



INFORMATION PAGE

Week of March 18th, 2005

1 **Rugby World Cup Sevens, Hong Kong**

The RWC Sevens kicks off on Friday 18th. The three-day event, held every four years, is one of the highlights of the World Rugby calendar. NAWIRA is represented by Canada, and automatic qualifier as a result of its quarter final appearance in the 2001 RWC Sevens held in Mar del Plata, Argentina; and by the USA, which cruised through the NAWIRA qualifying round in Grand Cayman, June, 2004.

Extracts from articles on the RWC Sevens web site:

Canada will be hoping to match, if not better, that performance in Hong Kong.

Until they arrived in the Argentine beach resort in 2001 they had managed only two victories in 11 attempts in two previous RWC Sevens appearances, and both of those were in the inaugural tournament at Murrayfield in 1993.

However, all this changed in 2001 when victories over Georgia, Chinese Taipei and the Cook Islands were enough to see Canada progress to the Melrose Cup quarter final with South Africa from a competitive Pool B.

Canada has continued its development by playing full-time as a core team on the IRB Sevens circuit with Ric Suggitt, who also coaches the 15s side, now in his third year as coach.

The highlights since Suggitt's appointment after the 2002 Commonwealth Games are undoubtedly first-ever victories over Australia and Sevens wizards Fiji - both of whom Canada will face in this year's RWC Sevens - in the Los Angeles and Hong Kong legs of last year's IRB Sevens series.

These victories, allied with their recent Bowl competition success in Los Angeles, will unquestionably give Canada confidence as it heads to Hong Kong to contest a Pool C which also features Portugal, Japan and the host nation. Some key names, for example Moonlight, Richmond, Strubin and di Girolamo are all included in their squad, allied with the exciting new talent of Justin Mensah-Coker, although losing veteran Sevens journeyman Shane Thompson to a leg injury is a cruel blow to both the team and the player.

CANADA'S BEST RWC SEVENS FINISH - CUP QUARTER FINAL 2001
 RWC SEVENS WIN % - 29
 RWC SEVENS AVGE PTS SCORED PER GAME - 14
 BEST FINISH IRB SEVENS 2004/05 - BOWL WINNER USA
 IRB SEVENS 2005 TOTAL POINTS SCORED - 371
 IRB SEVENS 2005 TOTAL POINTS CONCEDED - 407
 % WINS LAST 30 IRB SEVENS GAMES - 43.34

With the Wellington and Los Angeles IRB Sevens tournaments under their belt, John McKittrick's US Eagles side will now be looking for a final push in preparations before heading out to Hong Kong.

By their tough personal standards, the Eagles probably under-performed in the two events, failing to win a match, but some tight reverses and, most notably, two losses to neighbours Canada should be all McKittrick needs get his side up for Hong Kong.

"Playing in the two IRB Sevens events has been great, but all of this is geared to peaking at the Rugby World Cup Sevens in Hong Kong", said New Zealander KcKittrick. "The ultimate aim is to perform there on the highest stage."

"The boys have been working very hard and it's just great to be playing at the highest level in Wellington and Los Angeles in preparation. Also, the fact that USA Rugby has its own Sevens tournament has taken it to another level."

USA'S BEST RWC SEVENS FINISH - PLATE QUARTER FINAL 2001
 RWC SEVENS WIN % - 39
 RWC SEVENS AVGE PTS SCORED PER GAME - 15.6
 BEST FINISH IRB SEVENS 2004/05 - SHIELD SEMI-FINAL USA
 IRB SEVENS 2005 TOTAL POINTS SCORED - 79
 IRB SEVENS 2005 TOTAL POINTS CONCEDED - 255
 % WINS LAST 30 IRB SEVENS GAMES - 26.67

You can follow all the action on the IRB's excellent RWC Sevens web site at:
<http://www.rwcsevns.com/Tournament+Central/Home.htm>

2 Trinidad and Tobago beat Martinique to take the Rentokil Cup

From a TTRFU press release:

The Trinidad and Tobago National Rugby Team scored an entertaining 47/25 victory over Cup holders Martinique at the Hasley Crawford Stadium yesterday (Saturday, March 12) to take the Rentokil Cup.

In front of an enthusiastic and vocal home support, the Calypso Warriors got off to a fast start with a 5th minute try by debutant second-row Jason Clarke which was converted by full back Brent Barry. Two penalty conversions by

Barry and two unconverted tries by fly-half Brendan O'Farrell and flanker Aaran Millar saw T&T to a 25/8 half time lead. Martinique's eight points coming from an unconverted try by full back Nichel Bellume and a penalty conversion by fly-half Jerome Lartet.

On the resumption Martinique fought valiantly to get back into the game and hold on to the Cup with tries by winger Steve Lorso and another two by Bellume. T&T however, had no intention of slipping up and hit back with tries by debutant winger Dwyght Wills, O'Farrell's second and a Barry try and conversion taking the T&T full backs personal tally on the night to 19 points.

T&T Coach Rhett Cheeping, described his team's performance as encouraging. "There are areas that we have to work on. Our tackling, technique and body position in the scrum, rucks and mauls must improve ahead of the Rugby World Cup qualifiers and of course fitness, but it was an encouraging performance and we achieved our objective which was to retake the Rentokil Cup".

3 **Barbados Rugby Football Union Celtic Sevens Festival**

I attach a flyer from the BRFU.

For more information, or to register your team as a participant, email: donovanbagwell@caribsurf.com

4 **The Mechanics of Scrummaging**

I also attach an article by Dr. David Docherty, of Canada, on the importance to sound scrummaging of the *tight head prop – right lock – right flanker* unit. David is one of the great contributors to the Game in Canada. A twenty-year member of the national Coaching and Certification Committee, he coached for years at the University of Victoria. He also coached the National Under 19 Men's team, and, more recently, he has been assistant coach to both Canada's Men's and Women's teams. A thinker and innovator, he was one of the primary authors of Canada's respected Coach Education programs.

Best wishes to all,



Tom Jones
Regional Development Manager