



# Cumbria Rugby Union Newsletter

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MORE PLAYERS - MORE TEAMS - MORE GAMES

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Meet Lauren Fisher Girls Rugby Player – See the CRU Website.

## Young Whistlers Support County Games

Recent County U16 Games hosted in Cumbria provided an ideal opportunity to involve some keen 'Young Whistlers' in Cumbria in a higher level of rugby. The games which saw 2 x Cumbria Teams take on 2 x Durham Teams was extremely quick and a great learning experience for Luke Armstrong (Cockermouth) & Jake Winter (Keswick). The 'Young Whistler' Programme is available to all those wanting to have a go at officiating from 16 years old and provides training, development, kit and mentoring and is supported by Cumbria Referees Society. "It is great to see these young lads making progress with their officiating and quite a few more are on the horizon", said Liam Nicholls RFU RDO for Cumbria.



Liam Nicholls with Luke Armstrong (Left) & Jake Winter (Right).



Action from the festival hosted at Netherhall RUFC recently.

## Allerdale Girls Rugby Programme Going Strong

Almost 140 girls from Yr.'s 7 to 10 have been playing in structured development Festivals at Netherhall RUFC over the last fortnight. The girls from 5 Allerdale schools plus WLA competed at U-13 and U-15 level with quite a few already training and playing at local rugby clubs; Cockermouth, Netherhall and as far away as Millom! These clubs are now starting to play competitive fixtures amongst themselves and others are joining after participating at Development days throughout Cumbria. Training takes place at clubs in Allerdale at;

- Cockermouth - Thursdays 6:30-8pm contact Phil Sutton 07799072166
- Netherhall - Fridays 6-7pm contact Ron Spencer 07805633638

## West Lakes Academy Host Half Term Leaders Award

February half term saw 16 young volunteers gave up a day of their holidays to attend the young leaders award at West Lakes Academy. The course gives the students the skills to lead Tag/Touch rugby sessions and games in both in their school and the local community with feeder primary schools. This batch of pupils will be supporting the Countywide MLD/SLD festival at Penrith Leisure Centre later this month. The course is 'FREE' and can be organised through your local community rugby coach. Completion is 5hrs on the course and then a minimum of 2hrs Community Delivery at a local event. Teachers are even able to deliver this to their pupils themselves. For more information or to book a course, please get in touch with the Cumbria RU Office.



## Kendal Social Team Leading the Way

Over the past few years the Kendal Social Team have gone from strength to strength under the guidance of 'Social Rugby Guru' and all round Kendal Legend – Arthur Perie. The team has managed to introduce 2 players back to National Rugby, as well as many more to the 2<sup>nd</sup> XV at the Mintbridge Club. The most recent outing was a game against a Windermere Development XV where even more players made their debut for the Social outfit. An entertaining game was then followed by a comedy raffle including a fake Clarice Cliff Ceramic Ornament, multiple umbrellas and some t-shirts! The day was rounded off with Scotland v England in the clubhouse which was busy with keen supporters ending up disappointed on the whole with Scotland taking an excellent deserved victory.



Athletes from the Kendal Social XV

## Penrith RU Host Girls Transition Festival

Penrith RUFC hosted a local 'Transition festival', designed to introduce new girls to the game and the club. 31 Yr9 and 10 girls from Ullswater Community College, QEGS and Appleby Schools turned out to try contact rugby. The games started as a conditioned tackle game of grab and progressed by the end into tackle. This was the first time a lot of these girls have experienced the game in a match format. The girls picked up the game so quickly and became quite proficient by the end of the games. To continue their playing the exit route is to Penrith RUFC where the club are catering for a variety of ages. If you are interested in having a go at rugby, please get in touch and we will direct you to your nearest opportunity.



Girls involved in the Penrith RU Transition Festival.

## Kirkby Lonsdale look to start O2 Touch Centre

Kirkby Lonsdale RUFC are looking to develop an O2 Touch Offer in conjunction with England Rugby. The club are looking to utilise the Lunsdale Sports Centre for winter activity as well as the club site during the better weather. All those in South Cumbria keep an eye on the KLRUFC Website for further details.



## News

- Young Whistlers Support CB
- Allerdale Girls Rugby Programme
- WLA Host Leaders Award
- Kendal Social Team Lead Way
- Penrith RU Host Transition Games
- KL look to start O2 Touch Centre

For more events, news & Info –

<http://cumbriarfu.pitchero.com/>

## 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

- 12<sup>th</sup> Mar – CRU Team Meeting @ Lakes College – 10am-1pm
- 14<sup>th</sup> Mar – Keswick 7's Festival @ Keswick RU – 1pm
- 18<sup>th</sup> Mar – Girls Development Day @ Netherhall – 1-3pm
- 21<sup>st</sup> Mar – CSU Finals Day @ Penrith RU – 4pm Onwards
- 22<sup>nd</sup> Mar – Play It Safe Course @ Cockermouth RU – 6:45pm
- 31<sup>st</sup> Mar – Cumbria RU Cup Final – Venue & Date TBC
- Monday's – LCWC (7-8) & Kendal (6:30-8) – Pitch up and Play Touch Rugby.
- 13<sup>th</sup> May, 10<sup>th</sup> & 24<sup>th</sup> June – England Rugby Coach Award @ Egremont RU – 9:30-5pm all Days (New - £150)

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

Are you following?

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