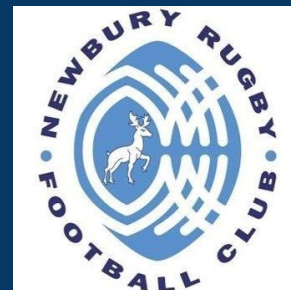


BLUES NEWS

KEEPING IN TOUCH - 21

AUGUST 2022



This newsletter is sponsored by



Newbury
Building Society

WHAT'S INSIDE

[Letter from the President](#)

[Membership packages](#)

[Chair's Update](#)

[Volunteer Support at NRFC](#)

[100 Club](#)

[Q&A with our Head Coaches](#)

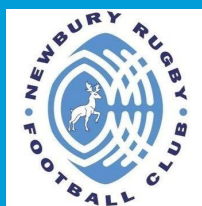
[Chair and Vice Chair of Rugby](#)

[Coaching structure for the new season](#)

[Senior Fixtures 2022-23](#)

[Newbury RFC Sponsors](#)

If you would like to contribute to the next Blues News, please email content to [David Jones](#)



Dear All

Welcome to the 2022/23 season and ready for kick off this weekend! The Stags start proceedings on Saturday at home - let's get behind them this season and ensure they get plenty of support. It is imperative this season that we have a regular second team.

Hope you have stayed hydrated, free from sunburn and enjoyed a relaxing summer! It's been a bit hot to do much exercise, but the senior squads have been training for over two months, despite the RFU cancelling rugby nationally on the 13th Aug, due to the extreme heat. That must be the first time that has happened. Covid cancellations, heat cancellation? What else awaits?

What's happened over the summer and what is happening? Two successful club dinners at the end of May rounded off the 2021-22 season. The Annual Club Dinner with 160+ attending, was well received and Shane Williams as our guest speaker was excellent. The Junior Dinner followed a week later with 140 young players and parents attending, which was great to see.

The Super 7's tournament was again hosted by us and was a great success with fantastic sevens rugby on display, including the Republic of China, The British Army, Hong Kong and Samurai.

The commercial side, led by Louise Endean (congratulations on getting married in the summer!!) has been very busy and produced some brilliant income for the club including the Hungarian Goulash Festival, The Vodafone three-day sports Challenge, Park House Summer Camp, a cross-fit camp and the Boxing evening on the main pitch, amongst many other events. I will leave it to the Treasurer but there is a rumour that we might have broken even this year, which could be a first for us in the 21st century !!

The AGM saw the proposal for a new structure to run the club more efficiently get the green light to start implementation. It's great to see some new faces being elected for new roles and that is very welcome. Two new head coaches - Niki Paton and James McAvoy, a new treasurer - Peter Lambert, new Colts Manager - Simon Jones, new Chair of Rugby - Alasdair Heath, and Abdi Hamda taking over as Chair of Juniors, plus others. Congratulations and thanks to all. New ideas and new energy are the way to progress. More volunteers are always welcome, however small a contribution, so please call Ian West if you want to help.

The future of the WBC sports hub still hangs in the balance. The judicial review has been rejected twice, but on the third attempt has been granted so we now await the outcome. The timescale is not known. This is more to do with Faraday Road than our club, I understand. It is a great frustration and appears to be more to do with big political posturing over a historic problem which has been dragging on for a very long time. One thing for sure is that sport is not benefitting due to delays in developing much needed local facilities but the lawyers are benefitting financially.

Our club is already a multi-sports hub and this will further strengthen that position which in my view is the only way forward for sport facilities to survive financially (and also the view of Sport England), and will also encourage greater integration between sports. This is a great opportunity for the club as we will stay in control of our own destiny and direction but playing a huge role in the community in developing community sport.

Congratulations to all those who won awards within their teams at the end of last season. A new season starts which will now mean new challengers for the awards start in September, but special mention to Robin Varley (and family!!) who was voted unanimously as Clubman of the Year for his restructuring, organising, and promotion of the Sponsorship of our club. It has never looked so good around the pitch and sponsors have never felt so valued.

We are certainly getting towards achieving our goal to be the best community (one club ethos) facility in West Berkshire and offering sport for everyone. Communication is a key aspect we can improve and we are working on it but need your help. Whatever team you are involved in, please try and keep us up-to-date with what you are doing or want promoting. Make Tony Lloyd, who is heading up communications, and the Newsletter editors your priority contacts. Like all families, we want to know what is happening.

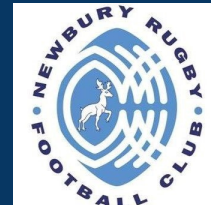
I hope every team in our club has a great season, at all levels, on and off the pitch. Good Luck to all and a special welcome to the new girls' teams being set up at U12, U14 and U16. It's your club and it's looking very positive and upbeat.

Best wishes

David Jones - President

BLUES NEWS - KEEPING IN TOUCH

MEMBERSHIP PACKAGES



OPEN MORNING 1 OCTOBER

9.00am - 12.30pm

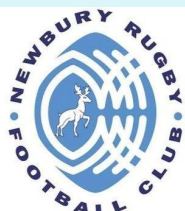
The only co-educational Independent Junior and senior school in the Newbury area.

ST GABRIEL'S
NEWBURY

Contact our admissions team to reserve your place
01635 555680 | stgabriels.co.uk/bookyourvisit
admissions@stgabriels.co.uk
Sandleford Priory | Newbury | Berkshire | RG20 9BD

2022/23 Membership

	Option 1	Option 2
	Annual Payment	6 Monthly payments
Senior Player	£262.50	£46.50
Social and Touch Player	£126.00	£22.00
Youth Player (U6-U18)	£178.50	£31.50
Youth Player (U6-U18) and Senior Player	£220.00	£41.00
Family Membership	£220.00	£41.00
Family Membership inc Senior Player	£270.00	£49.50
Student Membership	£52.50	£9.50
Gold Supporter	£210.00	£37.00
Blues Supporter	£115.00	£20.00

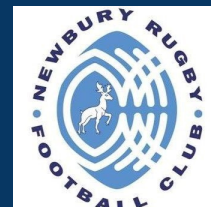


To purchase your membership for the 2022-23 season,
please visit our website



BLUES NEWS - KEEPING IN TOUCH

CHAIR'S UPDATE - JULY 2022



I hope this update finds you well and you have managed to keep relatively comfortable in the heatwave we have just enjoyed. Of course, not everyone will have found it enjoyable, and I know our farmers need rain badly, so too do our pitches! Any of you skilled in rain dance, please feel free to do your thing!

As many of you know, the role I have been undertaking for the last few years of Chair of the Club and Chair of Rugby has been challenging, to say the least. It was agreed at Committee this week that this role should be split and a new Chair of Rugby appointed. I am now able to update you on this and other changes.

Chair of Rugby Committee - Alasdair Heath

Al will deal with all things "rugby" from now on and will attend Management Group. Many of you will know Al as the head coach for the U15s and has been a member of the club since 2003.

Vice Chair of Rugby Committee - Chris Smith

Chris joins Al as his right-hand to support the work of the committee. Chris headed up the Junior Section for some time.

Between them, Al and Chris will oversee rugby at all levels in the club, manage the rugby budget, represent rugby at Management Group and liaise with all rugby leadership groups.

Chair of Senior Men's Rugby - Brian Trott

Chair of Senior Women's Rugby - Lizzie Price-Richards

Brian and Lizzie will work closely together to ensure we have a consistent approach to the management and development of the Senior teams, their resources, coaches, physios & kit etc.

Chair of Junior Rugby - Abdi Hamisi

Chair of Mini Rugby - Sarah Tunstall

Abdi and Sarah will also work closely together to support the management teams of all Youth sections and to ensure all the clubs processes are followed rigorously to support these young players.

Community Rugby lead - James McCarthy

James will oversee Touch, Walking and Mixed Ability Rugby for the club. This is a section that we hope to grow going forward.

Rugby Safe lead - Nick Spain

Nick takes over from Al Heath on this and will work with several individuals to bring together GMS, coaching, referee, safeguarding and physio co-ordination together into one section; to comply with the newly adopted coaching matrix.

Rugby Resources lead - Peter Benson

Heading this up as a trial last season, Peter has made a success of this role, so much so that he will head up this section to include the bringing together of grounds, communication, website, volunteers and commercial so that resources and needs of both rugby and commercial, going forward have a co-ordinated and responsive approach.

Rugby Income lead - Ian Jack

Ian steps into this new role to co-ordinate all income generated by rugby. He will work closely with the leads in several areas, including income generated by Membership, 100+ Club, 'Scorecast', International Ticket sales and co-ordinate and report to the Rugby Committee each month.

Although stepping away from the Chair of Rugby Committee, I will continue to hold the position of Club Chair, as confirmed at the AGM at the end of June 2022.

Going forward I will continue to work closely with the Chair of Trustees, Steve Gibbs, and am looking forward to having more time to focus on the Club as a whole but in particular supporting the business elements, overseeing safeguarding and membership engagement as a whole.

I am sure you would want to join me in wishing all the above volunteers our thanks to them for stepping up into these roles and to wish them every success in performing them.

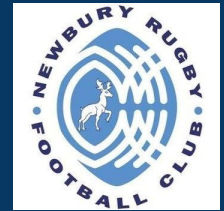
If you think you can support anyone on the Rugby committee or within a section, please do get in touch with the relevant person and offer your help. After all, their success is the Club's success and that's what it is all about.

Many thanks,

Louise Goodall

BLUES NEWS - KEEPING IN TOUCH

VOLUNTEERS / 100 CLUB



APPEAL FOR VOLUNTEERS

With the new season fast approaching, please could I appeal for volunteers who could help at our club either on a regular or occasional basis. My objective this season is to compile an email distribution list that will make it easier to issue a call for support when it is needed. This could be providing help on a match day or ensuring the smooth running of an event such as the Super Sevens Series UK matches that we hosted so successfully in May.

If you are able to help in any way, you will be able to spot me at the club in my 'Volunteer at Newbury RFC' t-shirt in the coming weeks or please contact me at ian.west1964@btinternet.com. Thank you.

Ian West

Newbury RFC Volunteer Coordinator

100 CLUB WINNERS

Here are the recent 100 club winners. If we have not managed to make contact with you, please contact Vicki Kyle-Lawrence with your bank details, to claim your winnings. Alternatively, you can contact the Club office - 01635 230023.

April - 1st Fiona Salter; 2nd Steve Absolom; 3rd Josh Winfield

May - 1st Nick Spain; 2nd Craig Stirk; 3rd Rob Harris

June - 1st David Smith; 2nd Ian West; 3rd Louise Goodall

July - 1st Alastair Gray; 2nd Philip Shears; 3rd Lee Goodall

Congratulations to all our winners and a huge thank you to everyone who supports the 100 Club. A special thank you too, to the many winners who donate their winnings back to the Club to be match-funded against one of our Good Exchange projects. Your generous support is greatly appreciated.

100+ CLUB

CASH PRIZES EVERY MONTH

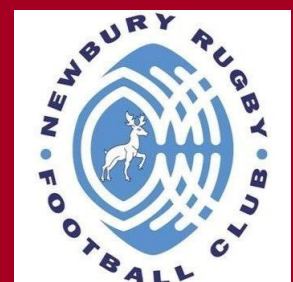
40% of ticket sales each month are given as cash prizes

HELP SUPPORT OUR CLUB

60% of ticket sales each month, help fund equipment, resources, and opportunities for players and coaches

JUST £2 PER MONTH

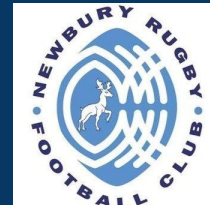
Simply scan the QR code to buy online, or pick up a form in Reception



BUY A TICKET NOW TO BE IN THE NEXT MONTHLY DRAW!

BLUES NEWS - KEEPING IN TOUCH

QUESTION AND ANSWER SESSION WITH HEAD COACHES NIKI PATON AND JAMES MCAVOY



1. What is your process of objective setting?

Niki

We've had our team meeting to set our goals as a playing team and as a coaching team.

We have all bought into 4 non negotiables that will help drive our season in the right direction.

Our objective for the season is to reach top three in our league with a view to achieving promotion to Championship 1.

James

Three fundamentals, namely process goals, performance goals and outcome goals lead to our overall goals for the season. Process goals relate to our components of fitness, skill development in terms of catch/pass and tackle execution and mentality in games. If we get the processes correct, the outcome should take care of itself.

Performance goals will be made in August. These goals will be made as a collective between the coaching and playing group. These goals will inform the performance analysis completed each week to review if we have achieved our performance goals. Outcome goals – split into two sections; performance and development. Development of the core senior group, training numbers, Blues caps and one club feel. Performance goals in relation to league position and finishing the season as well as the amount of winning and losing bonus points and points scored for and against.

2. Can you give a brief outline of Pre-Season?

Niki

We've started our pre season with a few team building and fitness/skills based sessions. Our next block will be around being street wise to the laws of the game and decision making. We're very fortunate to have a qualified referee playing for us so she is able to relay any new laws and explain existing ones and we have a session to go through the laws as part of our preseason. As we have a busy season ahead, we have had a session on nutrition to ensure the women look after themselves throughout the season. Again we have a player who is qualified in nutrition. We have 3 preseason games lined up too!



James

There are three blocks of work to preseason.

Block 1 – Build a base

CV Endurance and Strength; Skill Development; Game Model introduction

Block 2 – Game Sense

Speed and Power; Game Model – Attack and Defence

Block 3 – Pictures

Agility and Reaction; Game Scenarios



Three pre season games have been arranged:

6th August Away – Bournemouth

13th Home – Wimbledon

20th Home – Basingstoke (Savilles Cup) – Scrum in the Sun

25th – Club game

3. How do you integrate players new to the club and those moving from juniors into the senior section?

Niki

We have set up a buddy system to ensure the new players we have recruited are retained and feel part of our Blues family. We have had 11 new players join which is fantastic. We also invite the U18s to join in on our fitness based sessions so they also can feel part of the set up.

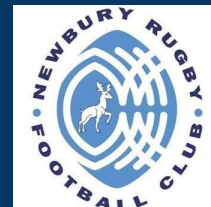
As we have such a mix of playing ability, from people who have never played before to players who have played in the premiership, the sessions are all based around inclusivity. I am fortunate to have a big coaching team so we can really make sure all abilities are challenged. We have two forwards coaches, Adam and Henry, who look at the different aspects of set piece and two other coaches, Kev and Hywel who are skills based. I look after the backs. We have a great dynamic as each coach has their own strengths which they bring to the group.

James

Nigel Beal has a role in Colts management/coaching and the Colts join into senior pre-season sessions. Paul Archer gives individual support to players and organises team socials.

BLUES NEWS - KEEPING IN TOUCH

QUESTION AND ANSWER SESSION WITH HEAD COACHES NIKI PATON AND JAMES MCAVOY



4. What has been your individual coaching progress to date?

Niki

I first got into coaching when I ruptured my ACL and I enjoyed it that much that I retired after coming back for a season to really focus on coaching.

I started off as backs coach for the women, assisting the then Head Coach Darren Brown.

I was then approached about applying for a scholarship with the RFU to do my Advanced Coaching Award. Having been successful with my application I am now part of Every Rose scholarship scheme which is designed to encourage and drive women into coaching. I'm now well and truly into the course and I am learning so much! I cannot wait to get into the season, I feel like our preparations so far have been fantastic.



James

Advanced Coaching Award RFU completed. There was a lot of learning from last season from the players and in particular Paul Archer.



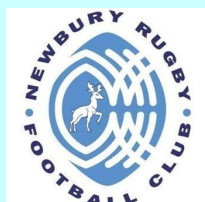
Many thanks to Niki and James for taking the time to answer these questions and all members and supporters will want to wish yourselves, your coaching teams and your players all the very best for the new season.

Brian Lee



For every £1 donated via The Good Exchange, the Club receives £1 of match-funding from Greenham Trust.

Please support the club by donating towards our current live appeals for two new defibrillators for the Club. Full details can be found on The [Good Exchange](#).



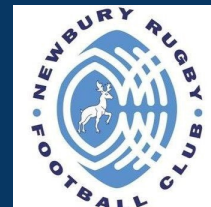
COLTS UPDATE

Unlike the men's teams, the Colts league fixtures don't start until October, so essentially the July pre-season block has been fairly relaxed - excepting that some players will be playing cricket / athletics / holidaying, etc over the summer. So whilst numbers at training have been good, hopefully they'll be even better in August and September, when the real focused work begins for us and I have another influx of players to remember the names of! I'm pleased to introduce Sarah and Simon Jones as our team managers this season, they certainly have taken well to the role. We have again entered 2 sides into the BBO league, and are awaiting to hear who we will face in each league and have entered the National Colts cup. We have also crammed the rugby calendar with friendlies, giving us lots of great opportunities to take a large combined squad and see players in different positions / combinations (I'm a believer that to understand every position, you need to have played it - in a controlled environment!). Now we can't wait to get going!

Nigel Beal

BLUES NEWS - KEEPING IN TOUCH

CHAIR AND VICE CHAIR OF RUGBY



It's a personal thing but when I retired I vowed to myself that from then on I would want to be in charge of absolutely nothing; zilcho; zip. Enough was enough. A working life of committees, decision making, meetings, action points, more work generated and yet more meetings. I was and remain committee'd out. Fair do's though a number of people at the club are a lot more amenable to being in charge and part of a committee than myself and we all owe them a huge debt of gratitude. There are a lot of them and this coming season sees two positions filled by two members new to these posts.

Alasdair Heath is the incoming Chair of Rugby and Chris Smith the Vice Chair. There are many other "Chairs" at our club and during the season the intention is to highlight each of these in successive newsletters. This is important. I've been involved at the club for a good number of years and how often have I heard and in fact said myself, "I don't know what's going on." All organisations have challenges with communication but one thing's certain, President David Jones and Club Chair, Lou Goodall are both committed to letting members know as much as possible about the goings on at our club. That's not to say those in positions of responsibility will get everything right, how many of us do, but the intention is certainly there to keep everyone informed of as much as possible.

Alasdair Heath was born in Aberdeen into a force's family, although there is a little bit of Somerset in there somewhere. He played county rugby at age group level, ran touch for the Tonga game against the Army in 2003, was a TV commentator for BBC Wales Scrum Five programme between 2007-2010, is a level 3 coach and coached two successful Women Varsity teams at Oxford. He also assisted with the Scottish Under 16's in 2017. On moving from Marlow, he joined NRFC as a social member in 2004 and has been coaching various age groups since 2013. Alasdair is currently Head Coach of our U15 boys' team.



Chris Smith was born in Maidenhead, played rugby in school but was, "More interested in athletics and represented the county at 400 metres." University at Bristol saw Chris playing for the Uni and also for Cleve and Bristol United. After his stint in this great city, he returned home and joined Henley where he played for the first team before rupturing an ACL. In 1983/84 he joined NRFC and played for the Firsts and Stags until just before the move to Monks Lane. "Yes, I remember the tin baths!!" In the late 1990's and early 2000's Chris came back to coach and took the boys through minis and juniors.

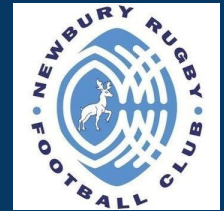


Both Alasdair and Chris have great ambitions for their time at the helm. They aim to support NRFC as a community focussed club by, "Enabling the club to consistently put out two senior men's and women's sides each weekend; developing a fully integrated community club that represents all its members; developing a clear coaching and age group management framework to ensure RFU compliance, participants' safety and to maximise revenue; ensuring that everyone who comes to the club enjoys themselves." They both hope to build on what they call the great legacy of the last few years whilst managing the financial pressures of a post covid world.

And their best memories of their time at the club? Alasdair says, "Seeing the same forty boys coming back every Sunday and every year.....graduating from U6 Tag to both A and B finals of the U14 Berkshire cup." Chris says this is a simple one, "Persuading Phil de Glanville (the then England captain) to run a training session for a bunch of U15 boys."

Good luck Alasdair, good luck Chris and from all members thank you for stepping up to what are two very important positions at any rugby club.

Brian Lee



Go into any self-respecting bookshop at this time of year and you will see an array of books to read on holidays. It's the same every year and I guess for the occasional reader the holidays are an ideal time to kick back, sit by the side of a pool and read, drink, swim and eat. Don't get me going on sightseeing on a beach holiday.....A small piece of advice though, don't choose the 1922 book *The Theory of Social and Economic Organisation* by German Sociologist and Political Economist Max Weber. It would be enough to get even me gagging for a bus tour of Malaga, a church visit in Tenerife or even worse visiting one of these UK styled bars serving all day English breakfasts and Guinness. To be fair to Weber he is regarded as one of the leading thinkers in his field of the past 150 years and in his book, he expounded his theory of Bureaucracy as the best way for organisations to organise themselves.

Like Weber, I guess we're all experts in knowing how organisations should be structured, what's right and wrong with organisations, why things might have gone wrong in the past, the best way forward.....easy, particularly when you're not in charge and having to make these decisions. A bit like criticising Blues from the side lines. It's an easy game when you're not out there having to do the business and it's the same with running our club, easy when you're not in a position of responsibility.

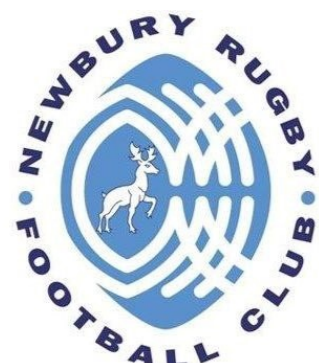
Organisationally, Chair Lou Goodall and the club committee have committed the club to developing players and coaches to the best of the abilities of all involved and to this end four new appointments have been made. Paul Archer and Darren Brown, last season's men's and women's Head Coaches respectively have been appointed as Rugby Development Leads and James McAvoy and Niki Paton have been appointed as Head Coaches for the men's and women's senior teams respectively.

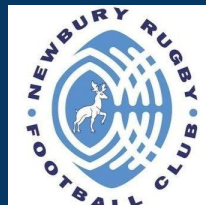
Lou emphasises the point that these are all internal appointments and is a reflection of the talent we have at our club within the coaching field. She says, "This is the first time we have been able to have complete gender parity in our senior coaching team(s) and the fact we have been able to recruit from within is a massive statement given that we are investing in rugby coaching development per se."

Anyone interested in seeing well organised, well thought through coaching sessions should turn up at the club on a training night. The time and effort that goes into structuring these sessions is significant and having already spoken to James and Niki it is clear they have high hopes for the season to come.

Max Weber, brain as big as a size five rugby ball, but give me a Famous Five book any day of the week. I'm able to understand those.

Brian Lee





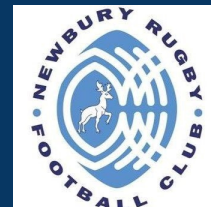
NEWBURY BLUES FIXTURES 2022 - 2023					
REGIONAL 2 SOUTH CENTRAL					
03-Sep	Shipston-on-Stour	(A)	03-Dec	Stow-on-the-Wold	(A)
10-Sep	Stow-on-the-Wold	(H)	10-Dec	Marlborough	(H)
17-Sep	Marlborough	(A)	17-Dec	Tottonians	(A)
24-Sep	Tottonians	(H)	07-Jan	Buckingham	(H)
01-Oct	Buckingham	(A)	14-Jan	Devizes	(A)
15-Oct	Devizes	(H)	21-Jan	Grove	(H)
22-Oct	Grove	(A)	28-Jan	Swindon	(A)
29-Oct	Swindon	(H)	11-Feb	Witney	(H)
05-Nov	Witney	(A)	18-Feb	Reading	(H)
12-Nov	Reading	(A)	04-Mar	Salisbury	(A)
26-Nov	Salisbury	(H)	11-Mar	Shipston-on-Stour	(H)

NEWBURY SENIOR WOMEN FIXTURES 2022 - 2023					
WOMEN'S CHAMPIONSHIP SOUTH WEST 2					
26-Sep	Cheltenham Ladies	(A)	08-Jan	Portsmouth Valkyrie	(A)
02-Oct	Portsmouth Valkyrie	(H)	15-Jan	North Bristol Ladies	(H)
16-Oct	North Bristol Ladies	(A)	22-Jan	St Mary's Old Boys La	(A)
23-Oct	St Mary's Old Boys La	(H)	12-Feb	Supermarine Ladies	(H)
06-Nov	Supermarine Ladies	(A)	19-Feb	Ivybridge Women	(A)
13-Nov	Ivybridge Women	(H)	12-Mar	Trojans Ladies	(H)
04-Dec	Trojans Ladies	(A)	19-Mar	Cullompton Ladies	(A)
11-Dec	Cullompton Ladies	(H)	02-Apr	TBC	(H)
18-Dec	TBC	(A)	16-Apr	Cheltenham Ladies	(H)

NEWBURY STAGS FIXTURES 2022 - 2023					
SW DIV - COUNTIES 2 TRIBUTE BERKS/BUCKS & OXON SOUTH					
03-Sep	Aldermaston	(H)	03-Dec	Beaconsfield II	(H)
10-Sep	Beaconsfield II	(A)	10-Dec	Henley III	(A)
17-Sep	Henley III	(H)	17-Dec	Hungerford	(H)
24-Sep	Hungerford	(A)	07-Jan	Maidenhead III	(A)
01-Oct	Maidenhead III	(H)	14-Jan	Rams III	(H)
08-Oct	Rams III	(A)	21-Jan	Slough	(A)
22-Oct	Slough	(H)	28-Jan	Tadley	(H)
29-Oct	Tadley	(A)	11-Feb	TBC	(A)
05-Nov	TBC	(H)	18-Feb	Reading II	(H)
12-Nov	Reading II	(A)	04-Mar	Abingdon	(H)
26-Nov	Abingdon	(A)	11-Mar	Aldermaston	(A)

BLUES NEWS - KEEPING IN TOUCH

SUPER 7S SERIES - JUNE 2022

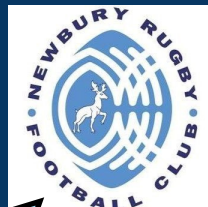


SUCCESSFUL SUPER
SEVENS ON 15TH JUNE



BLUES NEWS - KEEPING IN TOUCH

ANNUAL CLUB DINNER - MAY 2022



SUCCESSFUL ANNUAL CLUB
DINNER WITH SPECIAL
GUEST—SHANE WILLIAMS





Let us help **PROP** up your savings and **TACKLE** your mortgage.

Contact your local branch today to discuss how we can help you.

Call: 01635 555777 | **Visit:** www.newbury.co.uk

Newbury Building Society is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority (Financial Services Register number 206077). English Law applies and we will communicate with you in English. We are participants of the Financial Ombudsman Service. We have a complaints procedure which we will provide on request. Most complaints that we cannot resolve can be referred to the Financial Ombudsman Service. 0040



THANK YOU TO ALL OUR SPONSORS FOR THEIR GENEROUS SUPPORT



Snows Kia



For information about club sponsorship opportunities, contact Robin Varley - NewburyRFC@varleyuk.com.
For player sponsorship, contact Mick Futcher - m_futcher@hotmail.com or 07768641719.