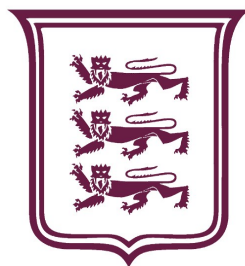




**England
Rugby**



**GLOUCESTERSHIRE
RUGBY
FOOTBALL
UNION**

Rugby Development News

Forest of Dean and Gloucester

1st Edition July 2014

"Strengthening clubs and growing the game in the communities around them"

Headlines News

Lydney & Widden Old Boys hard work pays off

Gordon League build the foundations

Congratulations Class of 2014

Lakers School enjoy Twickenham Experience

NatWest RugbyForce Weekend

Don't be a 'Headcase'

The Coaching Lounge

Dates for the diary:

- Longlevens RFC & Dowty RFC half pitch 7's- 2nd August — Please contact Richard Rudge and Neil Roberts. for more details contact RRudge@strongtie.eu or Neilroberts@astam.co.uk
- Drybrook RFC Touch Tournament- 5th July — Contact Dean Large at for more details. deanlarge87@gmail.com
- Girls under 13 Participation & Competition Workshop- 7th July @ Gloucester University—Please contact Tom Eddolls or Stuart Bradfield for more details tomeddolls@rfu.com or stuartbradfield@rfu.com
- Emergency First Aid Course @ Cinderford RFC on 19th July- Please contact Tricia Perris for more details cb-honsec-glos@therfu.com
- FREE Revenue Funding workshop @ Glos University Monday 14th July, 7pm start – 8:30pm - For more details contact morganasimpson@rfu.com
- GRFU AGM will be held at 7.30pm on Wednesday 16 July 2014 at Stroud RFC. Please note the meeting will be preceded by a buffet from 6.45pm.

TEAMWORK RESPECT ENJOYMENT DISCIPLINE SPORTSMANSHIP

'England Rugby' and the RFU Rose are trade marks of the Rugby Football Union

Lydney and Widden Old Boys hard work pays off

Lydney' and Widden Old Boys hard work has truly paid dividends as they have secured their well deserved club accreditation. Club rugby lies at the heart of rugby in England. It is where the game is played in huge numbers and it is the environment that the RFU Development Department is committed to supporting by 'strengthening clubs and growing the game in the communities around them'.

Part of this commitment is to introduce a new Club Accreditation scheme that will 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 in their adult sections, mini and youth, women and girls and touch rugby, while demonstrating that this is all achieved in a friendly, welcoming environment.

If you would like more information on Club Accreditation please contact Ashley.



Gordon League RFC build the foundations

It's been a successful year for little leaguers at Gordon League; the club has worked hard in order to ensure the future is bright. On the 8th of June the club ran their first of their summer's fun days. The club played host to over 30 children who were keen to try a variety of differing games and play on the popular bouncy castle. The little leaguers were blessed with the appearance of Gloucester and England pace man Charlie Sharples, Charlie helped hand out brand new playing kit to all players who signed up to play this year.

Charlie Sharples told us 'it's great to see and hear so many kids playing fun games in the sun and enjoying it.' Simon Jones (mini and youth chairman told us, 'I'm so happy that the day went well, all the hard work from the team has paid off, we wish to have 2 more this summer and they will be bigger and better!'

If you would like to get involved in the next summer fun day please get in touch with

Simon. Tel: 07976287492

Email: Simon@sjjones.com



Congratulations Class of 2014!

This season twenty four candidates from Gloucestershire rugby clubs are advancing their leadership and management skills through the RFU Leadership Academy, supported by eight mentors.

The Academy, kicked off with a launch event in October supported by MARSH. It was set up to raise awareness of the importance of leadership, as well as developing those with the potential to lead the sport into the future. Endorsement by the Institute of Leadership & Management (ILM) means candidate benefit by having access to a wide range of online resources, workshop opportunities, e-zines and certification on completion. Through the use of personal development plans, as well as group and 1-2-1 mentoring, the Academy offers close assistance and guidance during the delegate's

development plans. During the Academy, candidates have attended a number of support workshops including: Leadership; Understanding your Facility Needs & Making them a Reality; A Practical Approach to Risk Assessments; Organisation Structures (including exploring Incorporation, charity & CASC status). Feedback from the candidates has been very positive. "A fabulous session..... and having the diversity of knowledge shows why we are a Union. Loved it", "I think it was an excellent session", "It has given me the tools to facilitate and so deliver my plan better".

TEAMWORK RESPECT ENJOYMENT DISCIPLINE SPORTSMANSHIP

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Lakers School enjoy Twickenham Experience

This year has been another successful year for girls' rugby at Lakers School. The Under 13 team finished 3rd in the South West and the Under 15 team secured a place at the National Finals to compete against the top 12 teams in the country.

Lakers said 'we are so proud of all of the hard work and dedication that the girls have put into training which has been the key to their success'. A big thank you to all staff who have helped and supported each of the students on their journey of success. A



big thank you must go to Miss Donoghue and Mrs Baker who have dedicated so much of their time to provide the girls with this opportunity.

The RFU are pleased to see so many of these girls making the transition from school to club rugby which is really promising for the strength and growth of girls rugby in the county.



NatWest Rugby Force Weekend

Well done to all the clubs who have been busy working on their **NatWest RugbyForce** projects over the weekend of 21st/22nd June. There was a lot of hard work put in prior to and during the weekend; well done all!

50 volunteers from Drybrook RFC gave their time at the weekend, to tackle many tasks and bring the reality of perfect facilities for the new season in September even closer.

Great teamwork ensured that the changing rooms are 90% painted and decorated, the new posts erected on the training pitch, and the lock up has been tidied up and put back in position. The new gym area is now ready to be plastered.

Does your club have a story they'd like to tell? Please feel free to contact Ashley and share your club successes on and off the pitch!



Don't be a 'Headcase'

The RFU is putting in place new standards relating to the management of concussion and extending the reach of its concussion education initiatives. The return to play pathway for players who have sustained a concussion is dependent on the player's age and the medical resources that they can access. The new routine minimum stand-down period is 19 days for adults and 23 days for U19s. The minimum stand-down period for those in an Enhanced Care Setting—typically professional and elite age-group players—is six days for adults and 12 days for U17-U19s. These are players whose return to play pathway is closely supervised by an appropriately trained and suitably experienced medical practitioner. New education measures include a mandatory player safety course for RFU licensed coaches and additional promotional materials that add to acclaimed existing resources. The standards, which come into effect immediately, have been put in place following revised guidelines from the IRB.

For more information, go to www.rfu.com/headcase

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"A team takes on the personality of its coach"

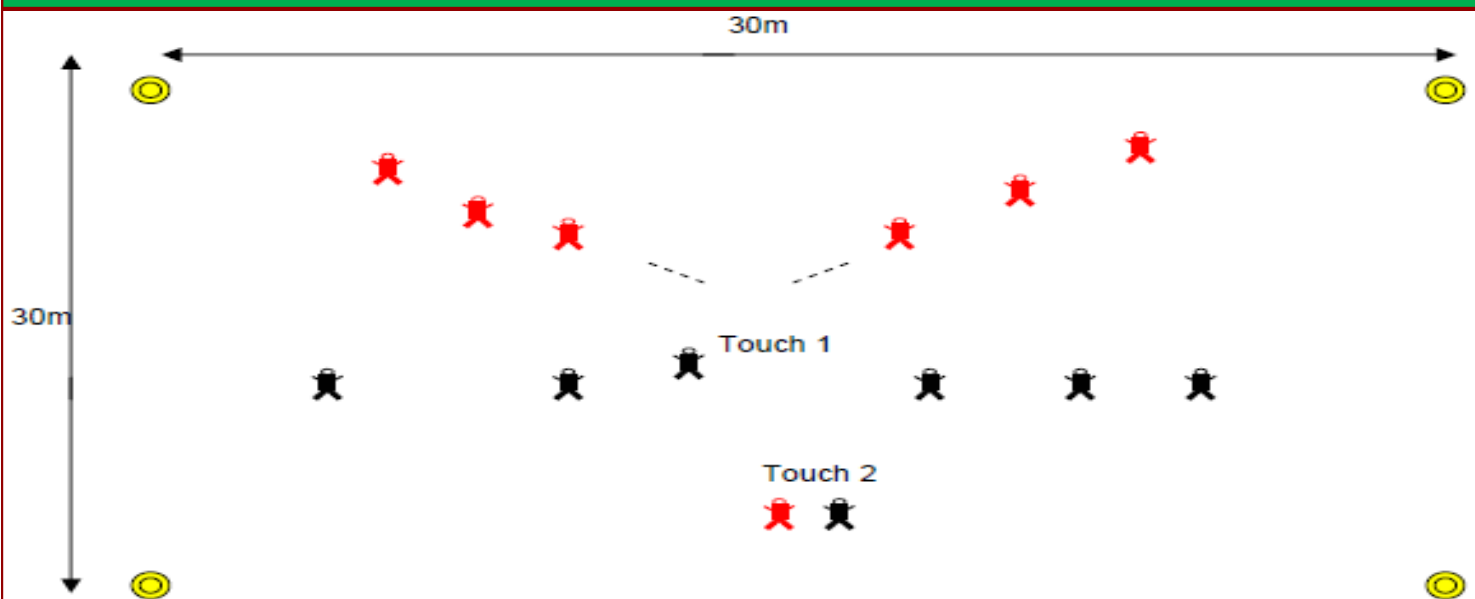
In this months edition please use this game below and tell us how you get on when using it during your pre-season.

Game: Fijian Touch

Equipment needed: 4 cones & a ball

Area: 30x 30

Game Description: Normal rules of touch rugby except it takes two touches by two different players to make a tackle. You can play offload, chicken scratch or quick ruck touch.



Key Coaching Points

- Importance of getting behind the defensive line.
- Highlighting and then beating a man one on one situation or someone who is isolated.

Relevance to the Game

- Promotes the importance of beating the first defender and getting behind defences. Also highlighting the importance of close support. This game also manufactures an inevitable cover defence. Excellent for speeding a game of touch up and getting the 'go forward' rugby.

" A life of frustration is inevitable for any coach whose main enjoyment is winning."

Coaching Courses coming soon:

- UKCC Level 1: Introducing Children to Rugby Union @ E-ACT Academy on 17th Aug, 31st Aug & 14th Sept (9-5pm).
- UKCC Level 2: Coaching the 15 a-side game @ Hartpury College on 19th Oct, 26th Oct & 2nd Nov (9-5pm).
- CPD Scrum Factory @ University of Glos on Weds 27th August 6.30pm.
- Please visit www.rfu.com/takingpart for more details

Meet the Development Team



**England
Rugby**

RDO



*"Strengthening clubs and
growing the game in the
communities around
them"*

CRC



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Brockworth RFC

Coney Hill RFC

Chosen Hill FP RFC

Dowty RFC

Gloucester Old Boys RFC

Gloucester Rugby RFC

Huccelcote RFC

Matson RFC

Old Centralians RFC

Old Cryptians RFC

Old Richians RFC

Tredworth RFC

University of Gloucestershire RFC

Widden Old Boys RFC

7 Bamboos RFC

Berry Hill RFC

Bream RFC

Cinderford RFC

Drybrook RFC

Gordon League RFC

Gloucester All Blues RFC

Hardwicke & Quedgeley Harlequins RFC

Hartpury College RFC

Longlevens RFC

Lydney RFC

Newent RFC

Spartans RFC

Westbury-on-Severn RFC

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