



# Cumbria Rugby Union Newsletter

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**MORE PLAYERS – MORE TEAMS – MORE GAMES**

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A great attendance at the W&G Development Forum in October.



## Cumbria Women & Girls Club Forum 2017

The Cumbria W&G Club Development Forum attracted a very good audience in 2017, with representation from around 10 clubs including attendance from Newcastle Falcons and Cumbria RFU. Consequently the session was extremely informative in terms of giving an accurate picture of the game in the County and also planning on future developments to grow both the teams and supporting infrastructure. There were some great discussions on how Cumbrian Clubs can contribute towards the RFU Strategic Plan and enthusiasm was very high. In terms of a future get together the group are potentially looking at a residential event for 2 members of each club to look at the detail of growing the game.

## Cockermouth Pilot 'Creating a Champions Mind-set'

Cockermouth RU have piloted a new 'Creating a Champions Mind-set' workshop at their club with support from Cumbria Rugby Union. Although easy to presume this is for elite performers, the truth is much different. This is about creating opportunities for all and allowing young players to develop to their potential as well as forming a group mind-set towards coaching. Chris Wright from Cockermouth said "This was a great opportunity for club coaches to share experiences and reflect on how we coach and the environments we create for our players. Hopefully over the next few weeks we will witness tweaks in the way our coaches work with our players with the results over time including more independent, self-confident, respectful players who are eager to be challenged and learn from mistakes.



## Young Volunteers benefit from Half Term Training

Members of the RFU team ran two young volunteer workshops over the school half term holiday. 14 young coaches, referees and volunteers attended one of the two workshops which looked at developing Core Values of rugby within their volunteer work, problem solving and support of what they would like and need to volunteer. These YV's are developing their CV's live and receiving mentoring support from the local team in Cumbria. The Cumbria Volunteer academy is open to support anyone aged 14 – 24 volunteering within the game. For more information contact your local community coach.



## U15 Development Series helps to 'Grow the Game'

As part of ongoing school and club delivery, a series of Festivals are planned in Allerdale throughout the season at U15 level. The first at Wigton saw the hosts, Netherhall and Aspatria/Cockermouth combine to play each other. Next month's venture will see Workington join in at Netherhall. This is a strong effort from the clubs who are developing these age group teams out of the RFU Targeted Work Programme delivered by Trevor Richardson.



Participants at the 1<sup>st</sup> U15 Development Event @ Wigton

## Cumbria Girls County begin Season

Sunday 29<sup>th</sup> October Cumbria girls U15 & U18 played their first games of this county season at Upper Eden RUFC v Northumberland. The day saw the 2 sides perform extremely well against 2 very good sides from just over the county border. As a developing county, it was pleasing that the girls never gave up or lost heart in either of the games. This was a huge step forward from last year and shows the hard work being put into girl's club rugby is paying off. A big thanks must go to Kevin Hobbs, Paul Sykes, Wayne Byers and Luke Naylor for stepping in to help with this years coaching. The next game for the squads is another home fixture at Kendal v Cheshire on the 19<sup>th</sup> November.



## What's happening across the Region? Is the Game Changing?

The game is most definitely changing, as are the attitudes towards the traditional accepted numbers for playing rugby! Slowly disappearing into the ether is the ideal that squads must have 18 players to take the field. Nowhere is this more true than in the NE & Cumbria 'Colts' League, where Models of Good Practice keep rolling in week after week, where sides have travelled with reduced numbers and had a great experience playing rugby. This change of attitude is allowing sides to flourish and getting 20 players onto a field is now being viewed as a success rather than a failure. The experience which players receive is imperative to growing the game in the modern day, the flexibility on numbers, pitch size, timings and mixing up teams is critical to this growth. Don't be afraid to 'Change the Game', let's work together to make rugby happen!

  
**KEEP  
CALM  
AND  
CHANGE  
THE GAME**

## News

- Cumbria W&G Forum 2017
- Cockermouth Pilot Workshop
- Young Volunteer Training
- U15 Development Series
- Cumbria Girls County Begins
- Regional – Is the Game Changing?

For more events, news & Info –  
[www.cumbriarugby.co.uk](http://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

- 13<sup>th</sup> Nov – Cumbria Team Meeting @ Lakes College – 10-1pm
- 15<sup>th</sup> Nov – Referee Training Mtg @ Penrith RU – 7pm
- 17<sup>th</sup> Nov – RU in Secondary Schools Course @ Kirkbie Kendal – 9am-3pm
- 19<sup>th</sup> Nov – CB U15 & U18 Girls v Cheshire @ Kendal RU – 1pm
- 24<sup>th</sup> Nov – Cumbria Sports Awards – Low Wood Hotel – 7pm
- 29<sup>th</sup> Nov – CBRDP Meeting @ Cockermouth – 7pm
- 3<sup>rd</sup> Dec – CB U15 & U18 Girls v Durham @ Ryton – 1pm
- 12<sup>th</sup> Dec – CB Management Mtg @ Penrith – 7pm
- Monday's – LCWC (7-8) & Kendal (6:30-8) – Pitch up and Play Touch Rugby.

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

Are you following?  
 @CumbriaRDO  
 cumbriaru