



Capilano RFC Men's Pre-Season Training Schedule – Fall 2010

All interested players,

Organized trainings will commence next Tuesday August 17th.

Here is a brief schedule for the preseason:

Attendance will be noted for all trainings

- Tuesday Aug 17th 6:30 - Fitness and skills (75mins)
- Thursday Aug 19th 6:30 - Team concepts and drills (45mins) Club buggers (as long as you want)
- Tuesday Aug 21 6:30 - Fitness and skills (75mins)
- Thursday Aug 26th 6:30 - Team concepts and drills (45mins) Club buggers (as long as you want)
- Tuesday Aug 31st 6:30 - Team trainings
- Thursday Sep 2nd 6:30 - **NIGHT Intersquad Game(s)**
- Tuesday Sep 7th 6:30 - Team trainings
- Thursday Sep 9th 6:00 - **NIGHT Exhibition game - Capilano First XV vs College Rifles (New Zealand)**
- Saturday Sep 11th TBC - Potential training and fun club activity
- Tuesday Sep 14th 6:30 - Team trainings
- Thursday Sep 16th 6:30 - Team trainings
- Saturday Sep 18th REGULAR SEASON TO START
(schedule not released yet, but this is expected opening day of games)

There are a couple new ideas above. One, I have kept the weekends free for as long as possible so you can enjoy them pain free, as its summer!

So you are aware, once the regular season starts, particularly in the second half after Christmas, there will be some weeks with Monday trainings as well for players on the top teams and others that are interested.

For now (August), Tuesdays will be fitness and skill oriented, and Thursdays will start with a bit of organization and tactics and then finish with summer buggers. We are starting a bit earlier to maximize the sun light available.

Starting Aug 31 we are full on. Team trainings start and we will have a intersquad game on the 2nd for those interested on competing for starting spots.

With the good summer weather and light available we will be having the intersquad and the exhibition game vs the New Zealand team on Thursday nights. The idea is to have club members not involved to come down to watch the games and then play touch as normal after, and of course ALL go to the clubhouse for a drink.

Here is the following organization of teams for the first half IF NUMBERS PERMIT. There are some changes.

FIRSTS / SECONDS

While I will be helping out with drills and concepts and supporting all teams, the majority of my time will be spent with the two top teams. I will control and run BOTH teams and plan to have a lot of competition and movement between these two sides. All divisions, particularly these two, will be running the same systems and have the same terminology. There should be a seamless transition into any of the teams you are selected for. While there will be an emphasis on youth and development of younger players in the first half, it will NOT be just an academy (U23) team. All ages are eligible for the top side. Players that do not participate in the first half of the season will have to prove their fitness and playing level before taking the spots of those that put the time in during the fall season. While performance is obviously a major factor in selection, attendance and commitment to practice will be vital for you to start and receive maximum playing time. We will do our best to reward players who are committed. Missing practice for non work related issues and/or poor communication with management and coaches will definitely decrease your playing time and jeopardize your spot on teams.

THIRDS (A) / THIRDS (B)

As noted above if numbers permit we will run two third division teams to allow for as much playing time as possible for everybody.

Dylan Proctor will again be involved with these sides. We are looking for a couple more capable helpers for him, as he has moved over town and may not always be able to make it and Whitey is back playing again this year.

The 3A side is intended to be a bit more serious team and for the players that want to train at least twice a week, play every weekend, and try to move up into the higher divisions.

The 3B side is for those that have busy family and work life, or just want to come for the odd run around on Thursday nights (touch & team run) and play on weekends when it fits their schedule.

I am pleased to announce that we have some great club assistant coaches and managers helping me out when their schedules allow it. Nick Trenkel will help with back play, while Robbie McCall and Craig McLaren will be helping with forward play. Bob Bowman will be the First team manager. Curry Hitchborn will be the Second team manager and also help with club coaching. I plan to have the occasional guest coach coming in as well to keep things interesting for everybody. Big Joe and Glenn will again be assisting us with fitness!

If you are interested in helping out with coaching or being a manager please contact me as soon as possible. I would like to find Dylan (and myself) some help with the third division teams.

Start getting fit. I plan to maximize our speed and athleticism with a high tempo, high skill style of play. Considering the weekends are left free I'm expecting good attendance on Tuesdays and Thursdays.

GO CAPS

Cheers,

Tom Larisch

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