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MALLOW RFC NEWSLETTER

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Presentation

presents the biggest challenge yet

Mallow 1st XV 24—Bandon 16



Mallow RFC 1st XV returned from Bandon last Sunday with a full compliment of points. This Division two game against the West Cork side was by no means a walk over and Bandon laid down a strong challenge despite hanging on at the bottom of the table. Played in near perfect conditions it was the Mallow veteran wing forward Graham Kelly who made a great break after just seven minutes into the first half. Kelly offloaded to Prop forward Ray Roche who barrelled over for a try. Roche was in fine form having recently returned from injury. As usual in the absence of regular place kicker Mike O Flynn, full back Dave Walsh stepped up to take the conversion. Walsh had a difficult day kicking and failed to continue his consistency in this encounter. Mallow dominated in the scrum despite the absence of injured players Chris O Regan & Sean Glynn and it was from a set piece inside the Bandon twenty two that Kelly was again in the shop window as he picked a ball from the back of the scrum and drove over in the corner. Walsh was unlucky with the kick which just skimmed the upright. The North Cork side always looked dangerous in the backs but some poor final passes and holding too long when they had an overlap made this game tighter than it should have been and letting Bandon back into scoring opportunities. In the final five minutes of the first half Bandon had a lineout on the five metre line. A lapse of concentration by Mallow allowed Bandon a quick lineout throw which was passed back to the hooker. The Bandon number two had little difficulty in diving over in the corner. The unconverted try gave Mallow some breathing space and the half time score of fourteen points to eight certainly didn't reflect the run of play. Twenty minutes into the second half saw Bandon loose a player after consistent infringement

at the breakdown and with the referees loosing his patients it was inevitable that the number eight saw yellow. While Mallow had the numbers advantage they also dominated up front, driving the Bandon front five off the ball, Neil Lucey picked from number eight and score in the corner. Walsh failed to convert. A good back move finished off

the days work by Richard Weedle who had to beat off a number of tackles to score a try with ten minutes to the final whistle. Walsh again failed to convert the difficult conversion. With time ticking away pressure by Bandon resulted in a try but unfortunately they missed the conversion..and so missed out on losing bonus point. Mallow did however get the bonus point and now face Presentation RFC who sit just below Mallow and will hope to travel to Mallow next weekend and upset the Xmas party.

Mallow 1st XV 24 – Bandon 16.

Mallow RFC 1st XV: Ray Roche, Frankie Thornton, Jason Sheehan, John McAulliffe (captain), Brian Lenihan, Denis Murphy, Neil Lucey, Graham Kelly, Sam Holt, Robbie Doyle, Michael Sweeney, Ronan McCarthy, Leonard Browne, Richard Weedle, David Walsh, Subs: Donal Lucey for Thornton, Anthony Barrett, for Browne, Des O'Callaghan for Kelly, Neil Sexton for Roche, Michael O'Flynn for McCarthy.

MALLOW V PRESENTATION @ PARKADILLANE THIS WEEKEND

COME ALONG & SUPPORT OUR 1st XV

Mallow 2nds edge out Cork Constitution

Mallow RFC 2nd XV had a well earned victory at Parkadillane over top city side Cork Constitution by twelve points to three in the Junior two league.

This was a tight game with no try's from either side but Martin O Connor had his kicking boots on, slotting over two difficult penalties, while scrumhalf Tristan Laddie complimented O' Connor by kicking the other two. But Mallow's performance denied them more points as the North sider's made too many handling errors in conditions that were well suited to running rugby. With a number of second team players nail-

ing down positions on the first XV both Chris O Regan and Eoin Glynn, both of whom had fine games will find it difficult to break back into the senior side. Raul Leyrand Nyuerko, who is improving with every outing had a fine game while Darryl Barry was the stand out player in this encounter and both first & second XV's are heading into the Xmas break with good victories under their belts.

Mallow 2nd XV: Tom Fox, Chris O Regan, Brian Lane, Brian Lenihan, Eoin Glynn, Aranatis Prismanta, Tim

Fitzgerald, Ger Deady, Darryl Barry, Tristan Laddie, Bill Myers, Mark Roche, Neil McSherry, Leo O Regan, Mike Downey, Martin O Connor, Martin Roche, Diarmuid Butler, James Moynihan, Raul Leyrand Nyuerko, Rob Tarrant, Graham Timoney, Dave O Leary, Brian McMahon, Conor O Donovan.

Mallow 2nd XV 12—Cork Constitution 3

SIX NATIONS

TICKETS

Bookings for
6-Nations
tickets is now
closed.

MALLOW PLAY IN HIGHFIELD

Robert Kennedy with Mallow RFC Minis who played in Highfield last weekend



Mallow U19s 34—Kinsale 10

Mallow U19s continued on their good run of form in the Under 19 South Munster league by defeating Kinsale Saturday 34 – 10. Kinsale opened the scoring with a penalty in front of the posts after Mallow were called for holding on. The North Cork lads replied with a well taken try by Mathew Taylor who narrowly missed the conversion. Kinsale pressed the Mallow line for a score but were denied due to fine defending led by Man of the Match Aron Cole. Mallow went into the second

half leading by a tight five points to three margin. In the second Mallow controlled the opening exchanges even with a man in the bin for a lengthy ten minutes, nevertheless Mallow still managed to score a try by Padraig Gardiner. Further tries by Hugh Barry, Mathew Taylor and John Forrest followed, two of which were converted by Luke O'Brien. But the Seaside team hadn't given up yet and Mallow's line with a converted try to bring the score to 29 – 10. Mallow finished with a well taken try by Evan O'Keefe

after which the final whistle was sounded. Final Score Mallow 34 Kinsale 10. Mallow play Old Christians next Saturday in Rathcooney time to be confirmed.

Mallow RFC U19: Fergal Murphy; Brian Long; Hugh Barry; Aidan Twomey; Padraig Gardiner; Luke O'Brien; Mathew Taylor; Chris O'Connell; Ronan Cremin; Aron Cole; Evan O'Keefe; Cormac McCarthy; John Forrest(C); Eoghan Barry; Killian O'Connell.

Courses cost 55

euro / person.

To register

contact Siobhan

Collins @ 021—

4323563

All Domestic U19 Rugby
(Incl Schools & Youths)
and lower levels

Gentlemen,

We wish to re-affirm that 'squeeze ball' (the action where players, who go to ground, attempt to push the ball through their legs) is to be penalised.

Dave Keane

Coaching courses

Coaching courses are coming around again so plan well ahead.

Coaches coaching up to U12 should attend Mini courses.

Coaches coaching U13—U17 should attend Foundation courses.

Foundation Course— Colaiste Stiofan Naofa, Cork—27th & 28th January 2012

Mini Coaching course—University of Limerick— 3rd & 4th February 2012

Foundation course—University of Limerick— 3rd & 4th February 2012

If you wish to apply for a coaching course, apply to the Branch and pay yourself. Bring your receipt to the Chairman of the Juvenile committee to be reimbursed.

Mallow RFC members get down & dirty.

Club Chairman Frank Nyhan and Juvenile committee Chairman John Sweeney both commended the club members who turned out last Saturday week to clear out weeds and rubbish from the Spa canal as part of the tidy towns committee clean up." We know everyone has a busy schedule on Saturdays, but it's great to see

our members volunteering with local schemes." Nyhan said. John Sweeney was somewhat disappointed with the turn out but was all praise for the members who did. "A big thank you to Brian O'Connor, Ray Glynn, Mervyn Shorten, Noely Glynn, John O Mahoney, Packie & Evan Bolster. Many thanks to also to Mary Cashman for organizing the event.



Evan Bolster.

U15s loose out to Old Christians

U15 were away to old Christians & lost twelve points to five to a very strong Old Christians side . The Christians was the difference between the sides, who carried a lot of ball, broke a lot of tackles and made big yardage. He scored their first try. The Mallow boys were down five points to nil at half time despite having started with the wind that died down after ten minutes. The North Cork lads started the second half playing into the wind that had picked up again and continued to get stronger as the game went on. As a result almost twenty five minutes of the second half was played inside the Mallow twenty

two. However this young side defended very well and only conceded one converted try. The Mallow boys never gave up and fought their way back up field to score a great break-away try by Cathal O'Riordan. While Mallow finished the stronger side despite the wind and delighted their coaches, Denis Sheehan Ian Vaughan John Oriordan & Ger Long by playing good honest rugby throughout the sixty minutes. The performance was very promising Head Coach said, "a number of players are playing rugby for the first full season and it's great to see the improvement and confidence grow in these young

lads". Daniel Lucey at second row had a particularly good game and continues to improve with every outing.

Mallow RFC U15: jack o Connor, Jason Nolan, Oisín Odriscoll, Daniel Lucey, Stephen Ryan, Paul O Sullivan, Josh O'Brien, Sean Hannon, Darren O Riordan, Cathal O Riordan, Danien Hickey, Darragh Moynihan, Jack Whelan, Cillian Murphy, Hugh Hegarty, Paddy Dinan, Tim Bucklet, Ben O Connor, Conor Roche, Christian R Smith, Evan Bolster..

Mallow 5—Old Christians 12

U13s play in Whitechurch

Coaches Packie Bolster & Paul Barry with the under 13s in Whitechurch



*Players due back from
injury*

*Congrats to players who
returned from injury and
survived the weekend:*

Ray Roche

Eoin Glynn

Chris O Regan

Signs & Symptoms of a concussion

If one or more of the following is present, concussion should be suspected

	INDICATOR
SYMPTOMS	Headache, dizziness, 'feeling in a fog'
PHYSICAL SIGNS	Loss of consciousness, vacant expressions, vomiting, inappropriate playing behaviour, unsteady on legs, slowed reactions, poor balance
BEHAVIOURAL CHANGES	Inappropriate emotions, irritability, feeling nervous or anxious
COGNITIVE IMPAIRMENT	Slowed reaction times, confusion/disorientation, poor attention and concentration, loss of memory for events up to and after the concussion
SLEEP DISTURBANCE	Drowsiness

WHAT HAPPENS IF A CONCUSSION IS SUSPECTED?

We are still learning about concussion, its effects and how it should be assessed and managed. There are a range of tests used to evaluate concussion in players. On the field, a number of memory questions may be used e.g. which half is it now?, at what venue is the game today?, which team did you play last week/game? Some medical practitioners use a SCAT 2 questionnaire to assist in their evaluation. If a medical practitioner is not present, a Pocket SCAT 2 may be used and the IRB recommends that coaches, team managers, administrators, teachers, parents, players, match officials and healthcare professionals associated with rugby teams undertake the online training program available through www.irbplayerwelfare.com. The current IRB regulation states that if you are suspected of sustaining a concussion you should be removed from the field of play for your own safety and of those around you and take no further part in the match or training. Symptoms associated with concussion may develop at any time, however this usually occurs in the first 24-48 hours following the incident suspected of causing the concussion. The medical practitioner may then undertake an impact neurocognitive test on you (www.impacttestonline.com).

This is a computerised concussion evaluation system designed by researchers in America. All professional players complete these tests at the beginning of the season providing a baseline score of their symptoms, verbal and visual memory, processing speed and reaction times. Following a suspected concussion, the imPACT test can be repeated to re-evaluate a players post concussion status and guide the return to play of that player. There are other types of neurocognitive tests available, however all four provincial teams in Ireland currently use the ImPACT system. Off the field more advanced techniques such as CT scans and magnetic resonance imaging (MRI) may be done or you may undergo assessment by a neurosurgeon or a neurologist should your medical team deem this necessary prior to returning to training or playing.

Updates for Coaches—Game regulations

Age Category	U13	U14	U15	U16	U17	U18	U19
Max. Match Duration	50 min.	50 min.	60 min.	60 min.	70 min.	70 min.	70 min.
Injury time	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Extra time:	No	No	No	No	No	No	No
Ball size	4	4	4	5	5	5	5
Line out: Pre-grip	No	No	*No	*Yes	Yes	Yes	Yes
Line out: Lifting	No	No	*No	*Yes - on shorts	Yes	Yes	Yes

* Pre-grip and lifting on the shorts at Junior Cup (U16 Connacht, Leinster & Munster) and Medallion (U15 Ulster) levels.

Scrum: Push	1.5m only	1.5m only	1.5m only	1.5m only	1.5m only	1.5m only	1.5m only
Scrum: Wheel & reset	45 Degrees & Reset	45 Degrees & Reset	45 Degrees & Reset	45 Degrees & Reset	45 Degrees & Reset	45 Degrees & Reset	45 Degrees & Reset

Must have the same number of forwards in the scrum, if a forward is carded – opposition must reduce numbers – if a back line player is carded no reduction in forwards.

Must have the following format: Full scrum: 3-4-1- in the event of yellow card(s) then 3-4 then 3-2-1 then 3-2

Maul - Use or Lose Application	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Squeeze Ball	Not Allowed	Not Allowed	Not Allowed	Not Allowed	Not Allowed	Not Allowed	Not Allowed
Yellow Card	No	No	No	No	Yes – 7min.	Yes – 7min.	Yes – 7min.
Red Card	Yes – Replace player if necessary	Yes – Replace player if necessary	Yes	Yes	Yes	Yes	Yes

Incidents where players are ordered off (foul play) must be dealt with, as agreed by the Branch.

Substitutes: Front row cover	See Law 3.5	See Law 3.5	See Law 3.5	See Law 3.5	See Law 3.5	See Law 3.5	See Law 3.5
Substitutes: Blood	Yes	Yes	Yes	Yes	Yes	Yes	Yes

FIXTURES THIS WEEKEND

SATURDAY 03rd DECEMBER

U19 V OLD CHRISTIANS (AWAY)

U15 V SHANDON (HOME)

SATURDAY 03rd DECEMBER

1st XV V PRESENTATION (HOME)

First Aid course for Coaches a great success

Congratulations to the Mallow RFC Coaches who recently attended a first Aid course in Carohkeel. Coaches not only had an opportunity to learn some new skills and knowledge on how to manage a rugby injury but also had the chance to meet up and share experiences. Juvenile Chairman John Sweeney said " this was a great opportunity as it's not always easy for coaches from various levels get together & it's very encouraging to see Hannah & Jill getting involved from the girls teams".

Coaches who attended were:

Brian O'Connor, John O'Riordan

Declan Doheny, Frank Thornton, Kevin Twomey, Paul Barry, Jill O'Donnell, Gavin Lynch, Hannah Lane, Mick O'Hanlon, Michael Moynihan, Brian Hadden
Barry Hall, Robert Kennedy