



Killara West Pymble Rugby Club

Round 1 4/04/09

Coach's Report vs Dee Why

Firstly I would like to welcome all players and supporters to the 2009 season. The club as a whole is boasting 1 seniors team, 1 over 35's team and the fantastic number of 13 junior teams. We also went part the way of fielding a women's team this year so hopefully 2010 might see that as a successful venture. I would like to welcome Ant Cross back as assistant coach and thank Joe Cartwright for all his efforts as pre season trainer. Enjoy your rugby, be proud of your jumper and play hard.

After commencing our pre season on the first Wednesday in February and playing three reasonably successful trials, round 1 of the competition proper finally rolled around. We had the task of taking on the reigning premiers, Dee Why, at there home ground, which was never going to be easy. Things did not start well and we trailed 10 nil after 20 mins but to our credit we came back and led 14-10 at half time which held us in great shape for the second half. We lost our way in the second half mostly due to our lack of respect for the opposition and our lack of fitness. Our arrival to lineouts was at best late and we let there forwards gain many uncontested metres and conceded 3 tries to 1 in the second half of which one was an intercept and one was a penalty try. We will be better for the hit out and there was definitely positives to take from the game. We put some good plays together but just lacked that final punch when it counted. The final score was 31-19. Best & fairest were 3 points to Matt Easy, 2 points to James Minnard and 1 point to KJ who was exciting to watch with ball in hand.

I am writing this after Wednesday's training which was well attended with even injured players turning up to show support. The attitude was good and we trained well. If we can keep up that sort of enthusiasm on Wednesday's it can't help but spill over to Saturday. We can definitely be a threat this year if we can build on that sort of mind set just mix in some guts and determination and I am sure the rewards will come our way.