

Dunvant RFC - Season 2023-2024



Dunvant RFC 1st XV Coaches 2023-24 Season (Championship)



Dunvant RFC 1st XV
Forwards Coach

Name- Craig "Ripper" Hawkins
Born- Swansea 04/07/1979
Honours- Wales 16/18/19/21
Highlights- 252 games for Llanelli RFC, Barbarians, Crawshays XV
Previous Clubs- Dunvant, Llanelli, Bridgend, Hawkes Bay, Scarlets
Coaching Career- 2014-Present



Dunvant RFC 1st XV
Head Coach

Name- Tom Cheeseman
Born- Swansea 22/03/1986
Honours- Wales U16/18/19/21
Highlights- 83 Premiership games for Bath RFC
Previous Clubs- Bath, Newport Gwent Dragons, Harlequins, Esher
Coaching Career- 2022-Present



Dunvant RFC 1st XV
Backs Coach

Name- Adam Williams-Parry
Born- Swansea 12/06/1992
Highlights- 218 1st XV games for Dunvant
Dunvant Career Stats-
Playing since 5-year-old
110 Tries
1164 Points
Coaching Career- 2021-Present

Dunvant RFC are pleased to confirm the coaching team for the forthcoming season in the newly formed WRU Championship West League containing some formidable sides. Former Bath centre Tom Cheeseman will lead the coaching team as head coach assisted by former Dunvant and Llanelli hooker Craig Hawkins as forwards coach and leading try scorer Adam Williams Parry as backs player/coach.

Swansea born Tom Cheeseman gained honours at Wales U16, 18, 19 & 21, 83 appearances for Bath in English Premiership and his other clubs include Newport Gwent Dragons, Harlequins and Esher. After a successful first season when he guided Dunvant to promotion he is delighted to being promoted to the head coach position.

Craig Hawkins, better known as Ripper is a product of the Dunvant junior section, playing at all levels, youth and making his senior debut at 18. Hawkins, captained the successful Llanelli club side in the Welsh Premiership with over 250 appearances and other clubs include Bridgend, Hawkes Bay and Scarlets plus guest appearances for The Barbarians and Crawshays.

Adam Williams Parry is a true example of the junior development at Dunvant, starting as a 5 year old, Adam has played at every level at the club, last season making his 200th senior appearance. He is renowned for an open attacking style of rugby and now is looking to pass on his vast experience to the younger players.

The Athletic side competing in the WRU Conference will continue under the guidance of Jon Arnold and Mike Smith and look to continue the impressive stat where a total of 77 players appeared for the side last season playing an impressive total of 22 matches. The majority of these players were products of the successful junior and youth sides and many progressing to the first XV.

The youth side will be led by Rob Murphy and will be looking to develop the players as they transition from junior rugby to the senior sides, the youth will join the seniors for pre-season training initially.

A player's meeting at 6.00pm followed by a BBQ at 7.00pm will be held on Thursday July 6th where the coaches will set out their plans for the season all current and new players are welcome. Training then starts on Tuesday July 11th and all current and new players are welcome, meet at clubhouse 6.30pm.

Pre-Season Matches

August 5 th	Training Day with Bridgend Ravens at Dunvant RFC
August 12 th	Carmarthen Quins Home KO 2-30pm
August 19 th	Rumney Away KO 12.00 noon (before Wales v South Africa)
August 26 th	Cardiff Met Home KO 2.30pm 1 st XV and Athletic

Contacts

First Team - Ted Rees 07584 249503

Athletic - Martin Newbury 07962 020469

Youth - Alun Bevan 07557 388649