



# Cumbria Rugby Union Newsletter

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MORE PLAYERS - MORE TEAMS - MORE GAMES

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Merry Christmas and a Happy  
New Year to All!

## Cumbria Girls County Season comes to a close

With the Girls U15 & U18 County Season coming to an end, a huge thanks must go to all involved. The girls themselves have performed very well in all 3 games and we have seen a definite improvement from previous years. A big thank you must also go out to all the parents for their patience and for getting the girls to all the games, finally to the coaches and assistants who stepped in to help out this year Paul Sykes, Craig Tyson, Luke Naylor, Wayne Byers, Kevin Hobbs and Mike Davis also to physio Nicole Neillings. Also a big thank you to both host clubs for the home games; Kendal and Upper Eden, the hospitality was outstanding at both and facilities.



Cumbria Girl's Squads  
2017

## News

- Cumbria Girls Complete Season
- Workington Youth Development
- Kirkbie Kendal host RUISS
- Touch Rugby growing in Cumbria
- CB Induction Day at Twickenham
- Regional – Social Media Benefits!



Players from the local schools  
after their transition game.

## Workington continue to develop Youth Teams

As part of the on-going development of Workington's youth section, a second inter school festival was held under the Ellis Sports Ground floodlights. The 'Round-Robin' style event between St Josephs, Netherhall and Workington Academy at Under 13 level saw 56 Yr7 & 8 students enjoy a great game as well as post-match sausage sarnies and drinks. The players were then invited to club training afterwards. Netherhall club volunteer coaches were also on hand to further recruit players starting with a club taster session on the 10<sup>th</sup> December.

## Kirkbie Kendal host another RUISS

13 teachers and student teachers attended the now annual Rugby Union in Secondary Schools course hosted at Kirkbie Kendal school. The course is ideal for people working in schools in both curricular and extra-curricular environments. On the course candidates are able to develop their knowledge around introducing contact as well as refereeing the game. Over the last 3 years student teachers who have attended this course are now working in a number of schools around the county which is having a major impact on the rugby union activity in the schools of Cumbria.



A small group of 'Lakes College  
Touch Rugby Regulars'

## Touch Rugby Growing Across Cumbria

With the established touch rugby activity at Lakes College on the 3G & the O2 Touch Programme with Creighton RU the game variant is growing considerably in Cumbria. The latest addition at Kendal RUFC on the 3G pitch has attracted a total attendance in excess of 80 participants with a 25 weekly average. Thanks must go to Arthur Perie who has been invaluable to Garry Holmes in the development of this. Sessions are attended by a mix of genders, abilities and ages but all with the same common goal, to enjoy, get fit and have a laugh with some friends. Once the Penrith facility is developed it is hoped that a 4<sup>th</sup> centre will be developed to increase opportunities for the non-contact option in across the County.

## Rugby Winners at Cumbria Sports Awards

Rugby is blessed with a huge amount of fantastic volunteers and people, we are very fortunate to have 'Great' people involved in the playing and administration of our sport. 3 individuals were recently recognised for their efforts in Rugby at the Annual Cumbria Sports Awards at the Low Wood Hotel Windermere. A huge thanks also to all those who haven't been recognised at this time but continue to make the sport such a great environment to work in. Winners were; Isaac Butterworth (Young Volunteer of the Year), Robbie Skelton (Volunteer of the Year) & Cameron Purdham (Rising Star Award) – For the full story please [Click Here](#)



## What's happening across the Region?

Clubs are now noticing some tangible growth, through the use of good social media. Players now love to see their name up in lights. For example, did you know that mountaineering is one of the UK's fastest growing sports? Why? Because people want other people to see them at the top of tough climbs, on social media. Many rugby players are no different. It can be quite simple to do, and can start with stuff like posting up team sheets, promoting who was player of the match, right through to wishing people Happy Birthday! Players love it, and they respond by wanting to be a part of their club, more and more. Naturally, it appeals to new players, too. It's no coincidence that those clubs with good social media output are doing well. In fact, many of them are growing new teams. For some good examples, have a look at [South Shields RFC](#), [West End RFC](#), and [North Shields RFC](#). For help, locally, and training, get in touch!



## 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

- 10<sup>th</sup> Dec – U8/10 Festival @ Carlisle RFC – 11am
- 12<sup>th</sup> Dec – CB Management Mtg @ Penrith – 7pm
- 19<sup>th</sup> Dec – CRU Office Closed for Christmas
- 3<sup>rd</sup> Jan – CRU Office Reopens for New Year
- 4<sup>th</sup> Jan – CRU Team Meeting @ Lakes College – 10-1pm
- 9<sup>th</sup> Jan – CB Management Mtg @ Penrith – 7-9pm
- 23<sup>rd</sup> Jan – CB W&G Mtg @ Penrith – 7-9pm
- 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'!



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