



EAGLE EYE

Connecting the Perthshire Rugby Family

Issue 1 - May 2021



SPORTSMANSHIP | PRIDE | RESPECT | INCLUSION



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Welcome to **EAGLEEYE**

Connecting the Perthshire Rugby Family

By Eamon O'Brien

*It gives me great pleasure to introduce the 1st Edition of **EAGLEEYE**.*

At a time when we can see optimism and hope as we gradually ease out of lockdown, we can look forward to rugby being played once again down at the North Inch in Perth. Although it may appear that time has been lost during this lockdown period, I feel confident that the work and activity that has been going on behind the scenes will bear fruit in the weeks, months, and years ahead for Perthshire Rugby. A whole team of volunteers have been recruited over the last few months. The volunteers recruited are of a high calibre and will help to take Perthshire Rugby forward into its next chapter. They will take our offering of rugby to the next level.

EAGLEEYE will be the insight of what's been happening at Perthshire Rugby

and will be an opportunity to connect all members and friends of Perthshire Rugby together. It will allow us to reinforce our position as a community club with our core values of **Sportsmanship, Pride, Respect** and **Inclusion** remaining at the heart of everything we do.

I hope you will enjoy this 1st edition. We are proud to have included our girls on the front cover and we look forward to developing women and girl's rugby over the months and years ahead.

We would welcome your feedback, input for future content, and news items that should be recognised in future editions. Please feel free to email our Editor, **Rachel** on **editor@perthshire-rfc.co.uk**

Thank you for all of your support. Enjoy the brand new **EAGLEEYE**.



Meet Mat Rae, our New 1st XV Captain

I've been playing senior rugby at Perthshire since I was 17 and being made 1st XV Captain is an absolute dream come true! We've been through some tough seasons lately and I'm very keen to get some wins under the belt (when we finally get to play). Alan Clark, Sam Mountain, Ewan MacKessack-Leitch, and Valerio Boldreghini have been amazing during lockdown. Perthshire Rugby has been back training for a few weeks now and it has been amazing to see all the lads again and throw a ball around. Fingers crossed the covid restrictions get lifted soon and we can get back into some contact training at senior level. I help coach the Eaglets on Sundays and it's been great to get out and have the kids running around and being able to see their friends again. Whatever this year holds for us at Perthshire, whether it's a competitive league or just friendlies, I can't wait to put on the black and white stripes and represent Perthshire Rugby again.

Director of Rugby

Sam Mountain

Contact Sam: dor@perthshire-rfc.co.uk



Sam's Background and Role

I grew up playing rugby in Ellon and took up coaching at 25 years old for Ellon Senior Men's team. This was my first rugby development role that I was in whilst also working in Oil and Gas logistics as a ship broker. I had the incredible opportunity to coach senior men's teams in New Zealand and Australia. In Australia, I was Director of Rugby for Hobart Harlequins in Tasmania. Whilst shadowing Counties Manakau in New Zealand, I gained a lot of insight to performance rugby which has been very beneficial to me in my role here at Perthshire Rugby.



I aspire to provide as many rugby opportunities to as many people as I can, ensure everyone here feels supported, and can develop their skills in any format they desire to. I plan to establish as many links within schools and the community as I can. I want to make sure they've a clear pathway and are equipped for transition from school to club. It is important to me to work with all of our coaches to ensure our players are on the right path, to have the best environment for them and that our players continue to play rugby for as long as possible. One of my goals is to have the best Strength & Conditioning programme in Scotland and I will work closely with the 3 Strength & Conditioning Coaches to ensure this is possible and that the programme enhances our rugby performance at Perthshire Rugby. I look forward to collaborating with our stakeholders to provide the best experience possible for all our members and visitors.



Summary

The pandemic has created lots of hurdles to generate momentum with regards to any rugby. However, our members have remained fully engaged throughout lockdown. They have enhanced their learning and also their experience at Perthshire Rugby.

We have held webinars every week with guest speakers from across the globe. These webinars have sparked a lot of thought and created a lot of discussion on everything from session design to attacking. I am

grateful to all coaches who gave up their evenings to attend the webinars.

Our Coach Educators continue to meet coaching teams to help plan as best as we can for what lies ahead.

Senior Head Coach, Alan Clark, hosted a fantastic virtual rugby school to keep our coaches and senior players engaged throughout lockdown. I am very thankful to him for giving up his time to help our coaches and senior players improve through what has been a very challenging time.



Club Captain

Ewan MacKessack-Leitch

Contact Ewan: clubcaptain@perthshire-rfc.co.uk

Ewan's Background and Role

I began playing rugby at Moray RFC, playing alongside my twin brother, when I was 7. I also played for Highlanders and Northern Stormers within the Caledonia Region. Whilst at university, I played for Dundee University Medical Society Rugby. After graduating, I joined Perthshire Rugby and haven't looked back since. I started in 2nd XV and then progressed to 1st XV. I ascended to Club Captain in the 2018-2019 season after Adam Pattinson asked me to take over from him.

My role as Club Captain is to lead and represent all of our players. By representing our players, I am able to keep the attention of Perthshire Rugby towards all players and have all different parts of Perthshire Rugby working together. Furthermore, at committee meetings I ensure player's feelings, ideas, aspirations, gripes, complaints, and opinions are shared. One of my favourite things about being Club Captain is leading our players. We are a

diverse group from all different backgrounds and join together for the same passion - playing rugby and enjoying ourselves whilst doing so both on and off the pitch. Another part of my role is to organise our smaller fundraising events such as the Burn's Supper, Quiz Nights, and the Awards Night. By having these events we are able to strengthen our community and have a fun time whilst doing so.

*I want every player to feel like they're a key part of Perthshire Rugby because they are. Our values of **Sportsmanship, Pride, Respect** and **Inclusion** should shine through everything we do. The events we have are also important to ensure we are part of one club. With this ethos and our core values, we will be winners on the pitch and in the community.*



Summary

We've a strong record in our COVID-19 policies and working together we can move safely through the restrictions. Everyone is doing their utmost to get us back. Amongst our Senior Section there is a real hunger to use the remains of this season to get fitter and smarter and return next season prepared. I sense the same amongst all players and coaches throughout our Minis, Midis and Women's Sections too.

There are lots of exciting ideas in our pipeline. Together with Live Active, we are

exploring ways to improve our Clubhouse for all. When people come to the North Inch they should see Perthshire Rugby, know these are our pitches and that our Clubhouse is at the heart of it.

On the social side of things, I cannot wait to get back to in person events (Beer Festival 2022 anyone?). However, our online Awards Dinner, quizzes, court sessions and our Big Night In, show we have fantastic people who know and can make virtual events exciting and entertaining.



Senior Section

Section Head: Fin Hay

Contact Fin: senior@perthshire-rfc.co.uk



The Senior Section at Perthshire Rugby is a fantastic place to come down to learn, play and enjoy rugby. We welcome everyone over the age of 18 of all experiences.

We train at the North Inch on a Tuesday and a Thursday night with our games on a Saturday afternoon. The sessions are always fun, engaging and have a wide range of skill development.

We currently have three Senior Men's teams within our section. We have:

- our 1st XV competing in National 3;
- our 2nd XV who are competing in Caledonia Midlands 3;
- our Vets team (over 35) play a few games a season.

There is an opportunity for everyone to come down and join in.

If you're interested in finding out more, please contact **Fin** using the email provided above.





Women & Girls Section

Section Head: Heather Kirkman

Contact Heather: wg@perthshire-rfc.co.uk

Our Women & Girls Section provides a fun place for girls from the age of 12 and there is no age cap on our women to play rugby!

Our amazing teams have grown in numbers so much since last season and that is down to the excellent coaching and fun they have together. Our girls train on Wednesdays and Sundays. Our women train on Saturdays and Mondays.

I would urge girls and women who want to give rugby a go to get in touch - you won't only be learning a new sport, it's an amazing way to keep fit. You'll be welcomed with open arms, make new friends that will last a lifetime, and be part of a club that really is like a family!

If you would like more information, please contact **Heather** on the email provided above.





Midi Section

Section Head: Eamon O'Brien

Contact Eamon: midi@perthshire-rfc.co.uk



Whether you aspire to play for Scotland or just want to play for fun with your mates, Perthshire Midi Section can offer you the best quality coaching. We have boys teams at U13, U14, U15, U16 and Colts (U18s).

We can offer you a pathway to play at the highest level of the game and provide opportunities to play competitive rugby against the best clubs in the country.

Our core values of **Sportsmanship, Pride, Respect** and **Inclusion** remain at the heart of everything we do, but it's also about having fun, building lifelong friendships and making great memories.

Our teams train twice a week and new players are always welcome.

If you would like to give rugby a try, please contact **Eamon** using the email provided above.





Mini Section

Section Head: Carol Ann Rose

Contact Carol Ann: mini@perthshire-rfc.co.uk

Our P1 to P7 boys and girls in the Mini Section experience a fantastic rugby programme. This programme is where our core values are taught, and rugby skills begin to develop.

Over 100 Minis are trained by our team of dedicated and qualified coaches every Sunday morning at the North Inch.

We ensure that rugby within our section is a safe place to develop and gain important life, rugby and teambuilding skills. We also make sure our sessions give the chance for our young players to make new friends and allow them to enjoy being outdoors. We hope to develop a lifelong passion for rugby.

If you would like to come along and give rugby a try, please contact **Carol Ann** on the email provided above to find out more.





Development Team



We are really excited about the sessions we are going into schools with, and we look to enhance this as the months go by. We want to establish a clear pathway from school to club, ensuring that the transition is smooth and enjoyable. Our Development Team are very excited about getting back into schools but will do so when it is safe.

Perthshire Rugby became one of the first clubs in Scotland to take a rugby development programme out into the community to promote rugby in Perth and Kinross schools. We are making sure that we deliver rugby to people who haven't played

the game before and spark an interest within the game for them.

Our team deliver a model of rugby which shows that the game isn't just about tackling. We try and promote the values of Perthshire Rugby and the game. Most recently we have delivered this model of rugby in the schools shown below.

Please get in touch with our team if you would like your school to participate.

Contact our Development Team:

Sam Mountain

rdo@perthshire-rfc.co.uk



The Community School
of Auchterarder



Perth Grammar School



Who's Who at

Committee Members



Allan Brown
Chief Executive



Sam Mountain
*Director of Rugby & Senior
Development Officer*



John McLaughlin
President



Robert Lindsay
Secretary



Andrew Ritchie
Treasurer



Fin Hay
Senior Section Head



Eamon O'Brien
Midi Section Head



Carol Ann Rose
Mini Section Head



Heather Kirkman
*Women & Girls Section
Head*



**Ewan
MacKessack-Leitch**
*Club Captain & COVID-19
Safety Co-ordinator*



Natalie Mackinnon
*Marketing & Sponsorship
Officer*



George Clunie
Fixture Secretary



Graham Smith
Club Coach Educator
Mini Section



Andy Cummins
Club Coach Educator
Midi Section



Campbell Watson
Static Coach
U13 & U14



Scott Carter
Static Coach U16



Chris White
Child Protection &
Welfare Officer



Craig Halley
Midi Referee
Co-ordinator



Paul McDonald
First Aid Manager



Chris Wallace
Kit Sales



Gregor Smith
Strength &
Conditioning Lead
Coach



Ruairidh Harris
Strength &
Conditioning
Assistant Coach



Rachel Cameron
EAGLEEYE Editor



Lynn Robertson
EAGLEEYE Designer



New Volunteer Roles

Volunteering with Perthshire Rugby



At the heart of Perthshire Rugby are our volunteers. Our volunteers have made a huge impact on our club's excellence and also on our lead in grassroots rugby in Scotland.

Our volunteers enjoy being part of the Perthshire Rugby family and we are very grateful to them for their time and contributions, no matter how big or small.

There are many ways you can volunteer for Perthshire Rugby. You can volunteer as a coach, first aider or match day helper at any rugby level. Our fundraising events are also a great chance to get involved. You can volunteer at events such as our Beer Festival. If these don't suit you, you can fill a Committee position should someone step down.

If you would like to help and contribute to Perthshire Rugby's success, contact **Carol Ann Rose** by emailing admin@perthshire-rfc.co.uk





Perthshire Rugby Online Shop

Enter the 2021-2022 season in true Perthshire Rugby style! Visit our club shop, purchase your favourites and play rugby in fashion.

[Click here to visit the shop](#)



Semi-Fit Shirt



Tech Hoodie



Club Tie



Fujin Rucksack



Boot Bag



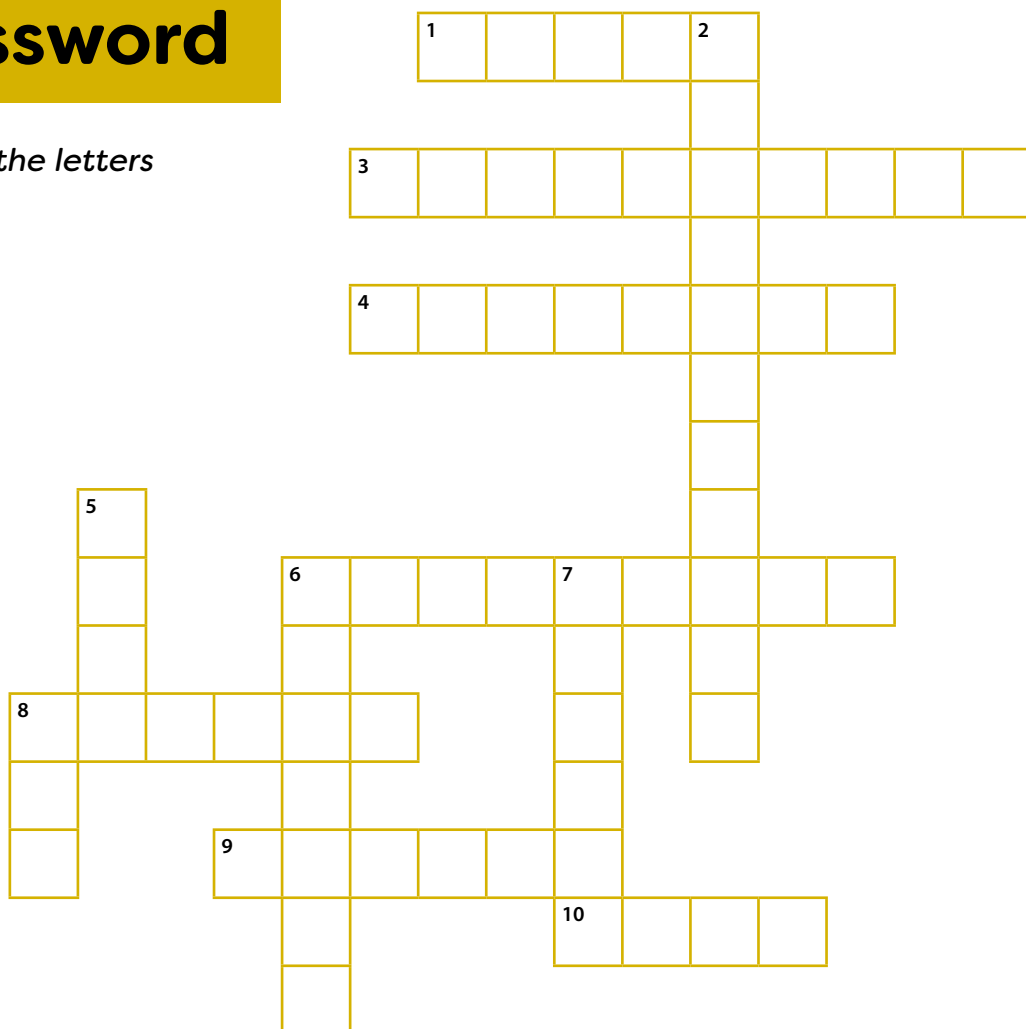
Fujin Kit Bag

Rugby Crossword

Click on each box to fill in the letters

Across

- 1 Happens after a knock-on
- 3 Taken after a try
- 4 Wears the number 15 shirt
- 6 Protective equipment
- 8 When one or more players from the defence successfully bring the attacker to the floor
- 9 Wears the number 12 and 13 shirts
- 10 Formed when one player from each team competes over the ball



Down

- 2 Scottish Rugby's national stadium
- 5 New Zealand Rugby performs this before the game
- 6 Brand of rugby balls
- 7 Wears the number 2 shirt
- 8 Worth 5 points



Perthshire Rugby's Big Night In!

In March, Perthshire Rugby hosted a Big Night In. The virtual event had 3 hours of entertainment. The entertainment included a Masked Singer competition, an Omelette Showdown, an Iron Guts Challenge, Play Your Cards Right and Wrong to be Right. These events had intermissions of News and Weather updates.

The event was enjoyed by all. You can watch the highlights on our website.

Perthshire Rugby thanks Rhys Darlington, Dave Lewis, Heather Kirkman, Aidan Watson, Georgina Adams, Suzanne Rennie, Mat Rae and Campbell Watson for helping create this event.

Special mention to Ewan MacKessack-Leitch and Jeremy Wares for organising the entire event.

Main Club and Team Sponsors

Click on the logos to find out more about our sponsors

Main Club Sponsor & Senior Section Strip Sponsor

Tan International

Midi Section Strip Sponsor

Tiso

Official Partner Mini Section

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Dental Technique Laboratory Ltd

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The Treatment Room Perth

Mini Section Sleeve Sponsor

Parents Supporting Parents

If you are interested in sponsoring Perthshire Rugby, please click **here** for more information.

Coming in the next issue...

*Blast from the
Past*

*Kiltwalk
Challenge
2021*

*Interview
with George
Clunie*

*Return to
Rugby Update*

*Guest
Feature*

*Strength &
Conditioning*

