



Cumbria Rugby Union Newsletter

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MORE PLAYERS – MORE TEAMS – MORE GAMES

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Meet your Inner Warrior in Cumbria, find your nearest opportunity on – www.englandrugby.com/innerwarrior/



Ethan being mentored by grandfather Mike Firby CRURS Apointments Officer

Young Whistlers Programme Continues

The successful 'Young Whistlers' Programme in Cumbria continues into the 2017/18 Season, where the team will be looking to work with young volunteers at your club or school to develop them in match officiating roles. The programme has developed in excess of 40 YW's who have undergone formal training, received kit, been mentored and had opportunities to exercise their skills within their school, club or festival environments. Anyone interested in participating in this scheme please get in touch with your local CRC. Individuals can also be introduced via the Assistant Referee approach to allow confidence to build up naturally and interaction with the referee.

Creighton Youth Making Progress for 17/18

Creighton RUFC continue their youth provision for season 17/18 offering membership for only £10 per person. All ages 11-14 are welcome at the sessions which run 6:15-7:15pm on Tuesday Evenings. The club are looking to continue their growth and provide a clear player pathway throughout the club for both male and female players. If you want to know more please contact – creightonyouthruc@gmail.com



Attendees from Carlisle's Inner Warrior Camp.

Inner Warrior Camps a Success

To coincide with the very successful WRWC 2017 in Ireland, a number of 'Inner Warrior' camps were run throughout the Country in August aimed at recruiting women and girls into the game. Within Cumbria sessions were delivered at Carlisle, Creighton, Kendal, Penrith and Windermere 50 in total attended the camps with 20 being brand new to rugby and several already returning to club training. The focus for the clubs is now to retain this 40% of new players at sessions across the County as the game is strengthened in Cumbria. The focus on growing the Women & Girls Gams is bearing fruit.

RugbyAware Sessions in Cumbria

As an ongoing commitment to developing the safety of the game in England, the RFU have launched a new batch of RugbyAware Workshops for clubs to utilise. Whether a coach, match official, teacher, parent, volunteer or player, Rugby Aware is an opportunity for everyone involved in rugby union to gain knowledge and understanding on some of the current topics in the game especially on player welfare and player safety, RFU programmes and initiatives, available resources and training opportunities. If you are interested in running a session at your club please get in touch with your local CRC. Current sessions in place are;

26th Sept @ Creighton RU - 6-9pm (Part 1 & 2)	27th Sept @ Kendal RU - 6-9pm (Part 1 & 2)
4th October @ Penrith RU - 6:30-8pm (Part 1 Only)	22nd Oct @ Carlisle RFC - 10am-1pm (Part 1 & 2)



'Part 2' of the programme is a new practical 'Activate' Session.

Congratulations to Will Montgomery

Will Montgomery from Kendal RU has been selected for the England Squad at the 2017 Men's Sevens - Under 18 Championship in Germany!

"Working closely with Will since his inclusion in the Senior Squad some 12 months ago, it is clear to both coaching and playing staff that Will is a special talent and a pleasure to be around. From all at K.R.U.F.C. we congratulate and wish Will every success" Steven Whitehead, Director of Rugby

Carlisle Open 2017/18 in Style

On Saturday 26th August Carlisle RFC held a club open day. The day saw plenty of activity for the whole family to get involved in, including a Women's and Girls Inner Warrior Camp, Carlisle Colts v Penrith Colts, Carlisle Vets v Carlisle Masters and a Senior Men's Probable v Possible Fixture. The day was attended by a group from the CFM Cash for Kids charity and raised some much needed funds on the day.



RFU Try for Change Grants Opens

Comic Relief – Try for change Large Grants Programme with the RFU;

<https://www.comicrelief.com/apply-for-grants/open-grants-initiatives/try-change-large-grants-programme>

News

- YW Programme Continues
- Creighton Youth Making Progress
- Inner Warrior Camps Success
- Rugbyaware Sessions in Cumbria
- Congratulations Will Montgomery
- Carlisle Open 17/18 in Style
- RFU Try for Change Grants

For more events, news & Info – www.cumbriarugby.co.uk

Interested in running a course at your club???

If you are interested in running a course at your own club we now have a certain amount of flexibility through our club centric approach. If we have a critical mass of numbers we can support this and open up to other local clubs to deliver to your needs.

Do you have some news? Don't forget to let us know and we will feature you in the Newsletter!

Upcoming Events in Cumbria

- 11th Sept – Cumbria Youth Meeting @ Keswick – 7-8:30pm
- 12th Sept – CB Management Mtg @ Penrith – 7-9pm
- 26th Sept – U15 Developing Schools @ Keswick – 1-4pm
- 26th Sept – RugbyAware @ Creighton – 6-9pm
- 27th Sept – RugbyAware @ Kendal – 6-9pm
- 4th Oct – U14 Developing Schools @ Cockermouth – 1-4pm
- 4th Oct – RugbyAware @ Penrith – 6:30-8pm (Part 1 Only)
- 10th Oct – CB Management Mtg @ Penrith – 7-9pm
- 16th Oct – W&G Development Forum @ Keswick – 6:30-9:15pm

Pictures of Activity in Cumbria are on our Facebook Group 'Cumbria Rugby Union Pictures'!

Are you following?
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cumbriaru

