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Gymnasium/Weights Room Improvements

FoNR are now pleased to announce further funding initiatives that will benefit players of **both Newport RFC and Newport Gwent Dragons.**

As many will be aware there is a Gymnasium/Weights room at Rodney Parade, this is situated just outside the entrance gate between the Argus terrace and the family stand.



This facility is used by every player, virtually every time they visit Rodney Parade, it is used in training and on match days.

Until recently there was no heating whatsoever available in this room, this was particularly highlighted in the spell of sub zero temperatures that we all enjoyed in January. Such conditions do not provide the environment to give the best physical returns or the efforts that both sets of players put in.

Black & Amber Alliance

Issue 11

[Editor: tingeydavec@aol.com](mailto:tingeydavec@aol.com)



FoNR were approached by the management of Rodney Parade Ltd with a request that we assist with the installation of heating to this room, this was readily agreed as it would help to provide the right training facilities that would improve existing players and hopefully aid with player retention or recruitment for both sides, Newport RFC and Newport Gwent Dragons.

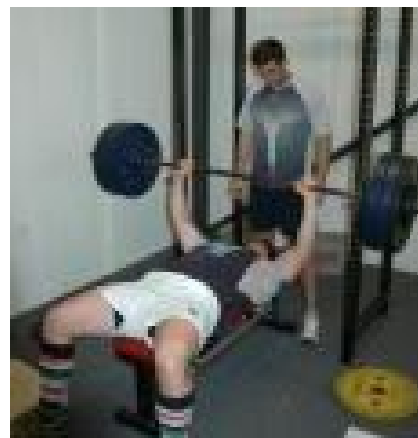
“Far more comfortable environment for players to train in, allowing more quality work in a shorter space of time.”

Mike Sage, Newport RFC, Team Manager

“Since I became a conditioning coach at the Parade it was evident that during the winter period training in a freezing gym was totally unacceptable. On a professional level it simply isn't good enough. Players would become demotivated and moral would be affected. I understand that we have to make the best use of what we have and so far we have done so.



Since the heating has been installed, players have responded well and training has resumed to a higher standard. We now do not need to warm up for longer periods before the sessions, this helps to keep the sessions within a time span.





The players are very thankful for the help that the trust has given us and I also thank you all very much. It will make a big difference during the colder periods. I only hope that we as a team can repay you with a good end to the season. We have had a minor blip but we are back on the path to success. Major work has been

put in from the coaching staff and the team.”

James Knight, Ngd and NRFC Conditioning Coach

FoNR are always pleased to try and assist Newport RFC in every way that we can, and helping with these improvements follows hard on the heels of our previous donation of £750 to purchase the radios that keep the coaching staff in contact with one another during the course of a match.



Shop with over 100 top retailers and raise funds for us at the same time!



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We receive commission for our funds on everything you buy




Black & Amber Bullion
Jackpot Draw
Backing the future of rugby in Newport

December Bullion Draw

Newport RFC captain Andrew Coombs was on hand to make the Christmas Super Draw which took place at half time during the cup match verses Blackwood.

- 1st (£500) - D Bellew
- 2nd (£100) - A Hopkins
- 3rd (£75) - G Jarvis



January Bullion Draw

Paul Jones, Newport RFC Full Back, was on hand to make January's Bullion Draw. Paul was injured for the cup victory over Bridgend but was able to give the lucky prize winners a great start to 2009.

- 1st (£500) - A Jenkins
- 2nd (£100) - D Bennett
- 3rd (£75) - G Horton



Please consider joining to help raise funds to support Newport RFC. Forms can be picked up the clubhouse at Rodney Parade.

From just £5 per month - Have You joined yet?

FoNR AGM

Thursday 9th April 2009



Please note that the Friends of Newport Rugby Trust Annual General Meeting will be held at 7.00pm, Thursday 9th April at the Rodney Parade clubhouse.

The meeting will highlight the work undertaken by FoNR in the past year, both at Rodney Parade and in the local community. We will also be presenting the accounts and outlining many new exciting ventures. Elections will take place for the officers and committee of the trust, nominations for positions are welcomed and should be made to the secretary, Kevin Jarvis, by 31st March 2009 at the latest.

It is also hoped that Mr Will Godfrey, Newport RFC Chairman will speak to the meeting outlining members on developments with the club side, the regional side and the proposed ground developments.

In order to attend and vote you must be a member of the trust, membership will be available on the night.

We would urge all members to attend wherever possible.



Congratulations

Mark Workman made his 250th appearance for Newport RFC, this event was marked by a presentation, made by Will Godfrey, Newport RFC Chairman.

Our congratulations go to Mark together with our thanks for the years of loyal service to the club.

Community

As we approach the second half of the season, the Community section of the Trust are pleased to say that we have booked a matchday mascot for all our remaining home fixtures. This includes our upcoming cup match against Llandovery where by popular demand, we will see a return of Lauren Parry who made an appearance early in the season. At our home match against Crosskeys we will be looking after a pair of celebrity mascots. All will be revealed on the day but I can tell you it is an honour to be asked to look after them.

Our mascot at the Ebbw Vale demolition was Chloe Cullen who is present at all our matches and is a big Dan Griffiths fan. Unfortunately, Dan was nursing an injury so 'Smiler' Scott Williams stood in for a photo opportunity.

The mascot scheme is run jointly between the Newport Official



Supporters Club and the FoNR Trust. The scheme will be running next season so if you have somebody who wants to lead out the Mighty Port,

please speak to an official from either organisation.

We are also inviting schools and local teams down to Rodney Parade on match days and have a few spare dates left. Please get in touch if you would like your team to form a guard of honour. Our latest guests were Newport High School Old Boys U14 and we are looking forward to hosting groups from Eveswell Primary School and Llanfihangel Crucorney Primary School in the next few weeks.



Please read this – it will benefit you and Newport RFC

As you may be aware, FoNR have been in partnership with Utility Warehouse for approximately 18 months and during that time have acquired a UW customer base of over 40 people.....These people will be enjoying savings on their domestic utilities and will also be helping Friends of Newport Rugby raise money to support projects that will directly benefit Newport RFC.

Utility Warehouse do not advertise, they rely on satisfied customers letting their friends and family know about the great value services that are on offer – They share the money that they save with their members which means that both you and Newport RFC can benefit from the best value in the UK!

So what better time than now, early in the New Year to have a look at your finances and see what UW can do for you? (Not forgetting the benefit to FoNR!)

Triple Value Guarantee

Still think it is not for you? Well Utility Warehouse offer a unique “Triple Value” guarantee:-

1. For your gas, they **guarantee their prices will be cheaper than British Gas** wherever you live in the UK
2. For your electricity, they **guarantee that their prices will always be cheaper than the prices charged by the regional electricity supplier** for the area where you live
3. And for your complete peace of mind (see below) **UW guarantee their prices will always be competitive with the cheapest standard tariffs available with the “Big 6” suppliers**

Peace of Mind

Have you noticed over the last few years that whenever there is a change in the wholesale cost of energy the “Big 6” suppliers seem incredibly quick to put up their prices, but terribly slow in putting them back down again ? – Or no sooner have you moved to a new supplier because their prices were cheaper, your original supplier moves their prices and you would have been better off staying where you were –

Sound familiar? – Then read on!

Utility Warehouse is different – They consistently supply their customers with the cheapest domestic energy in the UK and as a result have seen significant growth. In fact the Daily Mail recently reported that UW were “The Best” for customer satisfaction in a major independent survey – So if your getting fed up of high prices, or changing suppliers every few months and are looking for guaranteed long term value, then why not join over 200,000 other households in the UK who are already benefiting from the huge savings that UW provide

To ensure that UW prices are competitive they are compared every month against British Gas, your Regional Electricity Supplier and the average of the cheapest direct debit tariffs available from the “Big 6” suppliers. And if necessary, these will be further reduced in line with the “Triple Value” guarantee!

Other Services

In addition to Gas and Electricity Utility Warehouse also offer some fantastic deals on telecommunications.

Guaranteed savings against BT’s prices for example with line rental costing just £8.99 per month.

Broadband starting from just £19.99 per month – including line rental and free technical support! **February's edition of WHICH? show's UW as being the BEST BUY for Broadband.**

There are also great deals on mobile phone packages, SIM only, pay as you go or Contract

Interested or want to find out more?

Then please, contact Andrew Hopkins – He is FoNR’s Corporate Officer and he will be delighted to provide you with further information or to help you to make the switch. There will be no “hard sell”- Andrew is a committee member of FoNR and is not employed by UW - if you do decide to switch, the process is very easy and Andrew will guide you through this and keep you updated along the way.

And remember, you will be supporting FoNR and helping to maximise the projects that it undertakes in support of Newport RFC.

Please give this some serious thought, it isn’t hard to do and will save you money and benefit our club...

Email: andrew@fonr.co.uk



Black & Amber Alliance meets - Mike Sage

We met with Mike Sage recently to get the low-down on what he actually does. The answer we found was - quite a lot! We also found out a bit about Mike the person.

Born in Cwmcarn, 34 years ago, he now lives in Caldicot with his wife and young son & daughter. Mike went to UWIC where he obtained a degree in Sport & Human

Movement, he is also a qualified teacher, and has is a fully qualified Level 3 coach. His rugby-playing career was as a scrum half

including 4 years with UWIC and major spells with both Cross Keys and Newbridge. Mike played 1 game for Newport RFC, against Watsonians with a view to joining on a permanent basis, however a condition of attending UWIC was that he turned out for their side not ours! His playing days were cut short through breaking his “Fib & Tib”, (not once but on 2 separate occasions,) he also dislocated his ankle and ruptured ligaments, and thus meant calling time early!

Mike is the Community Projects Manager at Rodney Parade as well as being Team Manager of Newport RFC. Mike came to Newport in the “Tony Brown days”, he had worked for the WRU as a development officer for 2 years and when Newport launched the “Gateway” & “2nd half” projects Mike jumped at the opportunity to join Newport Rugby! Gateway rugby is all about getting out into the schools and helping the kids to understand our game, some coaching, some skills and a whole lot of fun. Between them Mike, Phil James (Education Officer) and Janice Chappell (Community Development Officer) manage to get to all of the schools in the Newport and surrounding areas about once a fortnight. The second half project is unique & totally different. Groups of youngsters visit the club; they’re given tours around the ground, shown the changing room also shown inspirational videos featuring the stars of today and recent history. Finally they prepare a set of questions and are given the opportunity to interview one of today’s players.

The work doesn’t stop there, as there’s an annual tag rugby competition to organise, outstanding achievement awards, careers training & work experience opportunities, disability sessions, delivering a working



program for disaffected young people, the Easter & summer training camps and a “Healthy Lifestyle Adult Education” program to organise in conjunction with Newport University. The later is a 12-week course, the Uni teach the adults who then come away with a qualification, while Mike teaches their kids some skills and general fitness training.

Team Manager of Newport RFC is Mikes other role, apart from wearing a shirt and tie and carrying a clip board on match days there are many responsibilities. Mikes role is to create an effective working environment for the coaching and playing staff. This means being in control of all “off field activities.” In a nut shell, booking facilities, buses, training pitches, communication between players and management, match day and training organization, & the players payroll (no wonder he needs a clip board!) Another key role is to liase with the regional side over the release of players either way. Mike was keen to stress the support he got from other members of the management and from Dennis the Hon. Sec. We asked Mike about his coaching experience last season, unsurprisingly he didn’t want to go into too much detail. He did however state that it was an experience he had learnt from, many aspects of the management and organisation of the team were not as they should have been. Those errors have been addressed and that this season there is a tightness and cohesion around the management & squad that was somewhat missing. Mike stated that he still enjoys being involved in the coaching aspect, and regularly holds 1 on 1 skills sessions with the players. As for a full time return to coaching Mike stated that he would be happy to “fill the breach” in an emergency, but that he saw his ultimate career in sports management.

When asked where Newport RFC would finish the season we were told, “Goals are set monthly, not at the beginning of the season, but we will be in the top 3. We are more than capable of winning the league as no team is head and shoulders above any other. We have had good results in the cup and hope to go all they way. Whatever the outcome of this season, I feel the management, coaching and playing team that has been assembled will take the club forward thus giving us good reasons to be optimistic about the future”.





Newport Rugby Official Supporters Club

Contact Details:

Website: www.newportrugbysupportersclub.com

E-Mail: admin@newportrugbysupportersclub.com

Post: c/o Newport RFC, Rodney Road, Newport NP19 0UU



Join the Supporters' Club Today!

If you are not currently a member of the Supporters' Club, we would encourage you to join up now! Membership costs just £3.50 for adults and £2.00 for juniors and seniors (no increase for over seven years). Your contribution will ensure that we can do even more in support of Newport RFC projects in the future.

Membership fee's include our free 'only with membership' lapel badge, as well as automatic entry into our Members Free Prize Draw for all Newport RFC home matches. At each game, two lucky winners receive a Club Shop Voucher - £25 for Adults and £10 for Juniors. Another great reason to join the Supporters' Club!

The latest winners are shown opposite!

Membership Application Forms can be downloaded from our website and returned by post to the address shown or completed in person at the Supporters' Club table in the Rodney Hall at any home game.



Player of the Month: Once again this season, the Supporters' Club is pleased to sponsor the Newport RFC 'Player of the Month' award. All supporters can vote for their favourite player by completing a voting slip and posting it in the ballot box at the Supporters' Club table in the Rodney Hall at any home game.

We have a number of awards to catch up with and we intend to make the presentations to the winning players after the SWALEC Cup match against Llandovery at home on Saturday, 21st February.

The presentations will be made in the Rodney Hall about an hour after the end of the match, so please make sure you are there to see if your favourite picks up an award!

Latest Members Prize Draw Winners:

Pontypool – 28th Nov 2008

Adult: Joan Sheppard

Junior: Callum Ford

Bedwas – 6st Dec 2008

Adult: Peter Berry

Junior: Jordan Sansom

Blackwood – 20th Dec 2008

Adult: Jeff Isaacs

Junior: Chloe Cullen

Bridgend – 24th Jan 2009

Adult: Alan Hackwood

Junior: Dylan Matthews

Ebbw Vale – 31st Jan 2009

Adult: Graham Sully

Junior: Oscar Watkins

Supporters' Club Players Lead the Way:

The Supporters' Club sponsors three Newport RFC players as a way of returning funds directly to the club.

We are delighted that Mike Poole is currently the leading try scorer on 13 so far for this season, whilst Tom Riley has scored 4 tries and another 20 points from his new found kicking duties. Prop Alex Murphy has also been in fine form in the pack.

Keep up the great work, guys!



Forthcoming Coaches:

Tuesday, 10th Feb 2009

Pontypool RFC v Newport RFC

Saturday, 7th Mar 2009

Swansea RFC v Newport RFC

Saturday, 18th Apr 2009

Llanelli RFC v Newport RFC

Saturday, 25th Apr 2009

Aberavon RFC v Newport RFC

Saturday, 2nd May 2009

Bedwas RFC v Newport RFC

We will also announce coaches to any SWALEC Cup away fixtures as and when confirmed

Away Travel: The Supporters' Club continues to offer coach travel to all Newport RFC away fixtures. Travel on the coaches is for members only but non-members can always book their place on the coach and then join 'on the day'.

Bookings for the coaches can be made at the Supporters' Club table in the Rodney Hall at any home game or by contacting the Newport Ticket Office in person or by telephoning Newport 670690 at any time.

The information opposite shows the away games left this season that we intend arranging coaches for.

Match Day Mascots: There are still opportunities for junior members to be a mascot at a Newport RFC home game this season. If you know someone who would enjoy this special match day experience, please make contact at either the Supporters' Club or FONR tables in the clubhouse on any match day.

PLEASE HELP US TO SUPPORT OUR CLUB: We would be very pleased to receive your application form for membership at the earliest opportunity. Many thanks for your continued support!

Help Us: We currently have a number of vacancies on the Supporters' Club committee and we would welcome hearing from any member who feels that they can give the time and commitment to help run the Supporters' Club. If you are interested, please visit our match day table in the Rodney Hall or contact any committee member for more information or to discuss how you can help.

www.newportrugbysupportersclub.com