

Caledonian Thebans RFC
in association with the SRU & Murrayfield Wanderers
Presents



RUGBY CLINIC 2016



In the unlikely event that you have any problems, please contact anyone from the list below:

Jocky Geary (Clinic Organiser)

07401 662 266

Mike Elliot (Club Secretary)

07968 038 951

Jim Reilly (Head Coach)

07742 714 729

www.thebans-rfc.co.uk

FRESH HANDMADE COSMETICS

LUSH SPA

— EDINBURGH —

115 PRINCES STREET, EDINBURGH EH2 3AA

**FROM A FULL BODY MASSAGE, THROUGH TO A FACIAL,
WE'VE GOT TREATMENTS TO SUIT EVERYONE.**

**"A LEGAL HIGH THAT'S MORE OF A MAGICAL
MYSTERY TOUR THAN A TRADITIONAL SPA JOURNEY"**

- Annette Hanford. Health and Beauty Magazine

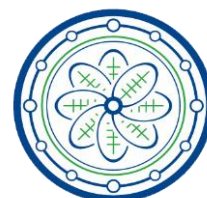
**"TURNING TRADITIONAL SPA CONVENTION ON IT'S
HEAD, THE LUSH SPA'S TAKE AN EVERYDAY CONCEPT
AND TRANSFORM IT INTO A MAGICAL FAIRYTALE -
STYLE ADVENTURE WITH THRILLS AND SPILLS, TWISTS
AND TURNS AND SENSORY SURPRISES ALONG THE WAY"**

Health and Beauty Magazine

**FOR MORE INFO ABOUT THE TREATMENTS PLEASE VISIT
WWW.LUSH.CO.UK**

CONTENTS

Foreword	Page 3
Schedule	Page 4
How to get to Murrayfield	Page 5
Food 'n' Physio	Page 7
If you can't keep it in yer pants...	Page 8
A <u>BIG</u> Thank-You!	Page 10



NEWCASTLE RAVENS RFC



FOREWORD

A hearty Scottish welcome to you all to the 12th Caledonian Thebans' Rugby Clinic in association with the Scottish Rugby Union!

I'm delighted to welcome so many friends, new and old, to our Clinic - Europe's largest annual LGBTI-inclusive rugby event. The 2016 edition is our largest ever, with over 240 players registered!



This year we also have more teams than ever represented with some new faces, the Emerald Warriors, Glasgow Alphas and Munich Monks. I'm also delighted to see some of the new additions to the IGR family joining us for the first time; the Berkshire Unicorns, Brighton and Hove Sea Serpents, Liverpool Tritons. I hope you all have an enjoyable time and enjoy our fair city of Edinburgh.

It's a fact that rugby is one of the most inclusive sports in the world. Bones may get broken and egos bruised, but real friendships are forged on and off the pitch. What matters most is the camaraderie, the brotherhood and the passion for rugby - one of the greatest sports in the world.

As ever, the Clinic would not be possible without the help and support of the Scottish Rugby Union, the Murrayfield Wanderers, CC Blooms, Jocky, Mike and the rest of my very hard-working colleagues on the Thebans Committee and – especially – *you*, our welcome guests who help to make the Clinic such an enjoyable success every year.

I wish you all a safe, successful and enjoyable time during this year's Clinic and sincerely apologise for not being with you all this weekend, but work commitments that I am unable to change have had to take precedence.

Ceud mìle fàilte – a hundred thousand welcomes!

Owen Greechan | Chairman

SCHEDULE

Friday 28 October

- Registration at Murrayfield Wanderers Clubhouse 18:00 – 21:00
(No goodie bags will be kept back for anyone so if you can't make it you have to arrange with someone to take it for you)
- Open bar in the Clubhouse 18:00 – 01:00
- Opening Ceremony 22:00 – 23:00

Saturday 29 October

- Arrive at Murrayfield 08:30 – 09:00
- Rugby Clinic coaching sessions led by SRU 09:30 – 12:00
- Lunch 12:00 – 13:00
- Short games 13:00 – 16:00
- Food and drink in the clubhouse 16:00 – 18:00
(Club house will close at 18:00 sharp to set up for Wanderers' Halloween Party)
- CC Bloom's (dress code: Rocky Horror Show) 20:00 – 03:00
(There is a free cloakroom in CC Bloom's if you're worried about walking up Princes Street in your basque and suspenders)

Sunday 30 October

Remember: clocks go back one hour at 02:00am for daylight saving!

- Brunch at CC's (food available, 25% off bill) 12:30 – 14:00
- Hall of Fame 14:15 – 14:30
- Clinic and Tournament Awards 14:30 – 14:45
- Kangaroo Court (presiding judge: Lord Justice Wunce) 14:45 – 15:45
- Closing speech 15:45 – 16:00
- Obligatory consumption of alcoholic beverages 16:00 – 'til you drop!

HOW TO GET TO MURRAYFIELD

The easiest – and quickest - way to reach Murrayfield is via Edinburgh's brand new tram system from St Andrew Square, opposite Harvey Nichols' department store.

Ticket vending machines and smartcard validators are located on every tramstop platform. You must buy a ticket before boarding a tram.

You can buy tickets using the easy to use Tram ticket vending machines, which feature touch screen displays to guide you through.

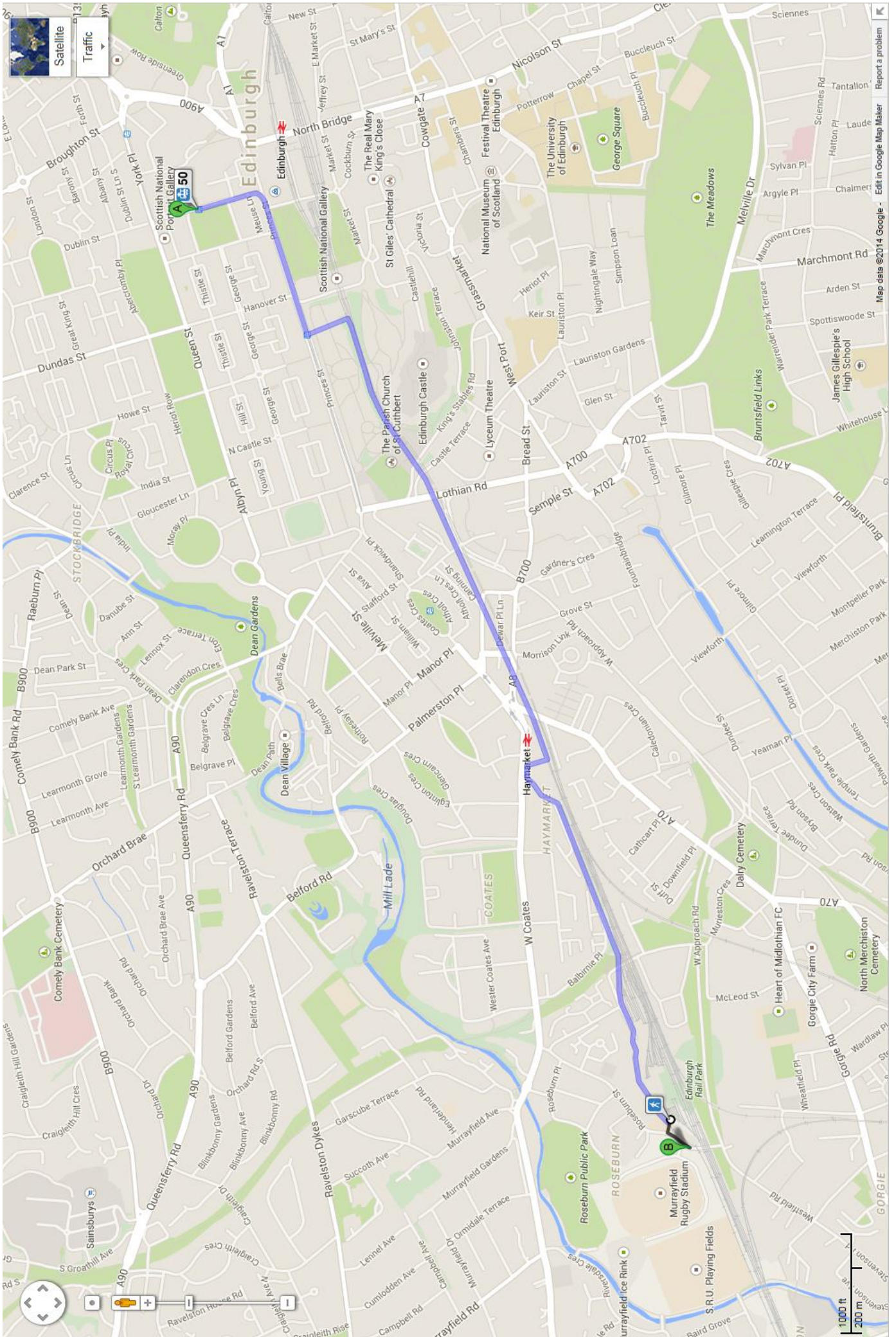
A single ticket costs £1.60 and a return costs £3.20. Ticket machines do not give change. A minimum of £3.00 is required to buy tickets using a card.

Pre-recorded audio announcements on board will let you know the next stop on the service, as well as safety messages and ticket information.

There are ticket inspectors on all of the trams. Make sure you have a valid ticket before you board or you will have to pay the £10 on-board fare!

The pitches and changing rooms are to the south-west side of the stadium, as you enter the main gate to Murrayfield. You will be guided to your changing rooms.





FOOD 'N' PHYSIO

We know how ruggers like their food and physiotherapy. To help turn you into big burly bruisers and to ease away the aches and pains from the Clinic, our partners at Caledonian Hospitality and ProActiv Physiotherapy & Sports Injury Clinic will be providing nourishment for body and soul over the weekend.

Caledonian Hospitality

The Clubhouse Café, operated by Caledonian Hospitality, will be open on Friday night from 18:00 to 22:00 for burgers, hot chicken breast baguettes, chilli and nachos, and other snacks.

Breakfasts will be offered on Saturday from 08:00 to 11:30. Available options include hot bacon and sausage rolls, full breakfast buffet, porridge and fruit, croissants, teas and coffees.

The Café will also be offering some post-Clinic meals over the counter as retail on a first come, first served basis until sold out.

Please note, the Café will stop service at 18:00 as the Clubhouse is being turned around for Murrayfield Wanderers' annual Hallowe'en party.

ProActiv

Physiotherapy will be available on Saturday during the day by the delectable Del from ProActiv.

Please note, all physio work will only be for injuries that happen at the Clinic. No strapping or physio work will be done for pre-existing medical conditions or injuries.

IF YOU CAN'T KEEP IT IN YOUR PANTS...



Scotland's charity for gay men

10 Union Street

Edinburgh

EH1 3LU

Tel: 0131 558 9444

If you are a Whore of Babylonian Proportions who can't resist some "deep scrum action" off the pitch and is likely get through all the little bits of rubber and lube in your welcome pack, please just ask a Theban who can direct you to GMH or other places of queer interest for more *items*.

Or you could try and keep your hormones under control! ☺

Remember: play safe on and off the pitch!





DON'T WAIT
UNTIL YOU'RE
CLAPPED-OUT.

WWW.GMH.ORG.UK

BOOK IN FOR A
SEXUAL HEALTH
MOT EVERY SIX
MONTHS.



A BIG THANK-YOU!

Caledonian Thebans RFC gratefully acknowledges the support of the following people and organisations, without whom the 2016 Rugby Clinic would not have been possible;

Mr Ian Hume

Caledonian Hospitality

www.facebook.com/CaledonianHospitality

Caledonian Hospitality



CC Bloom's

www.facebook.com/CCBloomsBar

Gay Men's Health

www.gmh.org.uk

Gay Rugby Clubs

www.gayrugbyclubs.com



Gleneagles of Scotland

www.shopprincesmall.com



Holland & Barrett

www.hollandandbarrett.com

Lush Edinburgh

www.facebook.com/LushCosmeticsEdinburgh

Morrison's Granton

<https://groceries.morrisons.com/>

ProActiv



Murrayfield Wanderers FC

www.pitchero.com/clubs/murrayfieldwanderersfootballclub

ProActiv Physiotherapy & Sports Injury Clinic

www.proactivphysio.co.uk

Sainsbury's Murrayfield, and Craigleith

www.sainsburys.co.uk

Scottish Rugby Union

www.scottishrugby.org

Waitrose Comely Bank

www.waitrose.com

