

## **Waterford City Club Notes**

**21/02/2016**

Skibereen 37 v Waterford City RFC 0

MOM: Simon O'Hara

10 months ago City faced the same opposition in Kilbarry and ended up with a well deserved 14-5 win in favorable conditions. With this result in the locker, and with City being unbeaten so far in 2016, it was with confidence we made the long journey to Skibereen. However, as the day unfolded this we sot be one of cities darkest days under the stewardship of head coach Peter Jones.

The result, of which City can have no complaints, will test the resolve of this city squad. As coaches said in the post match debrief, an avalanche begins with a snowflake, positively or negatively and unfortunately for us, a number of small things which are essential to optimize the physical and psychological state of players were not adhered to on Sunday.

Playing with a gale force wind in the first half, City started brightly and utilised the conditions to ensure we spent the first 15 minutes deep in Skibereen territory. However, with City's lineout uncharacteristically misfiring, we didn't capitalize on one of our most potent weapons and made mistakes giving Skibereen the ball. To Skibereen's credit, they played the conditions superbly in the first half, running the ball quickly and working quick ball around the fringes with some very safe but effective rugby which City did not react to. This forced city into conceding penalties at ruck time, and with Skibereen possessing a high quality place kicker, City ended the first half 6-0 behind on the scoreboard in a half where neither side looked like scoring a try.

The second half required city to blitz more in defence and begin to put some phases together to work our way into positions to exploit overlaps. Unfortunately, due to handling errors and problems at scrum time, these opportunities never materialised. Skibereen to their credit scored tries from well worked mauls and pick and goes for inside the 22. City uncharacteristically tired in the last fifteen minutes and conceded four tries and with the

Skibereen kicker giving a master class in how to place kick in poor conditions, this signaled a heavy defeat on the scoreboard.

However, as a humorous sketch in the lion king once said ‘the past can hurt, but you can either run from it, or learn from it’. This is something City need to address for next weeks league fixture against Dungarvan as players will need to train like demons to ensure we put some pride back in the jersey.

Karl Reade, Dave O’Connor Andrew Condron, Ben Duggan, Alex Fitzmaurice, Cian Foskin, Tom Bowe, Simon O’Hara, Darren Walsh, Aaron Foskin, Stephen Walsh, Connor Power, Aidan Power, James Halligan, Michael Hayes, Brian Walsh, Liam Hayes, Connor White, Mark Hayes

### **WCRFC vs. Shandon – George O’Connell Cup**

For the second week in succession, City’s J3 side where left with no game as Shandon followed dunmanways example from last week and conceded the fixture due to being unable to field a team. This is extremely frustrating for the 20 players who sacrificed their Saturday evenings in addition to training hard on Tuesday and Thursday. Luckily next week we are away to Iveragh so can count on finally playing a match.

As always, a huge thank you to our sponsors, Done Deal and the Kingfisher club.

### **Mini’s Rugby - Blitz**

Waterford City minis took part in a blitz in Ballinakill today where the opposing teams were the hosts Waterpark RFC and along with Carrick. After some miserable weather this winter, the sunshine and favourable pitch conditions were a welcome change.

We fielded teams in all the age groups and here are some of the highlights that were in at time of going to press!

The U8s played well today passing the ball like Johnny Sexton. Good fun had by all and a really good effort. Wins in both games.

U 10s had another good morning of rugby played 3 matches in good conditions getting stronger every week improving their decision making abilities and understanding of the game by being able to move the ball passing and running support lines well done to all

The U11s had a cracking game against Carrick. In the first half the Tipp men were strong but in the second half City made some great tackles and got the ball out wide and scored.

Finally a word of thanks to our hosts for a well-organised blitz and for providing plenty of refreshments afterwards. Thanks also to Carrick for their sporting play.

Finally, news just in: we have been invited to an U7s,8s and 9s blitz in Kilkenny RFC on the afternoon of Sat. April 30th. Looking forward to it!