

The background features a faint, large-scale crest of the University of Cambridge, which is a shield divided into four quadrants by a cross. Each quadrant contains a lion passant guardant. The shield is surmounted by a closed book and a crozier.

**‘TO INSPIRE AND EMPOWER ALL
STUDENTS TO MEET THEIR
POTENTIAL BOTH IN AND OUT OF THE
CLASSROOM’**

nsb

The letters 'nsb' are rendered in a bold, lowercase, sans-serif font. Below the letters is a large, stylized, curved swoosh that starts under the 'n', goes under the 's', and ends under the 'b', creating a sense of motion or a base for the logo.

MISSION STATEMENT

Northampton School for Boys rugby programme is **inclusive** for every student and encompasses all abilities. Rugby is offered throughout the whole school from U12 to School 1st XV. The coaching structure and training supports all players to improve their fundamental core skill set and game performance supporting their long term development within the game.

The aim of NSB rugby is create an **enjoyable** and engaging, player led learning environment that focuses on the development of fundamental individual and team skills predominantly through conditioned games and problem solving scenarios.

This is a 7-year program with the main focus to create highly **skilled** confident decision makers on the pitch and successful, well mannered, committed hard working leaders off the pitch. All of which who go on to **continue to play and develop post** Northampton School for Boys life.

FOLLOWING IN THEIR FOOTSTEPS....



HOW DO YOU LEAVE IT IN A BETTER PLACE.....??

NSB RUGBY PROGRAMME

Field 15 Teams simultaneously on a Saturday fixture card.

41 coaches and staff supporting the programme.

250+ students representing the school

Links to ALL local clubs, with Northampton Saints Foundation Stage & Saints U18 Academy

A professional support package from U12-U18 to be successful on and off the field.

Latter stages of competitions across the board

4 professional contracts last year

RUGBY PROVISION

- High Care environment
- High Quality training sessions,
- Player to coach ratio's in sessions
- Every player develops to meet their potential
- Every player gets opportunity
- Spotlight moments for every year group
- Strength and Conditioning individualised and group programs and schedules
- Prehab and Rehab with physiotherapy support and S+C coaches
- Supporting player development in other sports
- Flexible workload individualised to the players needs.
- Work proactively with other schools to develop the game
- Ensure everybody who interacts with NSB has a resounding positive experience
- Grow the GAME!
- Work with the clubs to support Mini and Junior set ups and environments
- Embrace pathways, work with RFU, Saints
- Build an NSB Community - galvanise the Alumni, Parents and local community
- SHOWCASE what we do at every opportunity

KEY COMPETITIONS

The Schools Championship U18

Inaugural U18 National Invitational State School Rugby Festival

Millfield Esporta Invitational U16 Festival

Rosslyn Park

U18 School Cup

U15 Schools Cup

U16 & U14 School Sport Magazine Cup

U13 Caldicott 10's



ROSSLYN PARK
HSBC



England
Rugby

Continental

CONTINENTAL TYRES SCHOOLS CUP

**SCHOOL
SPORT**
Encouraging
excellence
- Promoting
participation
MAGAZINE



KEY OPPORTUNITIES

Year 7 – Saturday Fixture Card / Sevens provision

Year 8 – Caldicott 10s / RPN7s / Kirkham Festival

Year 9 – U14 National Cup

Year 10 – U15 National Cup RPN7s

Year 11 – U16 National Cup / Millfield School U16s Invitational
Festival

Senior Rugby – South Africa Rugby Tour

U18s National Cup / RPN7s / TSC

STAFFING STRUCTURE

U12

| | |
|---------------------|-------------------------|
| Dan Hughes | Teacher I/C U12 |
| Phil Monkman | Assistant Coach |
| Karl Braband | Assistant Coach |
| Karl McAndrew | Assistant Coach |
| Lawrence Panariello | Assistant Support Coach |

U15

| | |
|---------------|---------------------|
| Glen Bradbury | Teacher I/C U15 |
| Lee Lawrence | U15 Assistant coach |
| Ricky Ansell | U15 Assistant coach |
| Mike Egan | U15 Assistant coach |

U13

| | |
|-----------------|-----------------|
| Jonny Hewitt | Teacher I/C U13 |
| Gavin Waters | U12 Head Coach |
| Alex Crofts | U12 Head Coach |
| Johnny Holding | Assistant Coach |
| Claire Alderson | Manager I/C U13 |

U16

| | |
|-------------------|-----------------|
| Jordan Hammond | Teacher I/C U16 |
| Guilio Panariello | U16 Head Coach |
| Shaun Civil | U16 coach |
| Tom Wood | U16 Coach |

U14

| | |
|-------------|-----------------|
| Dan Pateman | Teacher I/C U14 |
| Alex Regan | Assistant Coach |
| Mark Hemus | Assistant Coach |
| Alex Friend | Assistant Coach |
| Kai Fewster | Assistant Coach |

SENIOR
RUGBY

| | |
|---------------|-------------------------------------|
| Phil Beaumont | Director of Rugby |
| Simon Hepher | Head Coach 1 st XV Rugby |
| Adam Baker | Senior Attack / Backs Coach |
| Luke Myring | Senior Defense /Backs Coach |
| James Maule | 2 nd XV Coach |
| Simon Swaff | 2 nd XV Coach |

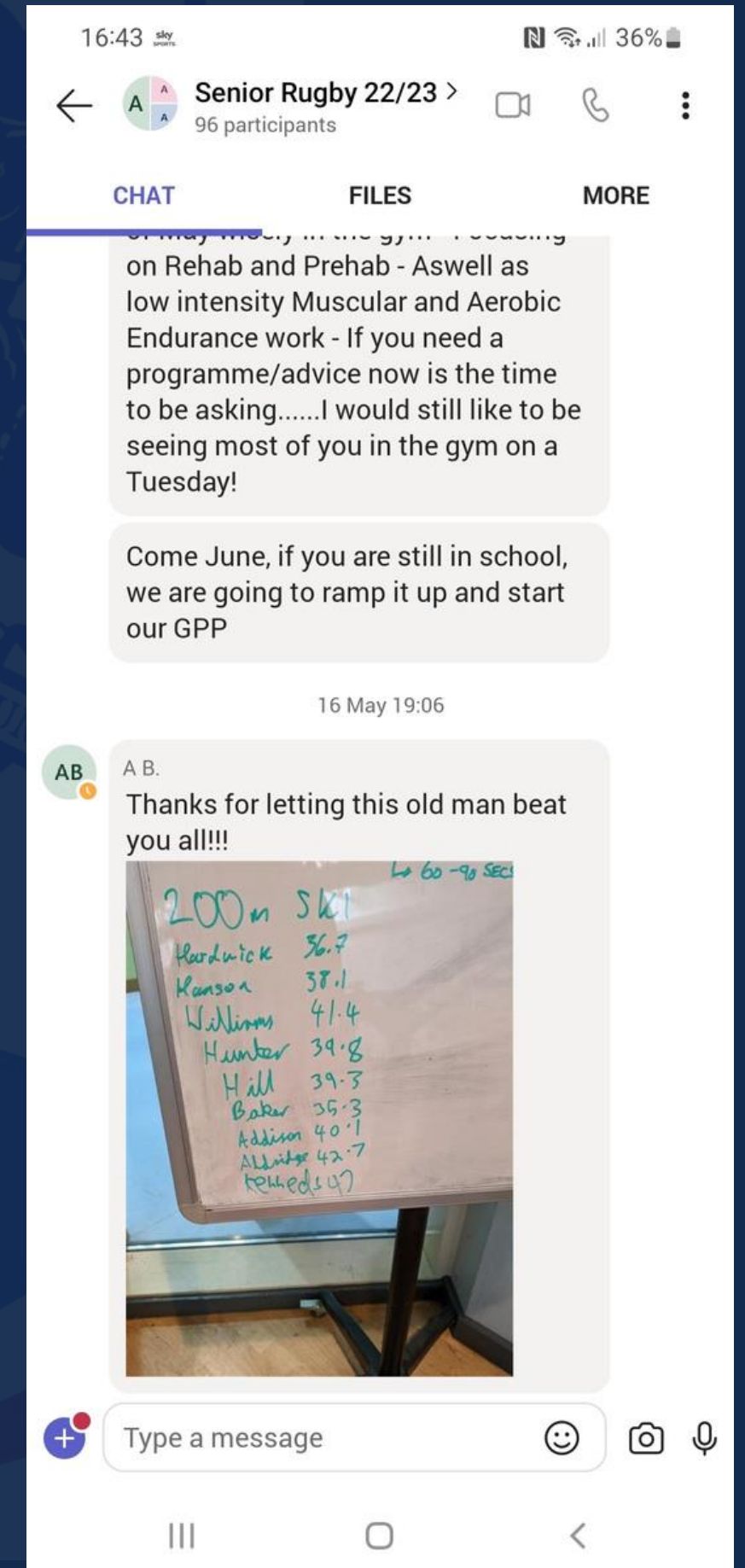
MICROSOFT TEAMS COMMUNICATION

All players and coaches to be in the Teams chat.
Used for 1 way communication to players to disseminate information.

Ensure players understand they are not expected to comment or have a dialogue unless asked by players.

Players can contact Teachers I/C on this directly, or other coaches at request.

All contact is through the school system so a safe monitored platform.





Northampton School for Boys Sports



a SOCS sport website

[School Home](#)[Sports Home](#)[Staff Login](#)

24 NOV 2018

14:30
Saturday
01 Dec 2018
Away Warwick School

Lost
5 - 15
Triangular
[Details](#)

14:30
Saturday
01 Dec 2018
tbc Caldicott Preparatory School

Draw
5 - 5
Triangular
[Details](#)

11:00
Saturday
08 Dec 2018
Away Sir Thomas Rich's School

Won
20 - 5
[Details](#)

11:00
Saturday
15 Dec 2018
Away St Joseph's College, Ipswich

Canc
-
Friendly
[Details](#)

10:00
Saturday
19 Jan 2019
Away St Benedict's School

Won
45 - 0
[Details](#)

10:30
Saturday
26 Jan 2019
Home Loughborough Grammar School


Won
55 - 10
[Details](#)

10:30
Saturday
02 Feb 2019
Away Bishop Vesey's Grammar School


Canc
-
[Details](#)

11:00
 Warwick School
Lost
[Details](#)

www.nsbsport.co.uk FIXTURES AND RESULTS


















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a SOCS sport website

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24 NOV 2018

| | | | | | | | | |
|-------|----------|------|---|-------------------------------|-----------------------|------------|-------------------------|---|
| 14:30 | Saturday | Away |  | Warwick School | Lost 5 - 15 | Triangular | Details |  |
| 14:30 | Saturday | tbc |  | Caldicott Preparatory School | Draw 5 - 5 | Triangular | Details |  |
| 11:00 | Saturday | Away |  | Sir Thomas Rich's School | Won 20 - 5 | | Details |  |
| 11:00 | Saturday | Away |  | St Joseph's College, Ipswich | Canc - | Friendly | Details |  |
| 10:00 | Saturday | Away |  | St Benedict's School | Won 45 - 0 | | Details |  |
| 10:30 | Saturday | Home |  | Loughborough Grammar School | Won 55 - 10 | | Details |  |
| 10:30 | Saturday | Away |  | Bishop Vesey's Grammar School | Canc - | | Details |  |
| 11:00 | | |  | Warwick School | Lost | | Details | |

S+C SUPPORT

- Teambuildr
- U12-U18 'A' team squads will all have access within the coming weeks.

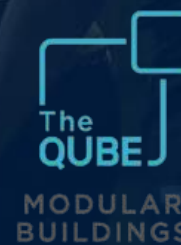




COACHING FUNDAMENTALS



Z O H O



SKILLS FUNDAMENTAL TERMINOLOGY

RCR

(run catch run)

go forward

early catch

in and out of hands quickly

CONTACT

(fast)

(F)through

aggressive

shortest route

takeaway or tight

CONTINUITY

win collision

shoulders free

control of ball - 3points of contact

see/hear support



BALL CARRY

go forward

triple f- footwork/fend/fight

f3 - forward/fight/front

attack space fast

TACKLE

sight target

lead knee close

power punch



PRINCIPLES OF PLAY



PLAY
TO
SPACE

energy

TEMPO

STAY
CONNECTED

ATTACKING PHILOSOPHY



FAST



DECISION
MAKE
(Over,around,through)



CONTINUITY



GO
FORWARD



DEFENSIVE PHILOSOPHY

SCAN
AND TALK



get and stay
connected



URGENCY
(FIGHT OR BIG)



WIN THE
COLLISION



line speed
early
decision





timeline ▾

– 125% +

Clips 23

☐ Create clips for sharing and teaching

Create shareable clips

Use clips to share your thoughts with the team.

Ready-made shots and goals

Veo creates clips of shots and goals. Other match data like freekicks and corners are detected as Events.

[↗ Learn more](#)

Dismiss



Half start

Save Delete



Try

Save Delete



Conversion

Save Delete



Scrum

AI 04:44

Save Delete



Scrum

Save Delete



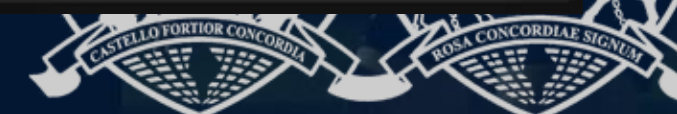
Scrum

+ New clip



Scrum

Save Delete



SCHOOL RUGBY KIT SHOP

Kit for Year 10 upwards - Optional and not mandatory

<https://www.graysteamssports.com/collections/northampton-school-for-boys>

1 summer order at a discounted rate to be organised on the Saturday 2nd September. Following that online shop only.

The screenshot shows the Northampton School For Boys kit shop website. The header is dark blue with white navigation links: MY SCHOOL, PACKS, RUGBY, CRICKET, NETBALL, HOCKEY, PROS, WHY GRAYS?, KITBUILDER, #SPORT, and HELP. A search icon is on the right. Below the header, the page is divided into two columns. The left column features the 'nsb' logo. The right column features the 'GILBERT' logo and the text 'Northampton School For Boys', 'Powered by Grays Teamsport', and a description of the shop's offerings. Below this, a breadcrumb trail reads 'HOME / NORTHAMPTON SCHOOL FOR BOYS'. To the right of the breadcrumb is a 'Best Selling' dropdown menu. On the left side of the product grid, there are filters for 'YOUR TEAM'S FILTERS' (Cricket, Rugby, Rugby Starter Pack) and 'CATEGORY' (Clothing, Holdalls And Bags). The product grid displays four items, each with a 'PERSONALISED' tag: navy blue shorts, a navy blue long-sleeved shirt, a navy blue holdall, and navy blue shorts. Each item has a caption below it: 'Northampton School For Boys', 'Northampton School For Boys', 'Northampton School For Boys', and 'Northampton School For Boys'. At the bottom left is a 'Support' button, and at the bottom right is a 'Rewards' button.

MY SCHOOL PACKS RUGBY CRICKET NETBALL HOCKEY PROS WHY GRAYS? KITBUILDER #SPORT HELP

nsb

GILBERT

Northampton School For Boys

Powered by Grays Teamsport

Shop your school's clothing and accessories alongside shoes, equipment and accessories from the wider range of Gilbert Rugby, Gray Nicolls, Grays Hockey and Gilbert Netball products - all with FREE UK delivery and loyalty points.

HOME / [NORTHAMPTON SCHOOL FOR BOYS](#)

Best Selling

YOUR TEAM'S FILTERS

- ☐ Cricket
- ☐ Rugby
- ☐ Rugby Starter Pack

CATEGORY

- ☐ Clothing
- ☐ Holdalls And Bags

PERSONALISED

PERSONALISED

PERSONALISED

PERSONALISED

Northampton School For Boys

Northampton School For Boys

Northampton School For Boys

Northampton School For Boys

Support

Rewards