

AGAIN!

Rugby Club Luxembourg retained the Lux Senior's Cup Saturday 19 February 2022 in a tense encounter in Walferdange



An important message from the Club relating to RCL's injury procedure

The safety of our players is the primary object of the club, well above enjoyment, development or winning.

In case of injuries to players requiring medical treatment, please advise your coach and team manager by email giving details of the injury.

Injuries often are not noticed until after the match or training so it is important we know about the injuries so we can support the player.

RCL has a paid physio to answer questions and provide immediate support to players and guidance for rehabilitation and return to play.

In addition you can claim back any costs not reimbursed by the CNS. You need to fill in a form within 60 days of the incident.

Please don't hesitate to contact us if you have any questions

Covid update



The new ministerial circular coming into force from Saturday, February 12, 2022.

It's back to normal for all sports activities, end of restrictions!

The ministry, however, calls on the sports world to be cautious and to the precautionary principle and asks to continue to respect the general recommendations.



The rugby post is issued up to six times per year by:

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Deadlines

For articles and announcements, 1st June 2022.

The next issue of the newsletter will be published mid-June 2022

All submissions should be sent to Michael Engbork before the deadline

Note from the editor

Hello and welcome to the march issue of the Rugby Post.

It is great to see the pitches in Cessange full of life again, we're back folks, it's wonderful. The club is again able to plan for the future with a very positive mindset. Our senior team just won the Lux Cup again, and the teams from U14 to U18 are picking up the pace to make it a great year for RCL.



Giulia Iannucci and James Rautta are working with the touch team to attract more girls to the club in general, but also specifically to contact rugby. The campaign was launched earlier this month, under the slogan, **Our Girls Ruck**

It is a busy time for the club, on 14 May we are hosting the **14th annual J.P.Morgan international tournament, Wildgen 10s** in June and of course all the regular matches at home and abroad.

Another topic regarding the pitch in Cessange, the municipality is providing several bins in many colours. It would be nice if you could put the empty cans and plastic in the yellow bins, general waste in the black bins and return all glass bottles to the buvett as there is a deposit on them (which we don't charge, but are charged).

And having mentioned the busy pitch, below is a gentle reminder from Paul Sweetnam, RCL Operations Manager:

After almost 2 years of constant interruptions and restrictions, all age groups can finally look forward to lots of exciting matches and tournaments at Cessange and around Luxembourg.

Over the weekend when the sun is out and the pitchside bars will be open, I would like to remind parents of how they can help their child's team.

- Do support your child's whole team.
- Do not focus only on your child and his or her performance.
- Do not criticise players, especially for making mistakes. They learn by making mistakes in a supportive environment.
- Do not criticise referees.
- Do not enter the playing area unless invited to do so by an official.

As pitch manager at Cessange these are the rules which will be enforced.

Any supporter who is abusive towards players, coaches or officials will be given a verbal warning. If the supporter continues to be abusive they will be asked to leave the Stade Boy Konen Complex.
Let the children play and develop in a safe and supportive environment.



RCL Agenda

Home games and events

APRIL	SAT 9	RCL Blues (Senior men's second team) v Wolverines
	SAT 23	12:00 U14s v Gent 13:30 U16s v Dendermonde 15:00 RCL 1st XV v RK Heusenstamm 17:00 U18s v Pajot
MAY	SAT 14	J.P.Morgan 9:00 14th International Tournament
	SAT 14	15:00 RCL 1st XV v RG Heidelberg
JUNE	SAT/SUN 24/25	wildgen 10s LUXEMBOURG LAW FIRM

J.P.Morgan

14th Annual J.P. Morgan International Tournament U10s & U12s



14th of May 2022

Stade Boy Konen

Cessange

Luxembourg

Tournaments@rcl.lu

In memory of Chris Leaton



KICKOFF: 9AM

Our buvette is open for drinks and food. Enjoy the culinary goodies prepared by our excellent cooking team. Lunch packages are available for players and coaches.

TEAMS '22

Bonn

Aachen

Rugby Club 't Gooi

Ardennes Rugby

Anderlecht

Is-Alliance Is sur Tille

Walferdange,

Rugby Eagles,

CSCE

Terre Rouge

RCL

Lille

PREVIOUS WINNERS

2007 Boyne (IRE)

2008 CSCE (LUX)

2009 Henley (UK)

2010 ROC (BEL)

2011 BSN (NED)

2012 RCL (LUX)

2013 Boitsfort (BEL)

2014 Boyne (IRE)

2015 Epernay (FRA)

2016 Brussels Celtics (BRL)

2017 Haywards Heath (UK)

2018 Frankfurt 1880 (GER)

2019 Stade Dijonnais (FRA)

RCL anniversary 2023

Author: Michael Engbork

Since 1973, the Rugby club de Luxembourg (RCL) has been one of Luxembourg's most successful and enduring amateur sports organisations, introducing hundreds of young men and women to the great sport of rugby and creating friendships and professional connections that endure throughout these players' adult lives. In June 2023, we hope to gather friends, RCL players, past and present, in Cessange to celebrate the club's half-century of sporting accomplishments.

The 50th Anniversary Gala will be the main event of the celebration. It will take place on the

**10 June 2023 at the Parc Hotel Alvisse.
Please mark the day in your calendar**



RCL helpdesk

Author: Michael Engbork



Many parents (and some coaches and team managers) are having problems navigating the RCL website when they have to update or provide their input to matches and events.

There are two options to manage your profile, the website as shown above, or the Clubee app which can be downloaded for both iOS and android.



News from our board



Club life goes on despite some disruption due to Covid, which caused the Bundesliga match last Saturday to be cancelled by the German team, and an U16 home game as well

The board met last week in order to prepare for the AGM of FLR, which will be held at the end of June, and will see a new board to be elected

Paolo Tarakdjian
President Rugby Club Luxembourg

If you instead chose to use the website, you have to login with the account you got when you signed up. This is what you'll see

In the calendar tab, you can give the availability of yourself or your kids for a match or an event

Perhaps a very interesting tab for a lot of members, is the possibility to change the language from Luxembourgish to English, French or German (Finnish, Spanish and Dutch is also possible)



Sheena's kids corner

Wordsearch

In the below wordsearch, you will find many rugby related terms. There is one very important term hidden within the box that is not on the list. For a chance to win an item of RCL memorabilia, find this important word and send your answer with your name, age and email address to **Sheena.McAndrew@rcl.lu** before the 30 April 2022. Winner will be contacted directly and announced in next quarters publication.

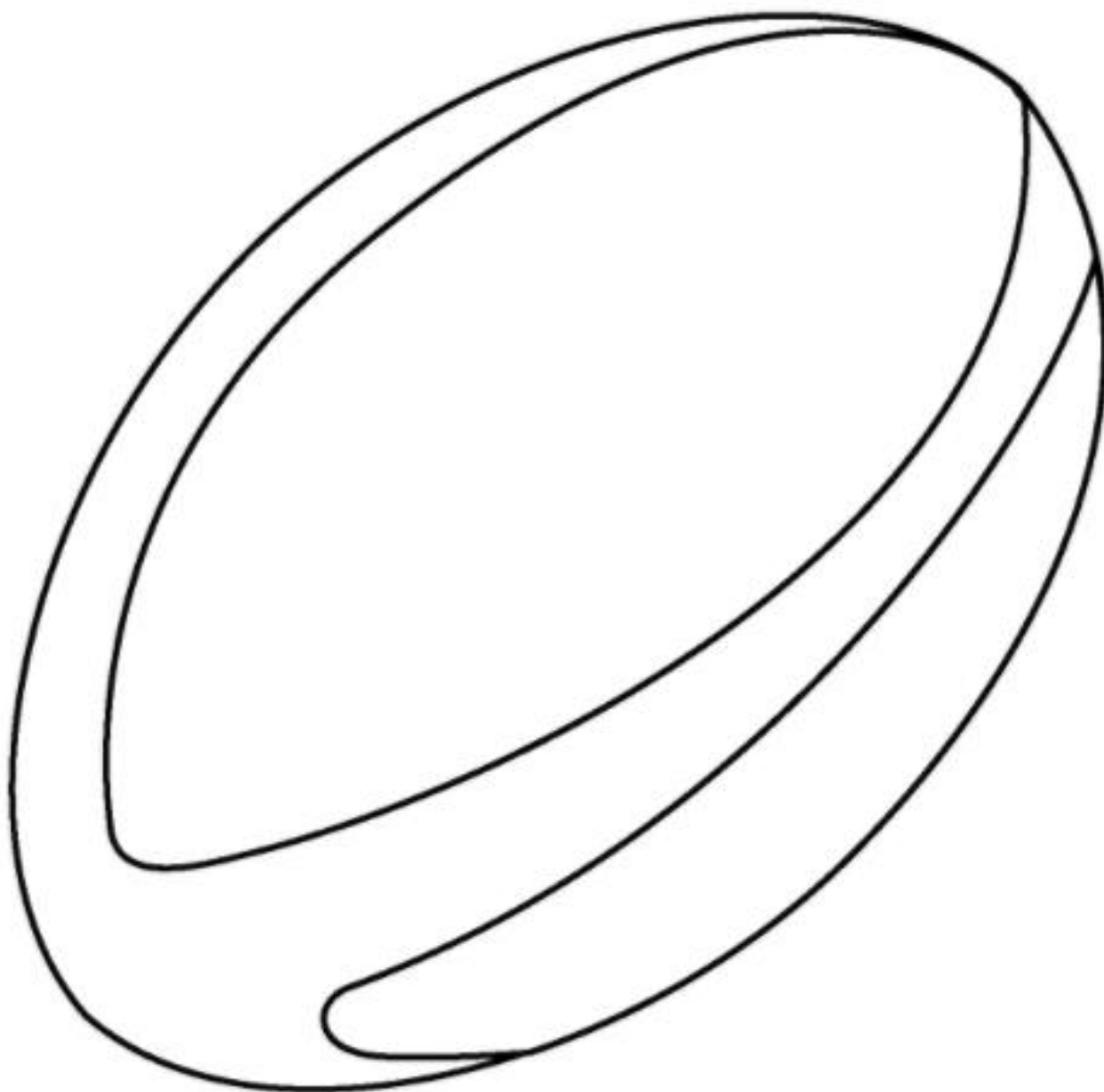


E	S	H	V	O	L	U	N	T	E	E	R	E	F
U	O	Y	C	M	C	H	P	D	N	K	M	O	E
A	R	N	U	T	C	L	I	R	S	P	O	C	G
T	C	R	O	A	A	S	N	S	E	C	K	R	A
F	C	M	O	Y	F	M	A	N	U	R	E	O	T
S	H	C	E	F	E	P	A	M	M	E	L	L	N
Y	O	R	O	K	T	L	S	A	P	D	I	L	A
P	O	R	P	A	T	E	M	U	I	C	N	B	V
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TRY
 KICKOFF
 CONVERSION
 ADVANTAGE
 SUPPORTER
 PLAYER
 VOLUNTEER
 PROP
 ROLLBALL
 TOUCH
 PENALTY
 LINEOUT
 SCRUM
 REFEREE
 HOOKER
 UMPIRE
 REDCARD
 PASS
 RUCK
 MATCH
 OFFSIDE
 MAUL
 COACH

Colouring page

For our younger readers, please colour in the below and customise as you wish as there are no boundaries. Please hand to Sheena in the U10s group or email to **Sheena.McAndrew@rcl.lu** We will share a selection of the submissions in our next publication!



NAME:

AGE:

EMAIL:

Seniors

Story: James Kent | Photo: Brad Elsbury | Video: Michael Engbork

Rugby Club Luxembourg Seniors started 2022 in a determined way by retaining the Lux Cup with a tense 10-3 win over cross town rivals Walferdange.

The tailwinds of Storm Eunice gave an advantage to the home side, with Walferdange leading 3-0 at half-time.

Despite being reduced to 14 men for 10 minutes, RCL started the second half with a try from Captain Oisin Kilgallin. A follow up try from Pete Barton relieved some pressure and RCL held on to secure the win.

The National team was stocked with RCL players who defeated Hungary at the Stade De Luxembourg which will give

them a boost heading back into the competition.

Training in preparation for the return of the Bundesliga continued on Monday and Wednesday nights, though only for the home match against Neuenheim to be postponed due to 5 positive Covid cases in their front row ranks.

Up next, the challenging task of heading to Heidelberg to take on 2019 Bundesliga Runners Up TSV, followed by one not to miss at Stade Boy Konen against Heusenstamm. Grab a friend, grab a hotdog and come down to support the boys in blue! Stay tuned for kick off times and details!



Our girls Ruck

Thinking that rugby is only for boys? Think again!

Story: Giulia Iannucci | Photo: Michael Engbork | Video: Michael Engbork

When it comes to looking for a sport for our kids we tend to follow common patterns, boys fall in to sports like football or rugby while girls start dance or gymnastics.

After all, who would like see her daughter getting stuck into a ruck?? The truth is that rugby is actually a great sport for girls, and girls rock it!

Apart from being a very good sport to stay active, and teaching very important values like team playing, respect and discipline, there is one very important aspect of girls playing rugby: it helps building confidence.

Research shows that women tend to have less

self-esteem later in life and confidence when it comes to career progression, and all this starts in the formative years.

On the other hand, girls who play rugby in a mixed team (until U14) learn to see that they are indeed good and as good as the boys. They are treated in the same way and they are not afraid of it!

They run, tackle, and score like anyone else on the pitch. They are respected like anyone else in the pitch, they follow the same rules and have the same opportunities. By experiencing equality in the field first hand, they grow into confident young women.

Speaking with parents of the girls who play rugby we also discovered that these girls enjoy a great

level of camaraderie with the other girls in the team. A camaraderie that will help them through the teenage years and beyond.

So if you are considering a sport for your daughter or know someone who could be interested, please let them know that RCL is actively encouraging girls to join the club. And to make it as easy as possible we offer **3 months free trial**.



Busy month for RCL Touch



Author: Nick Frank

The junior section has been going from strength to strength and regularly has around 20 kids between 9 and 15 years training within the ecole. The great news is that over half the players are now girls. And next month we hope to travel to Brussels to play our first competitive match against another club.

We were delighted to host Erik Williams from Galaxy London at two training sessions. Erik who is also a coach with Touch England was able to give the guys an insight into what it takes to play elite amateur sport. We also had a very successful women's night with 9 ladies learning the sport of Touch.

This runs the first Thursday of every month and is open to girls and women over 13 of any standard. It's a great introduction into the game of Rugby for anyone wanting to try the sport. Also this month, RCL Touch took a mixed team to the 2nd leg of the Belgian League Mixed Open Touch rugby series on the 13th March. We had a core of experienced players and several new women and juniors who took the plunge for their first taste of competitive touch.

There was a real sense of solidarity throughout the day and the cohesion

built progressively as the day went on. The co-captains Hamish Cullen and Amaury Billay, did a great job organising the playing structures and subbing systems, allowing the newcomers to experience the challenge and intensity of competitive Touch as well as opportunities to succeed in their specific roles in the team.

The experienced players built a platform for us to put 6 tries past the best team in the league in our opening loss to Kituro, who have consistently been the best team in the Belgian league.

The team kicked on to record an impressive win against Liege Touch Rugby 9-6, only tired legs and fatigue let in the opposition to a few more tries towards the end of that game.

As we develop as a club and a team, our aim in this league was always to provide a framework for new players to both have a great time, and to experience a relative level of challenge.

There was great

team spirit throughout the day and we all contributed to a successful event.

Big thanks to all the players, especially the newcomers and the women/Junior girls who joined us and played out of their skins. Without these players we frankly would not be able to compete at all in these tournaments.

Thank you Lone, Stefania, Noa, Amelie & Alessia. The most valuable players awards went to Alessia Hancock who at 13 showed an intuitive understanding of the game and more than kept up with her older peers, and Antonine Pfaltzgraff whose heads up play, scything lines and big engine provided a backbone to our game in attack and defence.

The Competitive Edge

Author: Michael Engbork | Photo: Michael Engbork | Video: Spiideo

NEW

To further enhance our teams for competitions, RCL has gotten A.I. cameras and video analysis software.

Thanks to our new sponsor, **Vistra** we were able to acquire two portable sports cameras from Spiideo with the associated analysis software. **Inbau** kindly donated an iPad to help setting up the games.

Further down the line, a third camera is expected to be installed permanently on a post next to the pitch in Cessange, so every match we play, can be live-streamed over the internet to fans and friends of RCL

"I am delighted that we received the Spiideo Portable SmartCam cameras – it provides the coaches with essential footage from training and competitions, enabling us to elevate the development of rugby for

all our teams, " said James Kent, director of rugby.

"The coaching team and I will use the software for individual and group analysis, expanding the players' knowledge of the game in many aspects. The cameras and video analysis software are essential to best prepare teams for our competitions.

It enhances technical meetings with the coaching team, allowing us to review the necessary moments of training and matches to prepare quality training sessions and identify areas for improvement.

Video analysis is also a useful tool in our coach development within the club and for seniors and junior coaches to review and reflect on their sessions".



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