half, quick of the mark leading to a converted try, (12-5).

Orkney made a few substitutions, bringing on some rested players, one of these being Mark Sinclair, who on his first run of the game, managing to break through 3 tackles with powerful running and score. Conversion missed (12-10)

Southport replied not long after this to score another converted try making it 19-10 which was the final score and left the Orkney boys feeling disappointed with their performance.

The final game of the tour was versus Currie RFC. Currie are considered one of the best teams in Scotland with currently four players in the Scotland U16 squad and have talent and sizeable players right through their large squad.

Match report by Taylor Pirie.

It was a crispy frosty day, It was an Orkney kick off which taken by the Currie number 8 who made a break down the line then eventually turned over by Orkney but them knocked on which led to a Currie scrum, then it was passed out to the Currie centre who scored try under the posts. Conversion made 0-7 to Currie. Orkney restarted the game

then it was taken by Currie then recycled and eventually try was scored by the Currie centre due to missed tackles. Conversion made 0-14 to Currie. Kick off by Orkney was then taken by Currie who passed it down the wing then scored due to missed tackles. Conversion made 0-21 to Currie. Kick off by Orkney then it was taken by Currie which led to a lot of centre play and a lot of breaks by both side but eventually taken on the blind side of a ruck by the tight head prop who was driven over the try line. Conversion missed 0-26.

Half time could not come quick enough for the Orkney players and gave them a chance to settle down and re-group after a good talking to from Coach Bruce. The re-start kick off was taken by Currie by which led to a lot of centre play but eventually Currie turned it over and made a break and scored a try, conversion made, 0-33 to Currie. Finally the Orkney boys started to step up their game and then due to hands in the ruck by Currie it was a penalty to Orkney which was taken by Robbie Drever who made a good few yards then picked by Chris Munson who driven over the line. Conversion made by TPT. 7-33 to Currie. Currie then took the kick off then taken by Orkney which was cut back and a break by TPT resulted in a try. Conversion made 14-33 to Currie. End of the game.

Coach and tour organiser Bruce Ruthven reflected;

The boys have had a couple of hard days of rugby and combined with the travelling have experienced what a proper tour is like. We knew the games would be challenging for the squad but they will be better players for it with a greater understanding of the game, exposure to quality opposition and now a belief that they can compete against these big clubs. We probably should have beaten Heriots RFC but were constantly thwarted by poor refereeing decisions in the final stages of the game. The Southport game was disappointing and the players fell short of their own standards but finished the tour strongly with a solid second half performance versus a very strong Currie team who will be favourites in the National U16s Cup Final at Murrayfield this week. Well

done to all the boys for their efforts over the past months with fundraising and their positive attitude and commitment throughout the tour. Thanks also to Gary Coltherd (Forwards coach) and Managers Les Howard & Bruce Pilkington.

Tour Squad: Robbie Hay, Taylor Pirie, Robbie Drever, Liam Moar, Craig Stout, Euan Humphreys, James Nicolson, Chris Munson, Sam Kennedy, Ross Sinclair, Mark Sinclair, TPT, James Brown, Cammy Gray, Craig Russell, Sam Croy, Andrew Shaw, Adam Fallows, Ciaran Drever, Scott Smith, Orrin Fraser, Craig Stevenson.



Representative honours for Orkney players



Orkney U16 players Taylor Pilkington-Tait, Orrin Fraser & Chris Munson represented Highlander Reds U16s versus the North East & Tayside-Fife in August 2012. Despite the Highlanders losing both games the Orkney trio gave a good account of themselves and learnt a lot from their experience. Taylor Pilkington-Tait progressed into the Caleydonia squad starting at scrum half versus Glasgow and earning a Scotland trial the following week at Murrayfield in the combined Glasgow-Caleydonia v Edinburgh-Borderers match. TPT did not make the Scotland U16's squad but did very well to be selected for the regional fixtures.

Highlanders coach Bruce Ruthven stated;

"The boys have shown that they can cope with the step up in standard of rugby and I hope that they have learnt a lot from the Highlanders campaign. TPT gained further honours and this was well deserved, if he wishes to progress further he now has a good insight into what it will take, and from his experience appreciates the commitments required to be an International player.

With respect to the Community rugby Project it is great to give all these kids a chance to play rugby which can only be good for attracting new players to rugby and giving existing players the chance to learn all the skills involved.

I was also pleased to hear the Stromness Academy girls have started up rugby training and had a fixture, hopefully they will keep this up and get a fixture shortly to keep the interest going.

With rugby numbers increasing it is very important to keep up the level of coaches and volunteers, Bruce has already done several coaching courses which will help develop any new and existing coaches, a huge thanks to all the coaches and volunteers that help out week after week, and also the support we get from all our sponsors and local community.

I feel the community rugby project has offered a lot to the schools in Orkney and I also hope it will create a solid partnership between schools rugby and the rugby club, which is important for the development of all players and rugby in Orkney.

Rodney Spence, Orkney RFC, President.

U16s Round-Up

This season has once again been a busy one for the U16s with competition in the Caley Cup and Caledonian League A. The players have also fund raised over five thousand pounds and toured to Edinburgh playing fixtures against Heriots RFC, Currie RFC and touring team Southport RFC. With the U16's proving to have solid training numbers of approximately 22 at each session made up from S3-4 players from Stromness Academy, Kirkwall Grammar School and indeed Craig Stout from Stronsay JHS This season club development officer Bruce Ruthven took over the reins from Adrian Askew. When asked about the season's progress and developments Bruce stated;

"The players have committed very well to their rugby this season and we have had some terrific winning results versus Ellon both home and away, Gordonston Away and Deeside away, and Ellon in the Cup at home. Memorable performances were against Ellon at Dounby in the opening game of the season where the boys performed like they have played together for many games and also the first half against Highland U16s where we played very well and gave the Highland boys a huge fright with fast aggressive forward play and a street wise game plan implemented very effectively.

"Stand out performers on a consistent basis was TPT, Craig Stout and Taylor Pirie, these boys always shows good commitment, strong performances and leadership for the rest of the team. With our U16s squad also including U15 players which is a stark contrast to other clubs who all have players just under the U16s bracket mentions should go to Euan Humphreys, James Nicolson, Sam Croy, Ciaran Drever, Robbie Hay and Cameron Gray who will lead a strong U16s squad for next season."

"Orkney have once again showed their commitment and resolve with the league and cup for filling their league matches and finishing joint third in Caley 1 and being beaten in the quarter's finals of the Cup. It was disappointing that several clubs did not make the return trips to Orkney in the league (Gordonston, Mackie, Aberdeen Grammar, and Deeside) which can only be described as poor shows."

Many thanks to the boys for their commitment, to the parents who travelled throughout the season and senior players who assisted with training sessions. We all look forward to next season with great anticipation and foreseen success once again.

Modern apprentice - Liam Sharpe



During my second year as Orkney RFC's Modern Apprentice Community Coach I have continued to coaching within mainland and isles schools, delivering blocks of Tag Rugby to Primary ones up to Secondary four's, As well as coaching regularly at the rugby club on the weekends.

A personal achievement of the past year has been attending and completing a UKCC Level 2 qualification in coaching rugby union, this now allows me to undertake a Rugby Development Officer's job within a rugby club.

Roles and responsibilities I have had as a Modern Apprentice in the last 2 years have included taking in all application forms for Rugby Training days,

organisation of Bi-Annual Schools Tag Rugby Festivals and participating in Key National Theme camps held at Orkney and Highland Rugby clubs. Roles I have had within Orkney RFC include being a coach for Rookie, Mini and Under 14 players, refereeing under 14 games Vs Wick and Thurso as well as refereeing at mini festivals and under 16 7's games.

Some of the things I have enjoyed most during my time as the Modern Apprentice Community Coach include: participating in a Junior Fun Day – this was held at picky and included all Youth Club sections in Orkney, I was asked to attend to run Tag Rugby sessions after holding Street Rugby sessions at Evie Youth Club. Holding my own

Tag Rugby Festival between Stenness, Orphir and North Walls Primary Schools. Coaching and assessing at the Orkney and Highland RFC Key National Theme camps and travelling down to Murrayfield for courses and Coaching updates.

This is my last year as the Modern Apprentice for Orkney RFC and I would like to thank the Rugby Club for allowing me to stay on for an extra year with them, I have learnt a lot within the past 2 years I have been employed by them that I will take on with me to future jobs. I would also like to thank all the players and coaches that have assisted me with Tag Rugby festivals and training camps over the course of this time.

Orkney Mini-Rugby

Mini-rugby coaching continues in Kirkwall, St Andrews and Dounby every week during the winter season with tournaments held four times throughout the winter season and a trip to Caithness each year in April which was two weeks ago this year.

These inter-district tournaments are important as they give the boys (and girls) good match practice against unfamiliar opposition with the opportunity to put into practice the Key National Themes or skills which the SRU stress they should be competent in by the age of 12.

This was well illustrated two weeks ago when 68 boys and girls travelled across to Wick to take part in the Caithness mini-rugby tournament with 15 other teams from Moray, Nairn, Highland, Ross-Sutherland as well as Caithness themselves. All of our teams represented Orkney RFC although they played largely in their local teams with a few Kirkwall boys and one girl playing for

Dounby. All teams acquitted themselves well and many individuals raised their game on the day, with a P6/P7 team reaching the semi-finals and one P4/P5 team from Kirkwall winning their age group and another P4/P5 team from St Andrews only losing out after a sudden death play-off with the Kirkwall team. The standard of ball presentation on the ground after the tackle, and passing was good with tackling and off-loading out of the tackle more variable. Tackling is probably the hardest skill to teach children due to their natural caution and often only comes with time.

The club has to be grateful to Brian Lanni, Kevin Sutherland in Kirkwall, Huw and Karen Davies in St Andrews, and Jeffrey Dougal and Steven Sinclair in Dounby, as well as others for all their efforts in keeping these sections going.

Willie Stewart

Stromness Academy first ever girls rugby match



Stromness Academy competed in their first ever girls rugby match when they hosted Wick High School on Monday afternoon. The slightly older and more experienced Wick team ran out eventual winners - 10 tries to 4 in a close, entertaining match. Stromness had a squad of 21 girls from S1 & S2 in this 13 a side match against a Wick team made up of S2 & S3 girls.

Having only been training since Christmas and playing in their first ever match, Stromness Academy started slowly but steadily improved in confidence as the match progressed. Beth Thompson and Tamara Rhodes-Schofield showed great handling of the ball to try and get the ball wide into space and this created a great try for Captain Erina Brown to power through the Wick defence to score under the posts. As the third progressed, there was some excellent tackling from Kelsey Harvey, Keira Johnston and Hannah Stead who showed no fear in tackling their bigger

opponents. Despite some solid defence from Stromness with a number of great tackles, this couldn't stop Wick from scoring 3 tries by the end of the first half.

After making a couple of substitutions, Stromness started the second half brightly and had the majority of the possession. Jenna Young and Tamara made some excellent jinking runs to create space for Erin Montgomery to sprint to the corner to score a well worked try. By now, all of the girls were getting stuck in and making committed tackles showing excellent technique and good desire. However, Wick had some really strong, powerful runners

who managed to break through the Stromness tackles to score 7 more tries in the final part of the game. Stromness Academy dug deep and showed good fitness levels to finish strongly and scored 2 more great tries from Keira Johnston and Kelsey Harvey. The final score was 10 - 4.

The Stromness girls really enjoyed their first ever competitive match and can take a number of positives from the experience. You could tell that they have been training hard with Mr Watt & Fraser McNaughton to learn the basic skills and tactics needed to play to such a high standard in this game.

Bruce Ruthven, Orkney

Rugby Development Officer, said "It was great to see a competitive girls match taking place today, a fitting reward for the Stromness girls after their hard work over the past few months. The game was a real buzz of excitement for the girls who played very well showing great passing and off-loading skills whilst not shying away from the contact area. This game will give the girls the confidence and experience to develop further and with continued commitment it would be great to have fixtures on a regular basis. Credit to Mr Berry & Colin Sangster for pulling the organisation together and we all look forward to the next fixture."

STROMNESS ACADEMY U14S



Stromness Academy Rugby

On Friday 10th May the Stromness Academy Under 14 Rugby Team went down to Millbank Rugby Club in Thurso to play in the 'Pentland Challenge' Tournament against schools from Wick & Thurso. The boys had a long warm up while the first 30 minute game got underway between Thurso and Wick which ended in a draw.

The first Stromness Academy game was against Thurso High School. Douglas Murray took kick off which was picked up by Thurso and Liam Thomson made some crunching tackles throughout the games. Thurso scored 1 converted try in the first half putting them 7-0 up. In the second half Stromness had made a change in Alastair Morgan switching to stand-off for Mathew Rendall. Thurso went on to open a three try lead converting all, Thurso then dominated the next 10 minutes. Then Liam Thomson scored 2 tries both converted well by John Esslemont.

Thurso then scored 1 more to finish the game 36-14 to Thurso.

In the second game against Wick the boys played a lot better with all the players getting a lot more stuck in and there were a lot more tries scored. The first try was scored by Caleb Reilly who ran past a couple of tackles to score a try converted by John Esslemont. After this Arran Drever scored another. In the second half Wick fought back and got a try. Then Adam Fallows got a good try before they scored 2. Douglas Murray had an excellent game with 2 tries in a row and at the end was named Stromness's man of the Tournament. Thurso were still fighting back scoring quite a few tries which got them equal. Caleb Reilly had a good run this time being caught by a defender off-loading it to Drew Clark who kept a hold of it and passed it to Alastair Morgan who ran around 3 of the opposition players to score the try. Stromness then thought they had

won the game but Wick got a try to make it equal as the game finished 38 - 38.

"The players travelled with a mixture of experience and gave a good account of themselves. Both games were very competitive and the boys worked hard to gain control of possession and continued to keep the ball. Tackling and rucking wasn't great at times and allowed Thurso to dictate play in the first game. The boys played very well against Wick and deserved the draw. Well done to all the Academy boys for their effort this season, we all look forward to there continued development next year."

Bruce Ruthven

Orkney Rugby Development Officer

Many thanks to Mr Berry for giving up his time to train us and take us away on trips.

Ali Morgan





Stromness Academy Rugby

Stromness Academy participated in the Pentland Challenge Under 14's Festival involving KGS, Wick High School and Thurso High School at Picky on March 15th. Over 70 pupils from the schools' were involved in this on a cold, sunny day where pitch conditions were wet and slippery. Despite the underfoot conditions, the standard of rugby from all 4 schools was a great standard, especially as

some players were playing in their first ever competitive game!!

Stromness Academy had a strong squad of 19 players involved in two games against Wick and Thurso. Both games were extremely close but Stromness just edged out winners, beating Wick 21-17 and Thurso 32 - 7.

After a slow start in which Wick took the lead with an excellent individual try, Stromness came back into

the game. A great run by Nathan Hay created space for Archie Porteous to use his speed to score under the posts in a well worked try. Arran Drever produced a powerful run through the Wick defence to put Stromness into the lead by half time. In the second half, Wick pinned the Stromness defence deep in their own half and used this territorial advantage to score two quick tries. After falling behind, Stromness

upped their game and Liam Thompson got on the end of a nice passing move to score. The conversion kicking from John Esslemont and Drew Clark was the difference in the game in which Wick had the majority of the territory and possession. Excellent tackling from many of the forwards including Bruce Tait, Ryan Arcus and George Campbell kept Wick away from the try line.

In the second game against



The Stromness Academy rugby set up as had a successful year. We have maintained the boys' numbers (always between 25 - 35) for weekly Friday 'Activities' training throughout the year, usually separating into U14s and U16s groups. They have been training hard for games with KGS, Thurso HS and Wick HS Unfortunately, we haven't been able to hold regular fixtures with KGS as they have been struggling for a team. However, we managed to schedule in two fixtures with KGS at both U14 and U16s before their numbers dropped off after Christmas. We also played 4 x U14s games against Wick HS and Thurso HS, both home and away, in the Pentland Challenge, financed and organised by Colin Sangster in Caithness. Our team fared well in these games, winning twice and drawing once in 4 closely contested fixtures. We also played a joint Wick and Thurso team at U15s in the North Schools Cup, where we were soundly beaten.

One of the big success stories of this year has been the enthusiasm and engagement of Dale Watt's girls' rugby at the school. Around 25 girls (mostly S1 & S2's) have been learning the basics of rugby during Friday

'Activities' which prepared them for their first ever game when Wick HS brought a team over to play.

This weekly training during 'activities' and matches against local schools has been fully supported by Bruce Ruthven, Liam Sharp & Fraser McNaughton. Thanks to them for their continued support.

This year has also seen Chris Paterson visit the school in a successful trip organised by Bruce and the school gaining sponsorship from Aquatera to acquire a set of rugby strips. I believe that these have helped maintain the training numbers. Additionally, the school has also embedded Tag Rugby into the S1 PE curriculum.

Overall, this has been a successful year within the school and one to build on after the summer. Bruce will continue to support the school during Friday activities after the summer and is very pleased with the development of the boys and girls at the school

Mark Berry

(Stromness Academy Rugby Coordinator)

Thurso, the performance was a lot better, with the players getting more stuck in and improved their rucking to retain possession more than against Wick. The first half performance was strong with a well deserved try from Douglas Murray who beat a number of tackles to put points on the scoreboard. Nearer the end of the first half Douglas had another run, this time with Liam Thompson to take the pass and burst through a Thurso tackle to get over the line. Another great run from Liam ensured Stromness had a comfortable lead at half time.

The second half was tight and congested and consisted of mostly scrums with little open space, this made it hard for the backs to make breaks up the pitch. Adam Fallows eventually made a few breaks, scoring twice, once after good work from John Esslemont. The strong,

speedy Thurso team were hard to defend but strong tackles from Aidan Mitchell, Archie Porteous and Bruce Ritch meant they only got one try, right at the end of the match. Stromness showed great organisation in defence and fast passing in the game to get the ball quickly to the strong, powerful backs. This was helped by the good thinking and fast hands of Mathew Rendall and Alistair Morgan, the strong scrum and the reliable kicking of John and Drew.

The Stromness Academy players voted for Liam Thompson as man of the match after a great defensive display prevented the Caithness teams from scoring more points and he popped up at the other end to score 3 crucial tries. Thanks to Bruce Ruthven and Liam Sharpe for their refereeing and ORFC for the use of their clubhouse. A great day of Rugby was had by all!!



New Rugby Strips for Stromness Academy Rugby



Stromness Academy have recently received sponsored jerseys from Gareth Davies (Aquatera) for their use in Inter Island fixtures, friendly fixtures and SRU competitions. School rugby continues to move from strength to strength with good numbers evident on a weekly basis for both boys and girls.

Rugby Champion for Stromness Academy Mark Berry Stated;

"Stromness Academy Rugby had a great boost recently, when it received a new strip for the team, sponsored by Aquatera and designed by Aquatera Director, Gareth Davies. The 20 strips will be used in upcoming games across a variety of age groups. Rugby has been a development area in the school over the last few years and we have been able to practise and play with young people in Orkney and the north of Scotland. This is

an exciting new partnership between the school and Aquatera."

"Stromness Academy is extremely grateful to Gareth Davies and Aquatera for their continued support. We currently have over 35 boys and 25 girls training with the Stromness Academy rugby team and we are hoping to get good use of these new strips in competitive games."

Bruce Ruthven added, "Mark Berry has worked hard to continue the development of rugby at Stromness Academy and the school will be delighted with the support from Aquatera. The academy has a busy programme of rugby coming up so these strips will look very smart and we look forward to their next competitive match. I am very pleased with the strong numbers evident at Friday activities and the support from the coaching staff of Mark Berry, Dale Watt, Fraser McNaughton and Liam Sharpe has been first class."



As Scottish Rugby's Regional Development Manager for the Highlands and Islands I am delighted with the continued development of Rugby in the Orkney Islands.

Thanks to the efforts of Bruce, Modern Apprentice Liam Sharpe and all of Orkney Rugby Club, participation numbers have risen and there continues to be a well-supported pathway across the Orkney Islands for players of all ages and abilities into our sport.

Working in conjunction with SportsScotland Institute of Sport staff in the Highlands and Islands and Scottish Rugby's Regional Academy Coach for the North the standards of the performance athletes continue to rise. This, as well as his close working alongside Scottish Rugby's Coach Development Officer for the North and Referee Development Manager for Caledonia to provide on-going Coach, Referee and Volunteer development, allows the Bruce and the Club to continue to lead an exciting rugby development culture in Orkney. My thanks go to all the partners who have contributed and helped bring this all together.

Brian Bell

Scottish Rugby Union
Regional Development
Manager

Youth Rugby Round up

The U18's finished 5th in their league playing 11 games, winning 4 and losing 7. Although there should have been 14 games played, poor weather and teams not travelling meant this did not happen. The under 18s had some good wins against Aberdeen Grammar (46-26 & 50-0) as well as some narrow defeats – Highland 8-7. A big thank you to Derek Sutherland for coaching the boys this season and keeping the team going and Les Howard whose commitment to travelling away with the boys was exceptional and fully appreciated.

The U16s finished 4th in their respective league. Thwarted with teams not travelling (Mackie, Aberdeen Grammar, Deeside, Gordonston). Some good victories v Ellon x 2, Gordonston Away and played some good rugby throughout the season. A Tour was coordinated to Edinburgh (report included). Representative honours for Taylor Pilkington-Tait, Chris Munson and Orrin Fraser for the Highlanders with TPT also making the Caledonia squad.

The U14's have developed very well and despite losing fixtures because of the weather they have played a lot of competitive rugby through Stromness Academy and Kirkwall Grammar School. The boys have also been involved in Home and Away fixtures with Wick HS & Thurso HS Stromness has played KGS on occasions also. Training has taken place primarily on a Wednesday night at ORFC or on the Astro area throughout the season. This has proven to work out very well for the Stromness academy pupils who have taken advantage of this session and committing well to their rugby development. Hopefully with a good crop of players moving up to KGS and a new pitch not too far away this will help the development once again. Thanks to graham Lincoln & John Rendall for their efforts with the seasons training.

Coach Education at ORFC

Each season the rugby club strives to assist and develop the current volunteers which give up their time to deliver rugby coaching. With more coaches required to lighten the load next season we will see another push to recruit active and enthusiastic parents and adults to the game. This season past ORFC coordinated Rugby Ready courses for the mini-midi and youth-adult coaches at the club which is a mandatory requirement from the governing body. A KNT coach education evening was also delivered by Bruce Ruthven which players and coaches attended. Alex Edmondson and Andrew Douglas who are the Coach education officers for the North also held sessions which were viewed by coaches to assist there development.

Several players also participated in the annual Youth Coaching Course (report below).

Five players from Orkney RFC participated in a Youth Coaching course last Thursday & Friday which saw the boys learn about sports coaching, leadership skills, planning & conducting sessions and health and safety requirements. On the Thursday players were split into work groups and completed the four modules which were, Roles and Responsibilities of a coach, Planning & Organising a Coaching session focussing on the coaching process & APES, Health and Safety and the Professional Touch. Players showed a good understanding in these areas and discussed various

scenarios which would challenge a coach and positive coaching.

The players were then tasked with Planning, conducting & evaluating the Rugby activity day on Friday with youngsters from around the county. Players had many things to consider when planning which opened their eyes to what is involved in organising an event and the principle of thorough organisation leads to quality practice seemed to sink in.

The boys that were involved were as follows; Chris Munson, Taylor Pilkington-Tait-James Brown, Scott Smith and Cameron Gray. YCC tutor Bruce Ruthven commented;

"The players have shown a mature understanding throughout the course and I was pleased to see their hard work come to fruition on the Friday with a well organised, structured and fun filled rugby activity day. The coaches will go away with a better understanding of Sports coaching and a new found respect for their club coaches. These boys will hopefully use their new skills to assist at future activity days, camps and festivals.

Youth Coaching Course candidate Taylor Pilkington-Tait said;

From the course I learned a lot about how to coach through doing enjoyable practical activity and interesting theory work. I will carry on using this knowledge that I have learned at school rugby activities and future training sessions with kids."

"Each year it gets harder to find new ways of saying how much young people in Orkney benefit from the excellent, collaborative work of the local rugby club, Council and SRU but there is no doubt that it continues to deliver amazing results.

"Thanks to the efforts of many individuals, not least Development Officer, Bruce Ruthven, youngsters of all ages and abilities are able to get a taste of rugby. Whether or not they chose to go on to develop their skills further, all who take part get something from the experience, be it making friends, learning about teamwork or just enjoying the thrill of physical activity.

"I am sure that this collaboration will continue to go from strength to strength and look forward to seeing many more young people in Orkney get the chance to benefit from this successful partnership".

Liam McArthur MSP, Liberal Democrat, Orkney

Healthy Me Breakfast



Orkney RFC Development Officer Bruce Ruthven was guest speaker at the beginning of term at Stromness Academy for their annual healthy me breakfast. The Academy invited all the new S1 pupils to have breakfast in the school and sit down together to share their first meal of the day. Deputy Head Mr Colston began the morning with welcoming the students before handing over to Bruce who gave an insight into the importance of good nutrition and hydration and asking questions of the students on what they perceive as a balanced diet. The students were well educated and gave sound answers with the majority already having been through the Food Standards Agency programme in conjunction with the Community Rugby Project. Pupils did however state that despite knowing the importance of good nutrition and balanced diets they did skip breakfast on occasions mainly due to early bus trips to school and being in a rush.

Orkney Rugby Players receive Strength & Conditioning Training...

Training was on offer to all S2-6 players this season with twelve boys receiving conditioning training with Club Development Officer Bruce Ruthven at Orkney RFC. The boys worked hard at circuit training which includes lower and upper body weight exercises as well as postural training. The eight week block has also given the boys a chance to learn how their body works and copes under strenuous conditions whilst practicing new weight lifting techniques in a controlled and safe environment. The training also provides a good platform for the players to work from and they will gain confidence in respect to their long term player development.

Bruce stated; "The players have worked very well over the past eight weeks and gained valuable experience in this environment. The objective of the sessions was for the boys to understand the principles of training, safety in a gym environment and learn several weight lifting techniques including, Front Neck Push Press, Bench Press, Back Squat and the dead lift and a range of core exercises. The players who have committed to the programme have shown good understanding and technique.

Highland Institute of Sport Athlete Support Programme...

Through Sport Scotland and Highland Institute of Sport three players, Mark Sinclair, Taylor Pilkington-Tait and Chris Munson have been receiving strength & conditioning training throughout the season with Bruce Ruthven with added support from full time S & C coaches John Coogans and Catriona Munro from the Institute of Sport. Programmes have been conducted out by the boys with regular 5RM testing and analysis. The boys have grown in confidence and the changes in their body shape have been noticeable along with greater confidence and stronger performances. The sessions have taken place at the Pickaquoy centre where facilities are now top class. More committed players will be identified and brought into the programme in the near future which will give the players the best chance possible to develop to their full potential.

Sponsorship Opportunities at Orkney RFC

With the growth of the Community Rugby Project and the expanding Junior Section, expenses are greatly increasing to cover costs associated with these programmes and improving the resources available to players and coaches.

If you would like more information on what programmes and initiatives we are currently seeking sponsorship for please contact myself at bruceruthven.orfc@yahoo.co.uk or on my mobile (M) 07584 167 834.

THANK YOU!

Many thanks must go the following agencies and people who have greatly assisted towards the success of the Community Rugby Project and Youth Section of Orkney RFC over the past four years. Without their efforts, time and passion for the programme it would not be in the strong and buoyant position it is in today.

Scottish Rugby Union – Orkney Islands Council – LEADER – Orkney RFC Senior and Junior committee members – Junior Rugby Coaches & Managers – Parental helpers – Students helpers - Active Schools and Sport Development team – FSA - Ken Amer – Chris Sharpe – Liam Sharpe MA - Brian Bell – Chris Paterson - Isla Rosie – Ollie Laughton– Liam McArthur Orkney MSP – Orkney & Isles schools – Secondary Rugby Champions Dale Watt (KGS) and Mark Berry (Stromness Academy) and involved Primary teachers.



Orkney Mini Rugby

Kirkwall Mini's Saturdays 10am–12noon

Kirkwall Rookies Saturdays 11am–12noon

Contact Brian Lanni on 07768 777 157

St Andrews Mini's Sundays at 11am–12.30pm

St Andrews Rookies Sundays 11am–11.45am

Contact Karen Davies on 07939 900 541

Dounby Mini's Sundays 10am–11.30am

Dounby Rookies Sundays 11.30am–12.30pm

Contact Jeffrey Dougall on 07786 685 712

Orkney Junior Rugby

U14's and U16's:

Under 14s - Training/Games

on Saturday mornings at ORFC, 10am–11.30am.

Under 16s - Wednesday nights at ORFC,

6pm–7.30pm & Saturdays.

U18's: Tuesdays & Thursdays, 6pm–7.30pm & Saturdays.

Contact Bruce on 07584 167 834 or e-mail

bruceruthven.orfc@yahoo.co.uk

Secondary Rugby Champions: Dale Watt (KGS) and Mark Berry (Stromness Academy)

Check ORFC Website/Guestbook
for details and updates!!

www.orkneyrfc.co.uk