



**England  
Rugby**



**GLOUCESTERSHIRE  
RUGBY  
FOOTBALL  
UNION**

# Rugby Development News

## Forest of Dean and Gloucester

*4th Edition March 2015*

*“Strengthening clubs and growing the game in the communities around them”*

### Headlines News

Pitch Maintenance Workshops  
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Headcase Online Courses  
Hartpury Sevens Event 16<sup>th</sup> May  
Brockworth RFC 7s Event 21st June  
History is made at the University of Gloucestershire

### **Dates For The Diary:**

- End of Financial Year Accounts Workshop at North Bristol RFC—**Sat 28th March; 9.30am-12.30pm**
- Pitch Maintenance Workshop at University of Gloucestershire —**Sunday 29th March**
- Tri Nations England v Ireland U18s match at Hartpury College on **Easter Saturday 4<sup>th</sup> April – 11am KO**
- GMS Training at University of Gloucestershire, Oxstalls Campus—**Tuesday 21st April**
- Brockworth RFC 7s Event—**Sunday 21st June**
- NatWest RugbyForce Weekend—**Sat/Sun 27th-28th June**
- SW 7s event at Exeter Chiefs—**11th/12th July**

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## Pitch Maintenance Workshop at University of Gloucestershire

Clubs are invited to attend the RFU Pitch Maintenance Day in the county on **Sunday 29<sup>th</sup> March 2015**.

The workshop forms part of the [RFU Groundsman Connected](#) scheme and will offer clubs free information, advice and guidance on a whole range of pitch maintenance issues. We will be lucky enough to have demonstrations on the day, presentations by RFU approved partners and Head Groundsman from Twickenham; Keith Kent.

The free workshop is now open to register your interest and reserve your place.

Please just email name, club name, role and contact email/telephone number to Morgana Simpson, [morganasimpson@rfu.com](mailto:morganasimpson@rfu.com).

The workshop will be held at University of Gloucestershire, Oxstalls Campus for all community clubs who have an interest in pitch maintenance.

Timings of workshop is 9.30am - 2pm.



## Festival of Rugby Launch

*England Rugby 2015 and the RFU today launch 'Festival of Rugby 2015', a new programme enabling events across the UK to celebrate rugby's biggest year. [Watch the video >>>>](#)*

From bake sales to national sporting events, everyone across the country is invited to join in by registering their existing event or creating an event to be part of the programme. The new dedicated website [www.festivalofrugby2015.com](http://www.festivalofrugby2015.com) will also allow people to locate and attend events in their area with a postcode search feature launching later this year.

Clubs can now submit to become part of the Festival of Rugby through [www.festivalofrugby2015.com](http://www.festivalofrugby2015.com).

Any event hosted between June 10 and October 31 with a link to rugby can be submitted via the online application system.

## Game Management System (GMS) Workshop

**Tuesday 21<sup>st</sup> April at University of Gloucestershire, Oxstalls Campus**

The sessions will be relatively flexible, however the evening will consist of running through the following:

### Topics covered:

- Create (Free) Websites from GMS
- Designing your website & managing Content
- Signing up Online
- People - Managing Members (Creating New members)
- Finance - Memberships Schemes & Payments
- Club Profile – Updating club data
- Personal Details – Managing your own content

To book please email Morgana Simpson, [morganasimpson@rfu.com](mailto:morganasimpson@rfu.com)



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## College Students start on Coaching Ladder



A group of students from Gloucestershire College took part in the RFU's Rugby Ready Course. This is the first qualification for up and coming rugby coaches, and these students did this as part of their sport course at the college.

Ian Tuffil, lecturer at the college said *"BTEC courses have a strong coaching and leadership aspect requiring the students to demonstrate their ability to plan, deliver and review. To enhance their learning and to give the students an insight into coaching & roles such as Community Rugby Coaches is great"*.

This was arranged through Stuart Bradfield, RFU Community Rugby Coach with the plan to deliver two weeks of coaching sessions at Gordon League RFC. The first week was about how to coach, going through the basics of health and safety, communication skills and how to structure a coaching session.

All the students commented on how much they enjoyed their time working with all the RFU Community Coaches and felt that they had been given an excellent opportunity to not only improve their practical coaching skills but to talk to the coaches about what their jobs involve. A big thank you to Stuart and Gordon League Rugby Club in helping to provide an excellent and different learning experience for the Sport students at Gloucestershire College.

## GRFU Club Forums

Gloucestershire RFU (GRFU) has recently held a series of club forums to begin the planning of its Annual Delivery Plan for 2016/17. The Forest Combination clubs forum was held at Berry Hill RFC and Gordon League RFC hosted the Gloucester Combination clubs, twenty clubs attended one of these 2 forums.

Each evening had a number of sessions in small groups with clubs setting out their needs against the 6 key drivers. Each evening culminated with a presentation on the opportunities that RWC2015 will bring clubs over the coming months and beyond. The records of the various discussions will now be combined with those from the other 4 club forums held in the other Combination areas, trends analysed, and these will form the basis of the GRFU Annual Delivery Plan 2016/17 that will be published in July 2015. In addition, the RDOs and CRCs will follow up on specific issues at their clubs. This is the first time GRFU have held these club forums to begin the planning of its annual delivery plan.



Feedback from attendees at all the forums felt that they were very beneficial in them providing GRFU with their requirements against the key drivers, listening to issues and ideas from neighbouring clubs, and having an update on RWC2015 opportunities.

## Volunteer Workshop Success!



Old Cryptians RFC celebrate 5 years of partnership with Gloucestershire University Placement students.

The programme has seen many students pass through their doors and this years students are here with Adrian Henley-Davies Coaching Co-ordinator with Old Cryptians RFC and Gloucestershire RFU CRC Stuart Bradfield.

Students are (left to right): **Hollie Sims, Hannah Cox, Lauren Hooper, Monika Fraser and Jack Haines.**

All soon to become RFU Rugby Ambassadors!





## GLOUCESTERSHIRE RUGBY FOOTBALL UNION

### GRFU Small Grants Available!

Reminder for clubs who've not yet applied successfully for a GRFU small grant, to support player recruitment & retention, that there is still some funding left!

Do you have an idea to help keep or recruit players but need a helping hand? Did you know there is up to £250 available to

support clubs? If you have an idea & have not applied this season please click [here](#) and complete the application form to apply. Previous projects funded include schools work to develop girls rugby, touch rugby events and community days.

Further details please speak with Ash Stephens, email [ashleystephens@rfu.com](mailto:ashleystephens@rfu.com)



### Old Cryptians RFC receive RFU Club Accreditation Award

Huge congratulations to Old Cryptians RFC who have recently received the RFU Club Accreditation Award. Over the past few months Old Crypts have been working with RFU staff on achieving club accreditation for their club, including their mini & juniors. The club's next project is to become a O2 Touch centre in Gloucester City, utilising the new upgraded floodlights. **Well done!**

The Club Accreditation scheme can help all club sections to become stronger, more effective, more efficient and more enjoyable places in which to play rugby. Unlike other accreditation schemes, this one provides a framework for a club to show what it is doing, how it does it and where it can improve.

The RFU hopes that clubs will be both challenged by the process and enjoy it. It will allow clubs to exhibit all that is good about rugby; demonstrating that this is all achieved in a friendly, welcoming environment.

**For more about Club Accreditation contact Ash Stephens at [ashleystephens@rfu.com](mailto:ashleystephens@rfu.com)**



### RFU Girls Teacher Training Course @ University of Gloucestershire



The RFU staff held a Teachers Training Course based around the U13's girls game and the introduction of tackling, there was a fantastic effort throughout and the Woman & Girls Development officer Richard Major even managed to showcase the Women's World Cup Trophy. This was a brilliant event and it was inspiring to see so many teachers turn up and want to coach girls Rugby! **A massive well done to all involved.**

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## Girls Rugby at Dean Academy!

Girls rugby has started at Dean Academy School with over 15 girls taking part in the first two sessions.

The school will hope to sign post these new players to local rugby club Lydney RFC who have ambitions in setting up a girls section.

Women's and Girls rugby is the fastest growing sport in the UK and this is certainly made evident through the high influx of players across the county.

For more information on how to take up girls rugby; please contact your local CRC.



## RFU U15s Girls County Level 3 Event

The RFU organised the under 15 county level 3 school girls event hosted at Old Richians on the 18th March. There were 7 teams with over 90 girls playing the game we love. A big thank you must go to the university of Gloucestershire, Hartpury college and old Richians for their help and expertise in running this very successful event. This year's U13 level 3 will take place on the **24th March at Hartpury college.**



## "Don't be a Headcase" - Online Concussion Training courses available

The RFU's concussion education campaign steps up a gear with the launch of three online courses aimed at coaches, match officials and players.

Available at [www.EnglandRugby.com/Headcase](http://www.EnglandRugby.com/Headcase), these 20 minutes modules take you through why it's important to manage concussion properly, and how we all have a role in protecting players and helping them through their recovery and return to play if they do get injured. Based on the "4R's" - **Recognise, Remove, Recover and Return** - these online courses reinforce the messages that have been delivered through the Headcase website, Rugby Ready courses and promotional materials over the last 18 months.

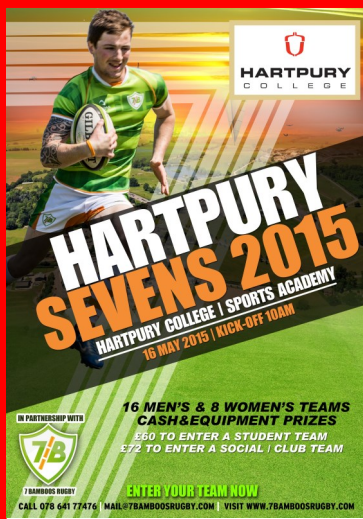
If you or any clubs/volunteers have any questions, please either refer to the Headcase website [www.EnglandRugby.com/my-rugby/players/player-health/concussion-headcase/](http://www.EnglandRugby.com/my-rugby/players/player-health/concussion-headcase/) or email [health@rfu.com](mailto:health@rfu.com).

**DON'T BE A HEADCASE STOP! CHECK FOR CONCUSSION**  
HEADACHE EMOTIONAL APPEARANCE DROWSINESS CONFUSION AGITATED SEIZURE EARS AND EYES

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## Hartpury Sevens Returns on 16<sup>th</sup> of May

Hartpury College and 7 Bamboos Rugby invite local teams to the Hartpury Sevens 2015. Staged around the outstanding sports academy facilities, 16 men's and 8 women's squads will compete at the event with a great atmosphere guaranteed. The participating teams can look forward to attractive cash and equipment prizes as well as great entertainment on the day. With only £60 (£5/player) for university teams and £72 (£6 / player) for club/social teams some of the lowest priced entry fees of all tournaments in the UK.

In order to enter a team, become a tournament sponsor or attend the Rugby Business Network just contact 7 Bamboos Rugby [mail@7bamboosrugby.com](mailto:mail@7bamboosrugby.com) or visit the tournament website [www.7bamboosrugby.com/hartpury-sevens-2015](http://www.7bamboosrugby.com/hartpury-sevens-2015)

## Brockworth RFC 7s Event Sunday 21st June 2015

After a very successful tournament last summer Brockworth rugby club will be once again be hosting the U16s Badger 7's festival on Sunday June 21<sup>st</sup>.

Festival organiser and BRFC youth development manager John Seddon confirmed they will be carrying on with the theme of exciting fun rugby with 12 like minded local U16 rugby clubs being invited to join them on the day. This will once again give their young players a taste of the fast moving exciting game of 7's rugby.

John said "This year we also very pleased to announce we have the support from Bamboo's 7's who will be on hand to offer 7's coaching sessions during the day so each team can make sure they get the most from their matches, also I would recommend any local rugby club to host and get behind this festival concept, this will bring some much needed revenue into the club in the summer months and also encourage more boys/girls to participate, perhaps even increase the profile of your club in the area thus attracting more players or members".

**For more information please contact Brockworth RFC on Tel: 01452 862556.**



## History is made at the University of Gloucestershire!



The University of Gloucestershire women's rugby team have made history by being the most successful sporting team at the university, ever! They have been crowned champions in the women's BUCS Premiership and have gone onto the BUCS Rugby Championship finals at Twickenham being played on **Monday 27th April**.

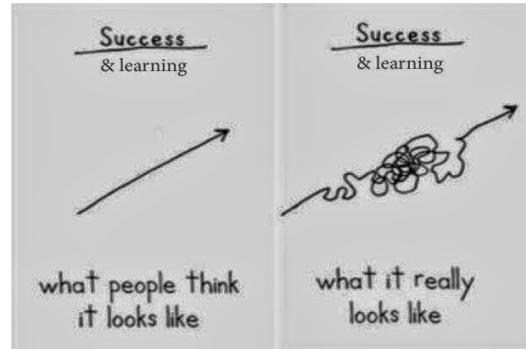
This is a fantastic achievement for the university, many rugby hero's have played in this final such as Richard Hill (Brunel University), Emily Scarratt (Leeds Met University), and Will Greenwood (Durham University).

**Good Luck Ladies!**



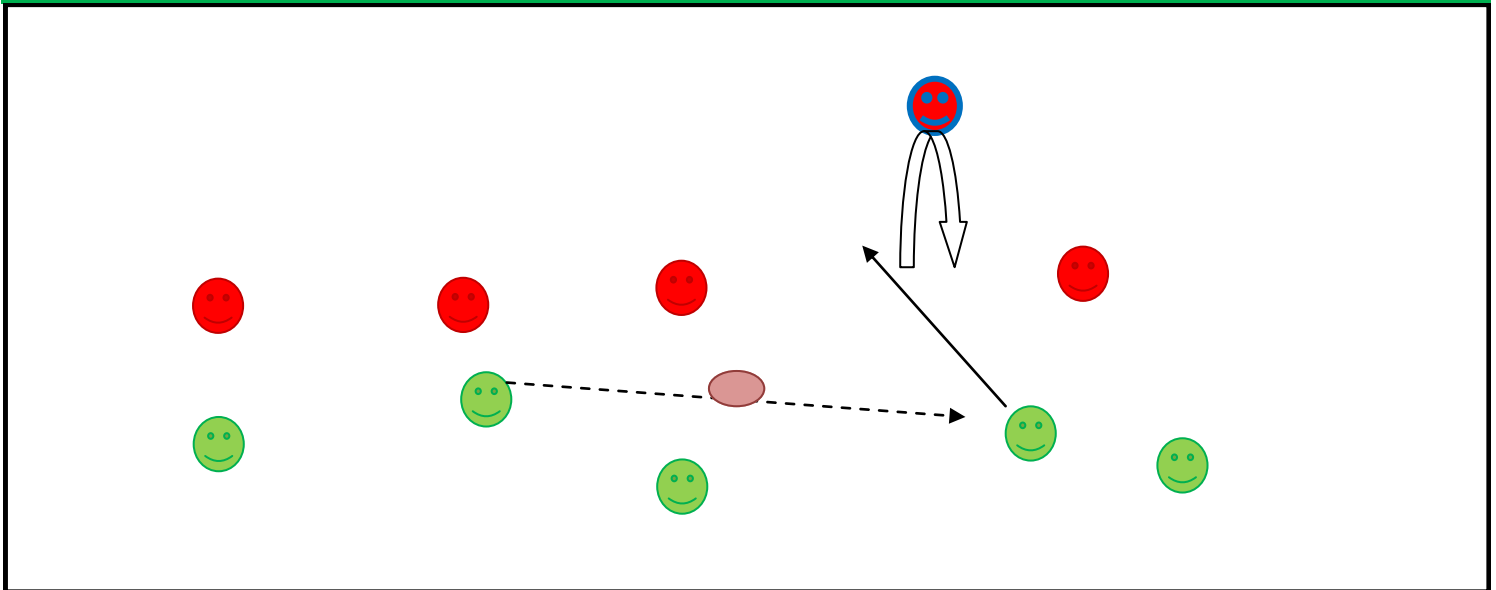
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**In this month's edition please use this game below and tell us how you get on using it!**

Split you players into 2 teams, one will attack for 3 minutes then swap. The defence will have 2/3 bibbed players who on the whistle will have to drop to the try line then get back into the game. The attack must identify the gap left in the defences line and attack.



10 players a side

5m line to the 10m line as touchlines

15m lines use as try lines.

Communication is key

Running lines (in2out/out2in)

Accuracy of passing

Footwork

Support once through the gap

*Don't talk... Act*

*Don't say... Show*

*Don't promise... Prove*

### COACHING COURSES COMING SOON...

- UKCC Level 1 at Marling School, Stroud - **21st, 22nd March and 19th April 2015, 9-5pm each day.**
- UKCC Level 2 at Marling School, Stroud - **12th, 19th April and 10th May 2015, 9-5pm each day.**
- RFU Immediate Care in Sport (ICIS) Level 2, Hartpury College - **Wednesday 15th April - £300.**
- UKCC Level 2 at Forest High School, Cinderford - **14th & 21st June, 5th July 2015, 9-5pm each day.**
- UKCC Level 1 at Forest High School, Cinderford - **August 2015 (dates TBC)**

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# MEET THE DEVELOPMENT TEAM



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*“Strengthening clubs and growing the game in the communities around them”*

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Brockworth RFC

Coney Hill RFC

Chosen Hill FP RFC

Dowty RFC

Gloucester Old Boys RFC

Hucclecote RFC

Longlevens RFC

Matson RFC

Old Centralians

Old Cryptians RFC

Old Richians RFC

University of Gloucestershire RFC

Widden Old Boys RFC

Bamboos 7's

Berry Hill RFC

Bream RFC

Cinderford RFC

Drybrook RFC

Gordon League RFC

Gloucester All Blues RFC

Hardwicke & Quedgeley Harlequins RFC

Hartpury College RFC

Lydney RFC

Newent RFC

Spartans RFC

Westbury-on-Severn RFC

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