

ON THE WING

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HENLEY RUGBY
FOOTBALL CLUB

SPRING ISSUE

growing our community



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Rugby Club

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Welcome to our new publication, 'On the Wing' which will go out to all members, local residents and businesses in Henley.

We want to thank you for your continued support throughout 2020, inform you of our exciting plans for this year and a warm welcome back to rugby in the autumn.

Everyone has been affected by the pandemic, loved ones lost or seriously ill, businesses challenged, our children's education interrupted but we have also seen great strength, ingenuity and relationships enhanced.

We at the rugby club have experienced all these emotions and experiences, but I have seen our business partners Menza Cafe, Love Fitness and Physiostics adapt their services to support our local community and remain viable.

Our rugby coaches have engaged online with distant coaching and training which has helped keep physical levels high and helped also with our mental well-being.

Our new Invesco Turf 4G training facility opened last summer and has proved to be popular with local schools, sports Clubs and our playing members.

May I take this opportunity to thank our existing members and sponsors who have generously supported us through this difficult year, and we look forward to renewing those relationships with enthusiasm when we are back playing next season.

We are proud of our social events calendar provided by the Dry Leas Fundraising Committee, but like everyone, all these events have been cancelled, although we were able to host a



CHAIRMAN'S WELCOME



delayed Charity Golf Day at Badgemore Golf Club.

Plans are well advanced to start our new season with events from September 2021 with fundraising dinners, tribute bands and our popular Christmas Party. We welcome all residents and businesses to our social events, so if you are interested just visit our website for details.

We are proud to be an active part of the local community and feel the rugby family here at Dry Leas has a lot to offer both to our members and local residents.

We cover all age groups from our play area for toddlers in our Menza Cafe to pilates, and our wonderful Clubhouse to host meetings or social events.

Take care in these challenging times and we hope to see you at Dry Leas when it is prudent and safe to do so.

Best wishes

Chris Nixon



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I have been given the unenviable task of looking into the future and suggest where the Club and rugby may be in the medium term.

I can say with certainty that I would not have got 2020 right but I am sure that eventually 2021 will be better!

First draft completed on January 3rd but needed a full review on January 4th!

On the senior playing front, I think it highly unlikely that we will see any competitive rugby this season and that we should be looking to plan for September. The Kids First and Juniors section have done a great job in providing their various age groups with some rugby and will if at all possible play some more friendly matches with adapted rules.

We are looking to improve the facilities in the old changing room block, having received a number of small grants, and that work has already started.

There is one certainty and that is that the league structure will change from 2022/23 with fewer teams in the leagues, so more pressure.

It is also likely that due to the virus and the early-onset dementia/concussion debate, as well as some rather negative comments about recent internationals that the laws of the game will change.

Off the field we will look to optimise use of the excellent new Invesco Turf for HRFC, local sports Clubs, educational establishments and the community. If you have not seen it, please check it out.

Throughout this very difficult year we have worked closely with our various partners, Physiologic, Menza cafe and Love Fitness to our mutual benefit and it is great to hear that both Physiologic and Love Fitness



PRESIDENT'S WORDS



are looking to expand during 2021. Please support our various partners and sponsors, come down to the excellent cafe and make use of our Clubhouse facilities.

I think we will see many changes in rugby and society over the next few months and years, many sports Clubs are struggling.

We are in a better situation than many but will need the continued support of our members, sponsors and the local community.

Here's wishing everyone a much better 2021 and keep safe.

Graham Horner
President

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One thing we've learnt from this year is that any formal planning is just so unpredictable.

We have worked towards numerous target dates for the start of the season, playing modified rugby, training under restricted conditions and being totally frustrated as each deadline came and went.

I feel at this stage we need to look forward rather than pondering what might have been and it will be that enthusiasm and optimism that should prepare ourselves for next season.

Where are we now? Strangely enough I think we are in pretty good shape. We have kept in close contact with all the squad and there is desperation to get back to rugby, accepting now this is likely to be September at the earliest.

We have recruited a talented group of players with the core re-signing from the previous season. One of the biggest disappointments was the number of talented youngsters that came our way on the back of the successful previous season that didn't get the chance to play.

Whilst they had opportunities in training to show their skills there's obviously nothing like testing against the best.

We can only hope that we once again retain the majority of these players.

Our external links have been strengthened particularly with Ealing Trailfinders and the development of their academy associated with Brunel University. In addition, they have a new relationship with Henley College providing a pathway through into adult rugby.



COACHING CORNER



This is to the huge benefit of both Clubs and we look forward to continuing to develop this initiative in the future.

Needless to say, our energies are now turning towards next year and planning for what we hope will be another assault for the league title.

With your support and the army of volunteers that we have in place, we are now secure to move our plans forward.

Let's just hope that our plans going forward can reach fruition and that the future will serve up something that sparks optimism and hope particularly for the world at large.

All the best, stay safe and healthy

Nigel Dudding
Director of Rugby



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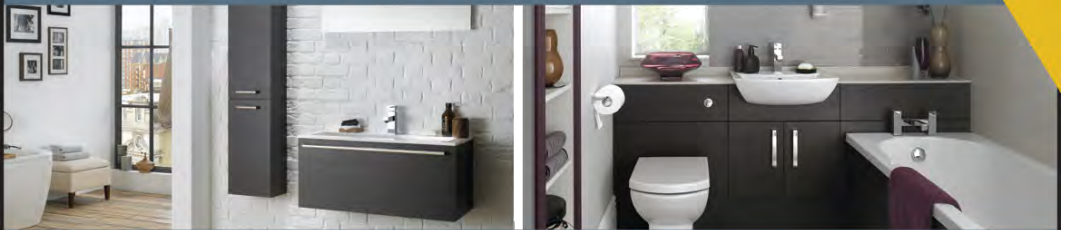


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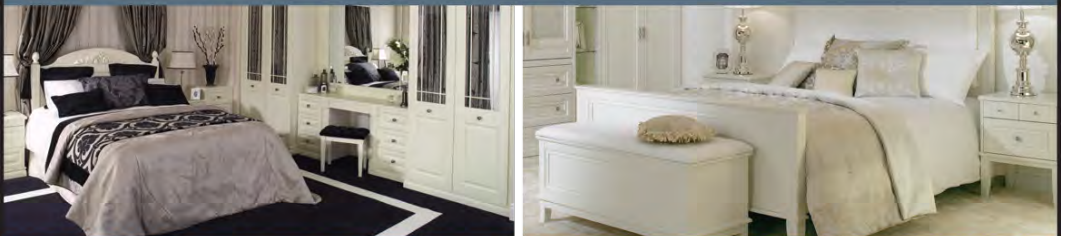
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With the last couple of seasons challenging at the top end of National League Two South, Henley Hawks have narrowly missed out on promotion to National One, the third tier of English league rugby in England.

And with the disappointment of having the 2020/21 league season cancelled due to the Covid-19 pandemic, the Hawks will be itching to get back out playing in front of the Dry Leas faithful again in anticipation for what will be a huge 2021/22 season.

Having not seen a competitive league game since early March 2020, it is fair to say that the Hawks members and supporters will also be champing at the bit about the prospect of not just watching their team play, but also getting back down to Dry Leas to see friends that they haven't seen for a significant time.

The unwavering support shown to the Club from its members, supporters and sponsors throughout this uncertain time has been incredible and is something that will be rewarded when the time is right to do so.

'With new places to visit, and with old rivalries reignited, there is no doubt that National 2 South has become increasingly competitive over the last few years, with the gap between the top and bottom sides becoming narrower. Lead from the front by co-captains, Jake Albon and Sam Lunnon, the Hawks will be back soon. And we can't wait!'

The Henley Bulls (2nd XV) will also be returning and looking to build on some excellent performances last season in the Raging Bull League Division 2.



Whether it is our Kids First & Juniors who turn up every Sunday like clockwork, our Community teams, or our adult members who travel home and away to follow each team religiously, this Club is founded on the culture that our members instil.

Something that creates a unique and special atmosphere that bonds us all together.

We are a fully inclusive Club and are proud to have Some of the best facilities in the community game.

Henley RFC is nothing without its members

So, if you are reading this and have long wondered about either popping down on a Saturday afternoon to watch the Hawks, or bringing your kids down to play rugby for the first time on a Sunday morning, please know that you will always be very welcome at Dry Leas.

As a Henley RFC member, you are also entitled to some fantastic benefits with our local partners that include:

- **10% off all Loddon Brewery** items in their shop and taproom
- **20% off** the final bill at the **White Hart Pub** in Nettlebed
- **25% discount at Crew Clothing** in Henley (excluding promotions or sale items)
- **Discounts** at our on-site partners **Menza Café and Bar, Love Fitness gym and Physiologic**

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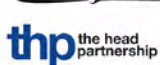
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The last year has tested the resolve of all members with the stop-start nature of three lockdowns, but the Kids First & Juniors section has remained extremely active and positive. I want to personally thank all of the individuals who have gone the extra mile to ensure we have been able to train and operate, namely Matt Bailey, Aubrey Doran, Max Tilney and James Waite. I also want to thank all coaches and parents who have remained incredibly supportive through this difficult period.

Keeping the kids active and engaged is our absolute objective.

James Waite's live online training sessions have become legendary and his commitment to ensure everyone remains active has been fantastic to see. During June 2020 we were one of the first Clubs to start training with the Juniors with socially distanced rules, and all of the older age groups took advantage of this. Due to the great work of Matt Bailey and Aubrey Doran we had all of the necessary risk assessments and protocols in place to train and we will start again as soon as we are allowed.

Lisa Tavinor and Pat Tooley have done a great job in building the Girls section (U12 upwards) and they have been training and playing all season. This season they managed to play in a tournament at Reading RFC which was a great experience. The team are looking to grow the number of players and Lisa has also worked with Gillotts to encourage girls to play rugby.

At the younger end of the Club it is vital that we continue to have enthusiastic head coaches coming through and running the U6s and U7s and Tony Baxter and Fred Keeling have done a great job here.

Our intention is to train and play some form of rugby as soon as possible and to run a year-round rugby calendar to make up for all the lost time. What this means in practical terms is that we will run training for all age groups where possible and run touch rugby leagues throughout the summer for the older age groups. Once we have the go ahead to train and play again, we will let you know the plans for the Summer.

We are already planning for Season 21/22 and one of the key objectives is to ensure we have a Colts team playing regularly. It's been several years since we had a Colts team at Henley and it's essential, we get this vital link to senior rugby running again. With a number of players who will be U18 by season 21/22 led by Head Coach Mike Crook and a very strong current U16 team, led by Head Coach Jamie Dennison-Pender we have the opportunity to create a strong Colts set up.

Our link with Henley College is strong



KIDS FIRST & JUNIORS



and they are recruiting players for their rugby academy, which is run in partnership with Ealing RFC.

Some of these players will also filter through and add to the playing squad for Henley Colts. In addition, there will be coaching support which will have a direct link to senior playing style and strength and conditioning supplied by the Club to ensure players continue to develop.

In terms of developing and supporting rugby in the local community we are planning to start up our local Primary School coaching again from September and will also supply a coach at Gillotts. We are able to run this activity through the generous support of sponsors and members of the Ambassador Club.

Looking forward there is much to be positive about and the support of parents, coaches and sponsors has meant we are in a good position to get up and running very quickly.

Being flexible and creative is key and I know we will have a strong and vibrant set up running this summer.

Nick Bradbury, Kids First and Juniors Chairman

During the Covid-19 pandemic, it has given us the opportunity to shine the light on people who are helping the Club in a variety of ways. In our monthly newsletter, we have been introducing members to the Kids First & Junior coaches who are doing such a fantastic job in difficult circumstances. Here are a couple of Q&As with some of our coaches which provide an insight into why they love rugby and what made them take up coaching.

TONY BAXTER - HENLEY HAWKS U6 HEAD COACH

How did you get into rugby?

I came from Harpenden, a small town that has turned out some big players with the likes of George Ford, Mario Itoje and Owen Farrell coming through the local school and Club systems. My coach at school was Steve Bates, the Wasps scrum half and later director of rugby at Newcastle. I played at School, University, Nottingham and in South Africa, and was luckily to have 2 England Uni caps.

What made you want to take up coaching?

My father was my mini rugby coach and my mother, as a swimmer, supported my swimming since the age of 8. After rugby I took up triathlon and saw people in their thirties trying to learn to swim - but you will never teach your body to move in the same way if you don't pick these skills up early. I wanted to get involved in rugby and help kids from a young age to develop the skills that will stay with them for the rest of their lives. And it beats sitting on the sideline complaining about the coaching and how I would do things differently.

How have you found coaching this year?

Teaching 6 year-olds does take a different mindset and we do a lot of training through games.

We try to make rugby as fun as possible. It takes a lot of organisation and planning behind the scenes, we don't just turn up without the session planned. There are 12 amazing coaches in our age group who all help, and at any time we have 4 separate

skills sessions and games being run by different coaching teams. The kids love it when we come together for our games at the end - and we give out "Golden Rugby Balls" to the best kids each week to take home and play with.

What is your approach and ethos to coaching?

I always remember at school learning about the Roman soldiers. When they were fighting against an opposite line - rather than attack the person directly opposite them they would thrust their swords into the person diagonally to the right, where they are not protected by a shield. I always thought this required two things. Firstly, you need to be trained in the skills to attack the person on your right to protect your buddy, and secondly you need ultimate trust in the person on your left to be protecting you. Though I have no immediate plans to introduce swords - these are my two main approaches: to teach the skills to play rugby but also to teach the bigger picture about looking after your teammates.

What is the best thing about Henley Rugby Club?

Henley is a great community and the rugby is at the heart of it. The facilities are second to none and you meet some great people and make good friends. I know from my experience the strongest friends I have are from my rugby playing days and these are people you will stay in contact with forever.

M&J COACHES Q&A



A fantastic recent addition to our superb Kids First & Juniors section is our Girls Team coached by (from left to right above) Pat Tooley, Lisa Tavinor and Jonathan Adshead

How did you get into rugby?

Pat has always been a member of Henley RFC since his dad brought him to the Club when he was 6 to play in the U8s and for Jonathan it was unavoidable because he was a student at Loughborough University. Lisa started playing rugby at the tender age of 38 after attending an Inner Warrior camp held at the Club.

What made you want to take up coaching?

All of us find that coaching children's sport can be the most worthwhile thing you do all week. We are extremely passionate about developing the junior girls section within the Club, it was an area that Pat's daughter Maddy highlighted to him was missing from the Club as she was unable to play at Henley like her younger brother. It's joyful to see the girls' game begin to flourish and we can only see positive things in the future for girls' rugby at Henley.

How have you found coaching this year?

This year has been a challenge because of all the downtime, we haven't been able to promote and attract new players. Getting back to coaching has been a real pleasure, the players

are extremely adaptable which really helps and allows us to play within the constraints on the rules and focus on particular areas of the game. We've worked within the restrictions to focus on players handling, running skills and creating space off the ball. It was a seminal moment to attend our first festival and test how far we've come in a few, short months.

What is your approach and ethos to coaching?

Our main focus is to provide a safe and positive place for all players, where they can learn as well as having fun on the pitch. We feel strongly that we are primarily involved in the social, emotional, and physical development of the players, creating an environment where they can escape life's constant judgement and spend an hour or so just being themselves with their team mates on a Sunday.

What is the best thing about Henley RFC?

The people, they are kind, passionate and generous. For Lisa, the Club just feels like an extension to her family, she just loves being there, be it to watch one of her boys play, to coaching the girls or playing for the Women's team.

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- Flexible activation opportunities around Match Days and using the Henley Hawks squad to promote your brand
- Build a positive CSR angle through community-based grassroots initiatives. With over 400 Mini and Junior members, a thriving Henley Hawks Women's team along with 4 Senior Men's teams as well, there is huge potential to engage with the local community and encourage more people to take up the sport
- Cross-promotion through reciprocal database marketing and social media channels
- Pre-Match Hospitality. The ideal place to entertain clients, family and friends

For further information or to discuss the different sponsorship opportunities available, please contact Alistair Beynon, Commercial Manager on 07769 715541 or email marketing@henleyhawks.co.uk.

SPONSORSHIP

CASE STUDY

Long term Club partners Savills have been an Elite Sponsor of the Club for 8 years, taking advantage of the opportunities that come with this level of partnership. With their brand featuring prominently on the sleeves of all Henley RFC playing shirts, and through on-site advertising, they also enjoy entertaining clients with our first-class match day hospitality.



Savills have also initiated a kick-back scheme which is becoming increasingly popular with Henley RFC members.

For every house either bought or sold by a Club member through the Savills Henley branch, the Club receives a £1,000 donation. Vital funds at a vital time, and something that we are incredibly grateful for.

We look forward to building on our successful partnership with not just Savills, but all our sponsors who are very much part of the Henley RFC family.

“Henley Rugby Club plays such an important role in the local community and we’re delighted to be able to support the work that they do. We’re also pleased to continue with our cash back initiative, which over the years has raised important funds for the Club – helping it to reinvest in its facilities.”

Charlie Chavasse, Savills Henley Office



Ollie Perry, Director of Women's Rugby and Alistair Mortimore, Head Coach talk about the exciting future for Hawks Women and the preparation work that has been underway this season.

What have been the key successes over the last 12-18 months?

The biggest success has been the introduction of our exciting, new coaching team led by Ali Mortimore, former Hawk. Gill Bourke (51 caps for Ireland) is Forwards and Defence Coach supported by Sam Driver, which helps keeps the continuity from last season. Fiona Pocock (35 Caps for England) has become our Strength & Conditioning Lead and Backs Coach.

This team bring an impressive playing and coaching experience together, and exactly what we need to take us to the next level in

performance, individually and collectively.

Obviously, it's been an incredibly challenging first season for a new coaching team, but what has been achieved by this group with all the limitations has been immense and puts us in a great position for when the rugby season can actually start.

In addition, we were lucky enough to secure the services of Lesley Watts as Team Manager and Hannah Stewart on Medical Services. Playing wise also saw a number of ex-premier players join our ranks: Kate Hallett (Wasps), Daniker Willmore (Wasps), Ellie Miles (Harlequins) and Charlotte Murray (Worcester)

WOMEN'S FOCUS



What are you proud of?

The sense of togetherness. With so many new members of the team (coaches and players) coupled with all the restrictions of the pandemic, it's amazing to see the energy and appetite to stay connected and keep the training momentum.

We managed to have a (socially distanced) team weekend when the restrictions eased slightly and we were optimistic to start playing some matches. This was fantastic for the team in so many ways, not just to have the opportunity to get to know each other, but more importantly those who rely on their rugby family as their support network for help their well-being.

Alongside we set up a Teams account to keep the players connected and have used this to host quizzes; strength and conditioning sessions; talk through plans for the coming season and most recently a Q&A night with our 3 ex-internationals, Gill, Fee and Ollie.

How do you see the team developing?

The team has huge potential – it's now about coming together, working out our collective strengths and playing to these. I'm excited to see what can be achieved when everyone has clarity of the goal and clarity of what their role is in helping the team achieve the goal.

What are the plans for the future?

Hopefully start playing some rugby! :)

We want to keep building on the amazing work by Lisa Tavinor and Pat Tooley with the girls' section to develop the U15s side that plays regular fixtures, and then develop an U18s, which would provide a clear pathway for young aspiring players to come to Henley as a young player and end up playing for the women's team.

How do you see women's rugby developing?

It would be fantastic for the game to become fully professional in the Premier 15s. The more commercial



investment only moves the game forward, which then trickles down to the lower leagues and grassroots to have more girls and women playing rugby and team sports – the more you can see it, the more you can be it!

Personally I (Ollie) would like to see more female coaches coming through the men's and women's game. I think women bring a different balance and approach to coaching, and the more diversity, in any field, is only a good thing and helps to push the boundaries of what can be achieved.

How has Covid affected plans?

Basically, in every way Covid has affected things. Although, like everyone living through this pandemic, there are many silver linings we can take from this challenging time. We are no different, there've been lots of benefits that we have taken from the past year. The new foundations have been laid, even though it looks like it will be next year before they come to light. We know everyone can't wait.

VIKINGS & VULTURES

HENLEY VIKINGS

The Henley 3rds squad ("The Vikings") train regularly on Thursdays from 7pm at Dry Leas. The squad comprises a mixture of seasoned veterans and young players. The Vikings look to help develop that young talent, and where appropriate, give players their first taste of Men's Rugby.

We endeavour to provide a competitive and fun environment for passionate rugby players to enjoy the game they love.

Whether you're new to rugby or a veteran who has been playing since minis, we will provide the coaching to help you improve and practise your skills, to give you the best chance to enjoy and succeed in games at the weekend. Above all it is essential that "Rugby at the community level" is fun and enjoyable, and we are placing this as our top priority - and it's always more fun when you are winning of course!

For more information, please contact Head Coach, Chris Norton on northc518@gmail.com.



HENLEY VULTURES

The Vultures represent the "finely matured vintage" of Hawks players, in other words "the Veterans".

The mighty Vultures are the current holders of the Oxfordshire County Veterans Cup, and we also play some

of the other top Veterans sides in London and the South East, including Richmond, Esher and Camberley who are always very strong opponents.

We are an active side and aim to play around 15 times a year, including a tour to Jersey for their International 10s tournament in early October.

For further information about how you can play and upcoming fixtures please contact David O'Leary: david@fcestate.com



Henley RFC was founded in August 1930 as Old Henleiensians (old boys of Henley Grammar School). After a break during the war years the Club was re-founded in 1954 and changed its name to Henley RFC in 1963. It has been based at Dry Leas since then.

In 1997 the 1st XV was named Henley Hawks.

PLAYING HISTORY

When the leagues were started in 1987, Henley were placed in RFU South West II.

Henley's fortunes stood still until Clive Woodward, England's future World Cup winning coach became the 1st XV coach in 1990. His introduction of the "flat ball" philosophy was a pioneering event for British rugby and brought promotion in 1992. Henley gained a further promotion in 1994 to the National Leagues and, after Woodward departed to coach London Irish, Henley continued to play fluid rugby and two further promotions ensued in the 1997-98 and 1998-99 seasons, landing the Club in Allied Dunbar 2 (now the RFU Championship).

In 1999 Henley enjoyed a record run in the Tetley Bitter Cup defeating Allied Dunbar 1 Club, Bedford in the fourth round before bowing out to Gloucester at Kingsholm in a keenly fought contest.

Henley finished ninth in Allied Dunbar 2 in 1999-00, seventh in 2000-01 but finished 13th in 2001-02 and were relegated to National League 1. Henley immediately returned to the Championship having finished as runners-up in 2002-03 season to Penzance & Newlyn (now Cornish Pirates) followed by a successful season in 2003-04 finishing in 7th place. Relegation back to National 1 followed in 2004-05 when finishing 13th.

Henley remained in National 1 until 2007-08 season when they were relegated to National League 2 (South). In 2012-13 season Henley were promoted as Champions of National League 2 (South) on 4 May 2013 defeating Worthing Raiders 55 -27 in from of a record National League 2 (South) crowd of 3,270 to National League 1.

Relegation back immediately to National League 2 (South) followed in 2013-14. However, promotion back to National League 1 was secured in 2014-15 only to be followed by relegation again back to National League 2 (South). The yo-yo years!

HIREC HISTORY

Since 2016-17 Henley have continued at National League 2 (South).

HENLEY HAWKS

| | | | |
|---------|--------------------------|------|------------|
| 1987-88 | South West II | | |
| 1988-89 | South West II | | |
| 1989-90 | South West II | | |
| 1990-91 | South West II | | |
| 1991-92 | Courage South West 1 | 1st | Champions |
| 1992-93 | South West II | | |
| 1993-94 | Courage South West 1 | 1st | Champions |
| 1994-95 | National 5 South | | |
| 1995-96 | National League 2 | | |
| 1996-97 | National League 2 | | |
| 1997-98 | National League 2 | | |
| 1998-99 | Jewson National League 1 | 1st | Champions |
| 1999-00 | Allied Dunbar 2 | 9th | |
| 2000-01 | Allied Dunbar 2 | 7th | |
| 2001-02 | Allied Dunbar 2 | 13th | Relegated |
| 2002-03 | National 1 | 2nd | Runners-up |
| 2003-04 | Championship | 11th | |
| 2004-05 | Championship | 13th | Relegated |
| 2005-06 | National 1 | 12th | |
| 2006-07 | National 1 | 3rd | |
| 2007-08 | National 1 | 13th | Relegated |
| 2008-09 | National 2 (South) | 9th | |
| 2009-10 | National 2 (South) | 9th | |
| 2010-11 | National 2 (South) | 6th | |
| 2011-12 | National 2 (South) | 5th | |
| 2012-13 | National 2 (South) | 1st | Champions |
| 2013-14 | National 1 | 14th | Relegated |
| 2014-15 | National 2 (South) | 1st | Champions |
| 2015-16 | National 1 | 16th | Relegated |
| 2016-17 | National 2 (South) | 9th | |
| 2017-18 | National 2 (South) | 9th | |
| 2018-19 | National 2 (South) | 4th | |
| 2019-20 | National 2 (South) | 4th | |



menza

Menza Cafe Take Away Menu

WRAPS

| | |
|---|------|
| Breakfast Wrap Sausage, Bacon, Hash Brown, Beans and Egg | 7 |
| Vegetarian Wrap ♡ Halloumi, Sweet Potato Cake, Mixed Vegetable | 8.50 |
| Southern Fried Style Chicken Wrap Melted Cheese, Sweet Chili sauce, Lettuce, Tomato served with Fries | 8.50 |

SOUPS

| | |
|---|---|
| Creamy Pea and Coconut Soup ♡ with Lemongrass, served with warm Bread and Fresh Crackers. | 6 |
| Chicken Tarragon Soup Chicken, Garret, Parsnip, Swede, Pea, Mushroom, Cream served with warm Baguette | 8 |

SALADS

| | |
|---|------|
| Superfood Salad ♡ Mixed Leaf, Kale, Quinoa, Mixed Roasted Vegetable, Edemame Beans, Micro Greens Add Chicken 4/ Halloumi 2.50/ Smoked Salmon 3 | 7.50 |
| Chicken Caesar Salad Lettuce, Grilled Chicken, Streaky Bacon, Caesar Dressing, Croutons, Grated Parmesan | 9.50 |

BURGERS

| | |
|---|----|
| Served with French Fries | |
| Gourmet Burger Aberdeen-Angus Beef or Grilled Chicken, Mayo, Lettuce, Tomato, Crispy Onion, Pickles, Streaky Bacon, Mild Cheddar, Burger Relish | 10 |

PIZZAS

| | |
|------------------|----|
| Margherita | 8 |
| Prosciutto Pizza | 10 |

SPECIALS

| | |
|---|---|
| Italian Style Meatballs Meatballs in Fresh Tomato Sauce, Mozzarella served with warm Baguette | 8 |
| Fish and Chips Battered Haddock Fillet served with chips, mushy Peas and Tartare sauce. Regular 7 Large 10 | |
| Bacon Egg Bap | 5 |
| Bacon Bap | 4 |
| Fries | 2 |

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Menza Café

'Our aim is to have a place where people are always welcome and feels like their second home. With an ever-changing menu, we make food that we love, something that excites us and hopefully our customers too. We love exploring and doing our best to buy high quality ingredients from local suppliers. We also aim to minimise the waste we produce.'

Szabi is at the front of the operation, running the Café, parties and events, whilst Niki manages all marketing, social media, website, accounting and setting up new menus along with the chef Vito. He has worked all over Europe and moved to London about 10 years ago, worked as a private chef, and as a Chef at gastropubs and Hotels. His experience is invaluable and is great to work with.'

Their story

Niki and Szabi met 20 years ago. Niki always had a desire to travel, Szabi not so much.

Whilst he was working as an industrial alpinist back in Hungary at his dad's company, Niki started to work in catering after she finished school, and 2 years later was working for a T-Mobile distributor as sales assistant and later as an operation manager.

In 2008, when they were finally settled, Szabi was offered an opportunity to come to England and Niki persuaded him to take it. Almost immediately afterwards, the credit crunch happened.

Niki was working in catering but didn't get enough hours and Szabi didn't have a job. So after a long journey from Middlesbrough down to Leeds, they ended up in London. Both started to work at a big Café chain and soon became managers. A couple of years later, Niki's fell pregnant with Armin (now 9), so they were considering going back to Hungary but decided to move to the countryside instead and this was the best decision they ever had.

The chain was opening new shops in the area, so they ended up in Henley. They fell in love with this beautiful town straightaway. And in April 2015, their second son Bojta was born.

In July 2017, Sam Sidders, who was running Corner 81 at Henley Rugby Club at the time, knew Szabi and asked him to come and work for him. After a year of running Corner 81, Sam no longer wanted to continue with the operation. After some serious soul-searching and long conversations, Niki and Szabi decided to give it a try and take over the place as owners.

Menza Café opened in August 2018 and the rest is history. They are now joined by Kitti and Natalia who started to work in August 2020 as front of house.

Both Szabi and Niki love being part of the Club and are incredibly grateful for the amazing community support they have received since opening. What was once Henley's best kept secret is not much of a secret anymore, as more and more people come down to sample the excellent food and enjoy the best coffee in Henley in relaxed and informal surroundings.



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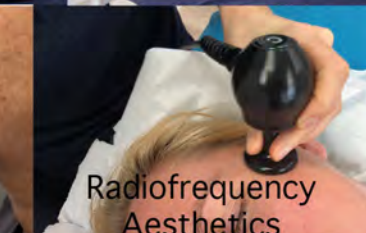
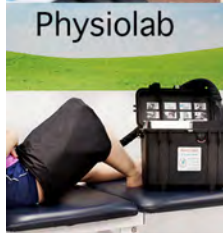
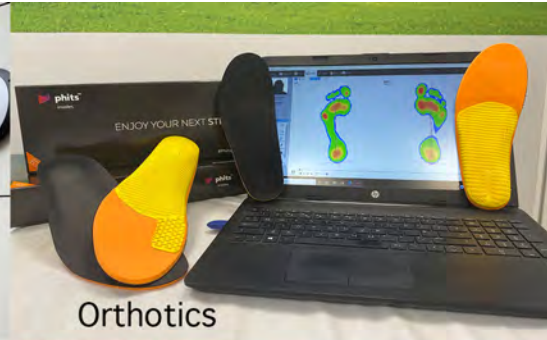
All are bookable via an online booking system or on our app! All new members also receive an initial 3 sessions with an experienced personal trainer to help get you started on your fitness journey.

It has been a tough but successful journey since opening our gym at Dry Leas Sports Ground, welcoming so many rugby Club members and residents of Henley has been a pleasure. We have enjoyed working alongside all the staff and volunteers of the Club as well as collaborating with Menza Cafe and Physiologic with the purpose of creating the best possible facility for all that visit us.

As we look at growing and improving our business, it helps to be part of a Club that have goals and aspirations that match that of our own. Always looking for ways to move forward and learning from your mistakes is always vital to creating a winning team and we are happy to be on that journey with Henley Rugby Club.

If you want to know more, feel free to pop in for a visit and one of our friendly customer advisers will be more than happy to show you around and answer any of your questions. We look forward to seeing you soon!





As business partnerships go, having a private physio clinic in the grounds of a rugby Club seems to be the perfect match. And so it has been with Physiolistic, now in its fourth year of working with the Henley Rugby Club.

We are often asked why the partnership has been such a success and we put it down to **having a shared passion for our members and patients and the shared drive to exemplify the very best of our respective professions - a point made by England's World Cup winning coach, Sir Clive Woodward** who had a tour of both facilities and who has no doubt seen his fair share of rugby Clubs and physio clinics.

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BEHIND THE SCENES

To make a Club such as ours run efficiently, we are very lucky to have a dedicated team behind the scenes who look after the administration, finance and marketing of the Club.

For those who don't know her, Mary Worsdell has been at the Club since 2001, and is now into her 20th year with us. Mary is one of the most dedicated, loyal and hardworking people you could ever meet, and is the font of all knowledge when it comes to Henley RFC. She looks after the administration for all the teams and is also Health & Safety Manager.

Teresa Edwards is our Finance Manager and has done an incredible job in balancing the books during what has been a very difficult year. She is a big Hawks supporter and can always be seen (and often heard) supporting the team from the touchline.

Alistair Beynon is our Commercial Manager; whose responsibility is to not only look after our portfolio of sponsors but tasked with bringing in new partners to the Club as well. He also sits on the Dry Leas Fundraising Committee and helps with running the various events that are put on by the Club.

Supporting them is Martin Bidlake-Corser, our Membership Secretary and Katherine Hyde, our Social Media Manager who has put together some wonderfully engaging content over the past 18 months through all social media channels. Lastly, Sam Harrop has recently come on board as a volunteer to help with PR and Communications.

Our Management Committee consists of Chairman Chris Nixon, President Graham Horner, Finance Director Neil Hutt, Director of Playing Administration Aubrey Doran, Facilities Director Steve Rockell, Director of Rugby Nigel Dudding, and Chairman of the Kids First & Juniors Nick Bradbury. All of them having done a remarkable job in helping to steer the Club through a very difficult year.

VOLUNTEERS



Like all community sports Clubs, we are only as good as our volunteers make us.

And we are incredibly fortunate to have a wonderful group of volunteers who work tirelessly to help the cause.

There is so much work that needs to be done behind the scenes, not just on match-days, but throughout the whole year to make Henley RFC a place to be proud of.

We would like to thank everyone who supports the Club on a volunteering basis, from our Kids First & Junior coaches and team managers, Dry Leas Fundraising Group members, Match Day ticketing and stewarding staff to our age-defying Friday Club, who turn up without fail every week to keep Dry Leas looking in great shape all year round.

We are always on the lookout for new volunteers to come on board and help in any capacity you can. If you are interested in knowing more about the opportunities available, please contact Mary Worsdell on admin@henleyhawks.co.uk to register your interest.





BRAVE MIND

Brave Mind are delighted to be partnering with Henley Rugby Club on our pilot mental well-being programme.

There has always been a lack of understanding and stigma attached to mental health in society, and rugby is no different. The physical nature of the game and its social culture makes it difficult to connect on issues of mental well-being and openly sharing our struggles.

At Brave Mind, we are all about action. **Putting mental well-being on the same level as physical well-being.** Working in collaboration with Henley Rugby Club is about starting the conversation within their Club community. From minis and juniors through to the senior men's and women's squads respectively, let's start supporting one another and talking about mental health making it 'the norm'.

For more information please visit www.bravemind.co.uk

**BRAVE
MIND.**





We are incredibly proud of our new Clubhouse that opened in September 2016. Costing over £550,000 to build, it is fair to say that **our old Clubhouse has been transformed into a state-of-the-art venue and now provides the local community with a versatile and welcoming place to hold Meetings and Events.**

Along with our Club partners, Menza Café, we can provide a selection of fantastic catering options that suit all budgets.

With ample car parking available, we can also accommodate any size of function or event and adapt our space to meet your needs. So, whether you're looking at holding a corporate meeting, wedding reception, birthday party or anniversary, we would be delighted to welcome you to Dry Leas.

DAY DELEGATE PRICES

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Hourly rates are available, please call the office on **01491 574499** or email **admin@henleyhawks.co.uk** for further information.

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TEAM BUILDING

Henley Rugby Club are delighted to partner TAG events for our corporate team building days at Dry Leas. **Team Activity Group specialises in creating bespoke occasions which will entertain, challenge and inspire.** Their team of experienced event designers will work closely with you to deliver a distinctive event whether you just need a little help or a complete solution from conception to delivery.



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WELSH RUGBY CHECK-OFF SEASON AT DRY LEAS

HENLEY Hawks open their new season in National Division 1 tomorrow (Saturday) against London Welsh at Dry Leas (kick-off 3 p.m.).

London Welsh are one of the most consistent sides in National 1, usually finishing in the top ten and they have been fifth for the last two seasons. Like Henley Hawks they rarely lose players and when they do they have a habit of returning to the fold. Thus Steve Pope (prop) has come back after a season in South Wales and Matt Vines from Stourbridge after spending one year in the Midlands.

Players to watch in the Welsh side are Richard Catt (brother of international Mike), an attacking full back, and wing John Swords plus new signing Seb Fitzgerald, at No 10, the former Oxford University captain, who is a reliable place kicker.

Such are the vagaries of the modern game it is a rarity to start the season with a fully fit squad and the Hawks have a few injury doubts.

As far as props are con-

By Noel Armstead

cerned Lee Hall was out last week and Sean Cooke suffered a back spasm which curtailed his activity at Imber Court on behalf of the Alliance squad. Another forward who will be out, possibly until December, is Peter Coke following a shoulder operation. Incidentally he was on London Welsh's books prior to joining the Hawks. Sadly Ric Van Zyl will be missing for a similar period.

The good news is that Hawks' skipper Mark Venner should be fit for this game and also that there are now an increased number of players vying for 1st XV places, especially in the back row, as it happens. Apart from newcomers such as Adam Gates and Matt Payne (a Henley colt of yore) there is Jeff Atkinson, Jim Mansfield (after a season away), James Street, Sean Hardy and Matt Harding, as well as Ben Glossop who is also considered as a lock, who are eager to step in the shoes of the experienced trio of Venner, Steve Barnes and Nick Martin.

The squad selected for this game against London Welsh does, however, include a newcomer amongst the back row nominees, he is Adam Gates, the former UWIC player who has shown up well in the pre-season matches. His experience in Welsh National League 1 has, no doubt, stood him in good stead. The other newcomer in the pack is Sam Johnstone who played against the Hawks for Nottingham last season and it was his displays in these games that convinced the Hawks' management that he would do well in National 1. He has played at a senior level in his native New Zealand for Wellington Hurricanes and Canterbury Crusaders in the NPC.

The backs squad features four newcomers, two of which come from the London Irish academy. Young Ben Ward is a fly-half whilst Billy O'Driscoll, a member of a famous Irish

rugby family and a fellow medical student of Nnamdi Obi the Hawks high scoring wing, plays at centre. Australian Jeremy Austin (centre) brings with him a solid reputation having played for Brumbies 'B's', Queensland and Australian Universities down under.

Finally this quartet is completed by full back Allan Mitchell who last season was at Coventry and before that member of the Northampton Saints academy

The other backs were all regulars in the Hawks' team last season with Dan Smeaj and Barry Reeves being the lynch pins at halfback.

The Henley Hawks squad is as follows: Allan Mitchell, Pete Davies, Billy O'Driscoll, Ali James, Russell Osman, Ben Ward, Barry Reeves, Ben Ayres, Dan Smeaj, Jeremy Austin, Sam Johnstone, Rowan Fuller, Adam Hopcroft, Richard Bramley, James Winterbottom, Tristan Nicholas, Adam Gates, Steve Barnes, Mark Venner, Nick Martin, Jim Hamilton-Smith, Tom Riddhouse.

D. T. C. L. A. L. L. 4.09.03 Club-by-club guide

Bedford

Director of rugby: Colin Jackson.
Captain: Matt Vileand.
Bedford are reaping the rewards of forging close links with Northampton Saints with the arrival of former Scotland prop Mattie Stewart and Hooper, younger brother of fly-half Ali.

Bristol

Director of rugby: Richard Hill.
Captain: David Hilton.
Relegation from the Premiership and uncertainty over the club's future contributed to the declaration of Bristol's squad during the summer when 29 players departed. A seven-man consortium, including stalwart former players Alan Morley and Nigel Pomphrey, is now in charge.
Former England scrum-half Richard Hill has the difficult task of blending an entirely new squad into a competitive outfit.

Coventry

Coach: Mark Ellis.
Captain: Mick Curtis.
This will be Coventry's last season at Coundon Road as they plan to move to their new purpose-built home at the Butts Stadium in January.
Mark Ellis, who took charge in March, has made a raft of summer signings but Coventry have yet to agree terms with Zinzan Brooke.

Exeter

Director of rugby: Ian Bremner.
Captain: Rob Baxter.
Exeter were one of only two teams to beat last season's champions Rotherham and secured third place for the third successive season. Their consistency is based on a settled squad and there has again been little player movement at the County Ground.

Henley

Coach: Nigel Dudding.
Captain: Mark Venner.
Henley bounced back from relegation two years ago by winning promotion at the first attempt. They have retained all of last season's squad and strengthened it with signings from the London Irish and Wasps development squads plus Queensland Reds centre, Jeremy Austin.

London Welsh

Director of rugby: Adrian Davies.
Captain: Matt Fitzgerald.
After a brief flirtation with full-time professionalism, London Welsh now appear comfortable as one of the leading semi-pro clubs, having finished fifth for the second consecutive season. Fly-half Seb Fitzgerald has been recruited from Harlequins to replace long-serving Andy Lee, who has retired.

Manchester

Director of rugby: Ian Geary.
Captain: James Brantshall.
Money is tight at Grove Park and director of rugby Ian Geary admits that avoiding relegation will again be Manchester's main concern. The summer departures include David Muckalt, last season's captain, who has joined Macclesfield.

Orrrell

Coach: Ross Reynolds.
Captain: Andy Craig.
With Dave Whelan's hefty financial investment, Orrrell expect to challenge for promotion but they have already lost out twice to Worcester in the transfer market. Drew Hiley, an influential No 8 last season, defected to Worcester who then beat off competition from Orrrell to sign fly-half Tommy Hayes from Glasgow.

Otley

Coach: Peter Clegg.
Captain: David Scully.
Survival is the aim for Otley in what coach Peter Clegg regards as a two-tier division - the full-timers and semi-pros. "If we avoid relegation it will be a successful season, anything else is a bonus," he said.

Penzance & Newlyn

Director of rugby: Kevin Moseley.
Captain: Joe Bearman.
Five promotions in eight seasons have made the Pirates the first Cornish club to reach National One. They have a wealthy benefactor in Dicky Evans and, in former Wales lock Kevin Moseley, a shrewd coach. They have attracted a number of Cornish exiles back to the Duchy including winger Rob Thirny and scrum-half Ricky Pellow.

Pertamp Beer

Director of rugby: Phil Maynard.
Captain: Ed Orge.
A new identity for Birmingham & Solihull who have secured a lucrative three-year sponsorship deal with the recruitment firm to safeguard their financial future. The money has helped them sign former Scotland and British Lions fly-half Craig Chalmers from Worcester and prop Jim Thorp from Sale.

Plymouth Albion

Director of rugby: Graham Dawe.
Captain: Danny Thomas.
Plymouth have left their historic home at Beacon Park, which has been sold for housing, and will play their first game at Brixhearts against Otley on Sept 13. It took Plymouth time to find their first team season after 12 years out of the division.

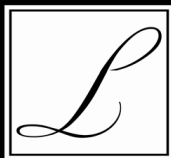
Wakefield

Coach: Mick Wilson.
Captain: Glen Wilson.
The collapse of a link with Bradford Bulls rugby league club has forced Wakefield to regroup. Members rallied around to secure the club's financial future but new coach Mick Watson has taken charge of a squad that is now semi-professional.

Worcester

Director of rugby: John Brain.
Captain: Warren Swanspool.
The perennial frustration of the division, but for how much longer? Chairman Cedf Duckerworth will be more involved in the day-to-day running of the club following the departure of chief executive Chris Lalloua so there will be no excuses if Worcester come up short again.

Compiled by Paul Bolton



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SOCIAL EVENTS

2020 saw all the Clubs planned social events being cancelled due to Covid-19, something which whilst obviously disappointing to everyone involved in the Dry Leas Fundraising Group (the social events arm of the Club), clearly needed to happen as we continue to fight the spread of this terrible disease.

As we move into 2021, we are cautiously optimistic about what the future may look like. With our annual Winter Sporting Supper planned for February having also succumbed to the pandemic, we are still hopeful that as we move into the second half of the year, we may start to see smaller events being allowed back as we hopefully move into lighter restrictions.

With a fair wind behind us, we hope to launch the return of rugby in September with a Season's Launch event in the Clubhouse, our Golf Day at Badgemore Park on September 10th, and have everything crossed that our annual Beer Festival is able to make a return later that month as well.

Similarly, we also have plans to bring Tina Turner (well, an excellent impersonator anyway) down to Dry Leas for a great evening of music and bad dancing.

Rest assured, we are continuing to monitor the situation closely, and as soon as we are allowed people back in the Clubhouse in larger numbers, even with some restrictions still in place, we will be at the front of the queue to do so. It's been a very long time since we were able to put on a good old fashioned Henley RFC event, and this is something we can all look forward to soon.

The Dry Leas Fundraising Group





It's not been all doom and gloom this year

A hearty congratulations go out to the Hawks co-captain, Jake Albon and his fiancée Chantal on their recent engagement. Jake popped the question on Christmas Eve whilst out walking in the Peak District. Unbeknown to both of them, someone caught the proposal on camera which led to significant local coverage on BBC Derby.



A big congratulations also go out to our other Hawks co-captain, Sam Lunn and his wife Josie on the arrival of their daughter, Matilda on December 2nd.

And in further baby news, Hawks second-row David Hyde and his wife (and our very own Social Media Manager) Katherine, welcomed their son, Tore into the world on January 2nd.

A huge congratulations to you all and hopefully two future Club legends in the making...

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TRAIN LIKE A PLAYER

Genevieve Moody, 28 agreed to give us the low down on her training and eating regime.

Genevieve, Henley Hawks resident fullback, has been playing for the Women's side for 4 years.

Having started while studying at Durham University, Gen had a short stint playing for premiership side DMP before taking some time out due to injury and turning her attention to Ironman Triathlons. Since 2017, Gen has been firmly back on the rugby field, albeit with the occasional triathlon.

Training like a player is not a 'one-size fits all' routine. Each position in rugby requires a completely different set of skills, specialities, strength and fitness levels. As back three player, Gen focuses her training to ensure she can be as effective as possible in that position. Four key areas are:

- 1) Exceptional speed, agility and quickness
- 2) Tackle strength, particularly in a 1 on 1 situation
- 3) Executing under a high ball
- 4) Executing a verity of kicks

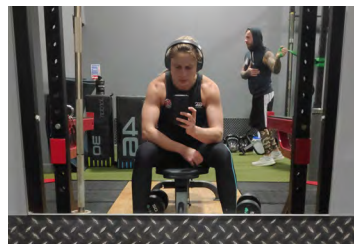
To meet these challenges, Gen structures her training programme to ensure her body can cope with the physical demands of the game. She needs to be quick and agile as well as having the strength to hold her own against often much stronger players. Skills training is also a key feature of Gen's training regime as she must be able to execute a number of core skills under pressure and at speed.

Gen's typical weekly training regime:

- X4 60-minute weight sessions, focusing on compound movements (squat, deadlift, bench press, chin ups, and overhead press)
- X2 Rugby training sessions
- X1/2 Speed and speed-endurance sessions
- X1 Specific skills session e.g., passing, kicking
- X1 Sunday match

Gen's desert island piece of kit? 'Definitely an squat rack!' 'it's a complete piece of kit, which enables you to perform all your key compound movements'

Gen is fully aware of the physicality of rugby having had her fair share of injuries, including a ACL rupture and broken vertebrae, not to mentioned a regularity of black eyes that continuously frustrates her mother. The preparation she does and the balance of her schedule is designed to not only to maximise output on the pitch, but drastically minimise the risk of injury. 'My training enables me to give as much as I can on the pitch. You can't be scared of getting injured, and a lot of the time - especially as a full back - you've just got to put your body on the line. Which means you've got to be pretty strong! Playing back three also means you need to be light(ish) or lean, especially if you're looking to outpace the competition'.





EAT LIKE A PLAYER

Turning to nutrition, what does a player like Genevieve eat?

‘Nutrition is key to my training regime and also game day preparations. I have pretty good understanding of nutrition and what my body needs in order to train, perform and recover well’. ‘I never weigh food, and I certainly don’t count calories.’

‘I eat a hell of a lot of food! Usually 2-3 high-protein, high fat meals per day. I fast everyday until around 2pm and try to keep meat and animal protein to a minimum. In an ideal world I would try and eat vegan as much as possible, basing my meals around vegetables, beans, lentils and complex carbohydrates. A typical meal for me would be 2 or 3 chickpea bean burgers, a couple of eggs, yogurt coleslaw, spinach and a couple of bits of fruit. I’m a bit anal about fruit and veg so I try and eat at least 8 portions a day, as well as drink 3-4 litres of water’

Do you ever let your hair down and if so, what’s your guilty pleasure?

‘I can easily nail an entire cheese board on my own, or a whole packet of dark chocolate digestives in one go – no problem!’

Has lockdown affected your motivation to train and eat well? Any coping strategies?

‘If there has been a positive, it’s having an injury free life! And being able to train without having to accommodate niggles here and there has allowed me to really target key aspects of not only my strength and fitness, but also given me more time to focus on my closed skills, like kicking or passing.’

The other key thing to embrace, is being kind to yourself. Times are hard right now, training requires more motivation than ever, and working from home means that we’re probably all developing an unhealthy attachment to our fridge!

It’s absolutely ok not to be in tip-top condition at the moment, and slipping up on your training or diet is not a reason to punish yourself – it’s easily rectified with hard work and commitment when your focus returns. Having said that – I’m counting down the days until my gym reopens... as my make shift wheely bin squat rack isn’t quite cutting it!’

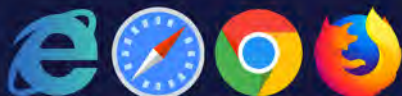
How to set up a Facebook profile

Why do I want a Facebook page? Facebook is a great way of connecting with your friends, local businesses or sports clubs (like us!) and seeing what they're all up to. You can choose who you connect with and you can control how much you see. Here's how you set up a Facebook profile for yourself, it's easy!

Open the internet

On your laptop, computer, iPad or phone (if it's new enough) open up your internet browser. The icon should look something like these to the right.

STEP
01



Go to facebook.com

In the bar at the top of the screen (the 'address bar' or 'URL bar') type in 'facebook.com'. From here click on the green 'Create New Account' icon.

STEP
02

Enter your details

You'll then need to enter some basic details such as your name and email address. You will be sent an email asking you to confirm your account. Click the 'confirm your account' icon on the email. Or you may be asked to enter a code from the email.



STEP
03



FOLLOW US ON SOCIAL MEDIA



Upload a profile picture

Add a photo so that friends can easily recognise you. Just click on 'Add Picture' and choose an image of yourself that's saved on your device.

STEP 04

Add some friends

Facebook will show you a list of people you may know for you to add as your Facebook friends. Have a look through the list and add anyone you know and want to add. Then click next.



STEP 05

Find a business or friend

You can search for businesses pages or friends in the search bar at the top of the screen. If you click on 'like' (thumbs up icon) then the updates from that business will appear on your home page. Why not test this by searching for 'Henley Rugby Club Official' and giving us a like!



STEP 06



We would like to take this opportunity to thank all our Members, Supporters, Stakeholders and Sponsors for helping us navigate our way through the last year.

It has been an incredibly difficult time for everyone and without your support it is difficult to imagine where we would be.

We look forward to a brighter future when we can get everyone back to Dry Leas again and enjoy watching and playing the sport we love so much.





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Mark Clifford - MD Altrad Generation



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