



Black & Amber Alliance

Issue 16

FoNR announce new sponsorship.

FoNR were approached by the staff of Newport RFC requesting that we fund new equipment, and as usual we were delighted to assist with this request. Consequently the goods have now been ordered and are being put to good use, the cost of just over £1,000 being met by FoNR.

Head Coach Sven Cronk asked for Sprint Resistors. “When training the first 5-10 yards of a sprint, heavy resistance training is the way to go. This can be accomplished by having one athlete manually resist another athlete, or by pulling an object like a sled or tyre. The sprint resistors

- Develop explosive sprint endurance & explosive speed
- Increase controlled patterns of running & improve balance
- Take away need for physical contact between individuals
- Develop strength and power & correct directional movement
- Improve technique for players when entering rucks & mauls.

Sven also asked FoNR to supply Catch, Pass, Control Cuffs These have been proven to be a valuable asset for learning and developing passing and catching skills. They can be used in training on a regular basis to help develop and improve a range of ball skills establishing good habits to enhance passing technique.

Jeremy Williams, NRFC’s medical lead, asked for portable treatment tables. He said “Portable treatment tables would allow us to provide a sound professional service for all the players both home and away. It would also be a boost if we could acquire stretching roles for the players which they can use to maintain muscle length and therefore aid their performance throughout the now extended season.”

Community Sponsorship

Last season FoNR were delighted to sponsor St Julian's HSOB's providing £500 to supply kit for their newly formed U10 side. At the end of the season we were delighted to be invited to attend their 3rd Annual Awards evening where we met their chairman, Andy Lee, who explained just how the club was developing.



Andy played for the club about 20 years ago prior to moving away from the area, at that time the club had 4 teams. On his return 3 years ago they were down to one side and had no mini or junior teams.

Alex with Player of the Year Evan Morgan

The goal is to have a full set of teams all the way from U8's to youth, so as a starting point he started the U8's. Three years on there are now U8's, 9's & 10's and now this season the U11's. Plenty of hard work has gone into this from a variety of parents & volunteer coaches, there are approx 80 kids now playing rugby on a regular Sunday morning which is all part of Andy's 10 year plan.

Newport RFC second row Alex Jones joined FoNR at the award ceremony presenting commemorative medals to all players and the awards to the prizewinners including the FoNR trophy for the U10 player of the year. Our thanks go to "Big Al" who was a monster hit with all of the kids!

The FoNR Trust Committee recently agreed their biggest sponsorship deal to date, with **Newport HSOB U15's** being the lucky beneficiaries. The Trust Community Representative, Nick Jackson, visited the team on a sunny afternoon as they received their awards for last season.

Playing as under fourteens, they have been hugely successful with only two narrow defeats. The boys show a big commitment and their coaches' report that there has been some quality rugby on show. The outfit operates well as a team and is well supported by coaches and parents who should all take some credit for a very satisfactory season.



Nice shorts, Nick. No wonder you had to hand over £750!

The team approached the Trust a few seasons ago for sponsorship but with so many youngsters playing rugby across the city, the Trust had to spread the support around before coming back to the Old Boys. A sum of £750 was handed over to provide playing jerseys. This bill is often footed by much fundraising and no little forking out from parents, so we were pleased to be able to help out.

On behalf of our members and all Newport RFC Supporters, the Trust Committee hope that we see more of the same next season and look forward to inviting the Old Boys down to Rodney Parade in the near future to see the Black and Ambers contest the Welsh Premiership and British Irish Cup.

Three on the Trot for the Port!

Newport took the Worthington Men of Gwent Sevens title for the third successive year, beating the Dragons Academy 45-17 in the final. Bedwas were beaten 31-5 in the semi final

Newport RFC Squad: P Leach, S Williams, A Frampton, J Leadbeater, J Tibbs, A Ellis, J Mathias, C Hill (capt), M Leaman, R Jones (vice-capt), A Brown, A Awcock. (Not in the same order as the picture)



Rodney Parade Redevelopment Confirmed

Most of our readers will know that the Club has announced firm proposals for the redevelopment of the ground to start after Christmas with the demolition of the Argus Terrace and the erection of a new 2,700 seater stand with hospitality boxes

Planning permission is being sought for terracing behind the posts on the site of the Family Stand. Those members who were at the FoNR AGM will remember that Will Godfrey explained that there simply isn't room to put terracing in front of the new stand so those of us who call it home will have to find somewhere else, or sit down. Work should be completed for the start of the 2011-12 season.

New Faces on Parade

Some more shots from Ron, our photographer in chief, from the sevens. Some new faces in the squad, and one not so new one with the trophy



Tommy Vile

From new and not so new faces at the sevens to a definitely old face in the form of Newport legend Tommy Vile

Rugby historian Phil Grant has released a new book on the life and career of Newport RFC legend Tommy Vile.

Tommy played for Newport, Monmouthshire, The Barbarians, Wales and the British Lions as well as being a first class referee and WRU board chairman. He was also a leading local businessman.



FoNR and Newport RFC have assisted in the writing of this publication as have the Vile family. It really is a superb piece of work. Only 1000 copies have been produced and there will be no re-print. Order now to avoid disappointment.

Copies can be ordered via FoNR at £25 each if collected. P&P at cost is extra. All profits to FoNR to help Newport RFC. Email: kevin.jarvis@ntlworld.com or phone 01633 665517 to order.

How You Can Help Us Help the Team

FoNR exists to help Newport RFC and rugby in the wider community. You can help in our aims by joining the Trust, or by helping with our fundraising activities.

The monthly Black and Amber Bullion draw costs just £5 per month with a top prize each month of £300. All profits help our objectives.

We also run regular raffles in the clubhouse on match days, and have a range of Newport merchandise for sale. We can also help you sponsor matches or match balls for Newport games. There is a range of packages at attractive prices.

See us in the Clubhouse before and after all home games

“Big Al” Newport RFC Captain

Alex Jones has two new jobs, one as captain of NRFC, the other as a PE teacher at St John’s secondary school Aberdare. Speaking to Alex you can only marvel at the enthusiasm that he brings to both roles, it is also immediately obvious that the respect he shows for his pupils and fellow players will ensure his success in both positions. Alex was born in Maesteg, and now lives in his new house in Bridgend with his partner Samantha. Away from rugby he enjoys all sports, however golf is the main attraction. Apparently only playing as a “social thing” playing partners apparently include Alan Awcock and Mike Poole together with other teachers, from work. Apparently “Poole is the one to beat as he’s pretty good at the game.” (*not competitive, if you say so skipper!*)



Alex only started playing rugby when he was 15, previously he was a “commanding center back” (*modest too, but I’m not arguing!*) for Llan Rangers FC, a local Maesteg side. When he finally started with rugby it was with Maesteg Celtic, then UWIC Youth, Neath Swansea Ospreys Academy, also UWIC & Welsh universities where he was captain, finally joining the Newport Gwent Dragons. During his stay with the Dragons Alex

spent most of his time playing for Newport, where he became a firm favourite with the Newport crowd. Being released by the region was a big disappointment, however it gave him the opportunity to permanently join Newport RFC.



Asked about his biggest achievement so far it wasn't playing in the Welsh schools cup final or the Reebok academy final, both held at the millennium stadium, it was being appointed captain of NRFC. "It's such a huge honour to take over from Coombsey, you only have to look at the names on the captains board, Teichman, Howarth, Dai Pats." Alex went on to say "I hope to carry on AC's good work, he was a good captain, he was loud and led from the front, he was someone that we could all look to. I hope to continue to lead by example, and whilst not being quite as vocal, I would hope to bring my intelligence to bear. There are plenty of leaders in the squad, Dai Pats is always someone you look to on and off the field, Brownie, Sam Waldron and Scotty always have a major input."

The two guys who have stepped up to regional rugby this season got a mention, "I wish Coombsey well with the Dragons, he's a close friend equally part of me wants him to be playing with us at Newport, he has real talent. The same for Pooley, he is an inspiration to all of the boys." As for the coming season, "the last 2 seasons have been pretty successful, we now need to take it that one step further. We really want to win some silverware, although it's too early to start making predictions. We

have assembled a good squad using links with the academy, we also have a terrific coaching team. We have many unsung heroes in the back-room staff, the physio's and fitness staff, we are well looked after and well prepared so there is no reason why we shouldn't be challenging."

"We found the BIC a huge step up last year, but we only lost to the eventual winners, and I felt we had every opportunity to win that game. We hope to compete well in that tournament again this season, however we mustn't forget the premiership, which is the bread & butter of our game. It's no good just raising our game for one tournament, it's the sign of a good player who can continue to lift his game. We need to bring a level of consistency to our game not just beating the big sides, losing some daft matches and the lack of bonus points possibly cost us the title"

Alex was keen to acknowledge the role others had taken in his development as a rugby player. "Mum & Dad are always supportive, pushing me for honours. Chris Davey, director of rugby at UWIC, gave me the opportunity to captain, he set me targets and has helped me push on. Dai & Sven are a big help, they are not afraid to put a boot up my backside,

there's no holding back. All the boys respect the coaching team as a whole, they have been there and done it. There is a real honesty amongst the players and coaching squad that bodes well, the players have bought in and are prepared to meet the targets that the coaches set.



Finally Alex asked specifically to pay tribute to "the best supporters in the league, they are a real boost, just to hear the encouragement and to see a sea of Black & Amber is a huge inspiration. It really is time that we managed to repay them."



Newport Rugby Official Supporters Club



Contact Details:

Website: www.newportrugbysupportersclub.com

Email admin@newportrugbysupportersclub.com

Post c/o Newport RFC, Rodney Road, Newport

Player of the Month Awards: The Supporters' Club have once again agreed to organise and fund the Player of the month award for both Newport RFC and Newport Gwent Dragons for the 2010/11 season. Supporters can vote for their favourite player for both teams at any home game and the winners will be presented with their award after matches at Rodney Parade throughout the forthcoming season.

Away Travel

The Supporters' Club will be offering coach travel to Newport RFC away fixtures and certain Newport Gwent Dragons fixtures, subject to sufficient demand.

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 on 01633 670690.

Player Sponsorship: The Supporters Club is pleased to confirm continued sponsorship of two Newport RFC players for the 2010/11 season. For the fifth year we will sponsor Mike Poole, and a second player yet to be confirmed. We are delighted to continue this sponsorship as an excellent method of making a direct contribution to the running of Newport RFC

Members Prize Draw

Once again there will be a FREE Members' Prize Draw made at every home league match. Adult winners get a £25 voucher and juniors get a £10 which can be spent in the Club Shop. Entry is free with membership so join up today!

Match Day Mascots

We will continue to offer the chance for junior members to be a mascot at a Newport RFC game this season. If you know somebody who would enjoy this special match day experience please make contact at either the Supporters Club or FoNR tables on any match day. This scheme is run in conjunction with FoNR

STOP PRESS CREDIT CRUNCH Membership fees FROZEN AGAIN!

For the NINTH year running Membership fees are frozen at £3.50 for adults and £2 for seniors and under 16s

Don't forget that membership includes our free 'members only' lapel badge.

HELP US SUPPORT OUR CLUB

Completed membership forms can be returned to the Supporters Club at our table in the Rodney Hall on match days or by post to the address above.

Newport RFC – 2009/10 End of Season Presentations

Newport Rugby Official Supporters' Club is proud to have facilitated the Newport RFC End of Season Presentation Evening, which was held in the Rodney Parade clubhouse on 1st May . The evening was well attended by the current squad, management and support personnel as well as many supporters.

After enjoying a DVD review of the highlights of last season, several annual awards were presented, both by the Supporters' Club and the Club itself.

Supporters' Player of the Year
Mike Poole



Clubman of the Year
Andrew Brown



Players' Player of the Year
Mike Poole



Coaches' Player of the Year
Dai Pattison



Social Events: Plans are already well in hand for the popular New Years Eve Party in the Rodney Parade clubhouse. Tickets will be on sale from early October. We can also confirm that, after such a successful event this year, we are already working on the End of Season Presentation Evening, which will be held some time in May 2011. Tickets for this event will go on sale shortly after Christmas. We look forward to seeing as many supporters as possible at the social events.



Utility Warehouse – Save money and FoNR will benefit too 😊

As many of you will be aware by now, Friends of Newport Rugby have teamed up with Utility Warehouse – This initiative has gone really well and we now have many people signed up to the great value for money offers on gas, electricity, home phone, mobile phone and broadband.

You can take as many or as few services as you want, but every service that you take will directly benefit Newport RFC – Imagine every time you turn on a light, boil a kettle or make a call, not only will **you** be saving but **FoNR** will benefit too...

It is a simple fact that most people do not change their current suppliers. However, you have absolutely nothing to lose -the process is very easy and straight forward and can easily be done online at www.telecomplus.org.uk/savewithfonr

If you want more information or help with this, please contact our Corporate Officer, Andrew Hopkins at the FoNR table on match days or on his e-mail andrew@fonr.co.uk and he'll be delighted to help you.

The more people that sign up with Utility Warehouse the more money that we can raise to support FoNR, who in turn provide outstanding support both to Newport RFC and Rodney Parade and you save too !!

Please visit our website: www.telecomplus.org.uk/savewithfonr You will be amazed at the great value services and offers, and the website will give you all the information you need to compare prices and services – Hear what French and Saunders think of us too !

Single bill for all your utilities & Telecoms
Award-winning UK based customer service
Value that's unbeatable
Easy to switch

No minimum contract - Peace of mind – Price guarantees