



NATIONAL LEAGUE 1 JANUARY 21 2023 3PM KICK OFF High quality print and design at affordable prices...

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From the President

By Len Lindop



This week we entertain Rosslyn Park and we all remember the close and entertaining game earlier in the season when we were beaten 33-29 against a Park side that was high up the league. A try when the clock was red was the score that gave Park victory. In total nine tries were scored in a very entertaining match with both sides playing expansive rugby. Hopefully the weather today will allow both sides to play the same style of game.

We had our last lunch on 7th January in the clubhouse and today we have many more

members and Sponsors attending our lunch. Ashton Hunt spoke at the last lunch and gave an excellent presentation of Tees service to the Community and to our rugby club. Tees return today as the Matchday sponsor and Ashton will host a table. We are also pleased to see Bit Solutions having a table at the lunch and will be presenting the Man of the Match award. It will be good to see former 1st XV player Sam Prior hosting the table and presenting the award. We are pleased to see Darrell Clark hosting the HAM table, Chris and Craig hosting the Hanbury Wealth table, Peter Hilton hosting the Hilton Coachworks table, and regular supporters. Nockolds and Three Willows/Ace of lanes have tables at the lunch. We also have new sponsors hosting tables and these are Mulberry Homes (Will Almond) and Edmundson Electrical (Jeffrey Buchanan). We have Club Stortford members at lunch today and are grateful for the support they have given us over the past ten years.

We must re-iterate how grateful we are to all our sponsors all of whom are very much part of the local community and without whom we would not be playing the consistent level of rugby we are playing at National One, ie level three in the rugby hierarchy

Today we have Joss Linney speaking after lunch about his experience as Community Coach, which he has been doing for the past six months. Joss unfortunately is injured and so will not be gracing us with his presence on the pitch today. His last game was in the away game against Rosslyn Park.





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Head CoachesMarcus Cattell & Tom Coleman





Good afternoon and welcome to Silver Leys on a cold and fresh January day.

We extend a warm welcome to Rosslyn Park 1stXV and Rangers (2ndXV) for a league double header, we hope all their players, coaches, and supporters have an enjoyable day. Our previous encounters with Rosslyn Park are always of the highest quality, and today will be no different. This fixture last year probably produced our best performance of the season, so let's hope we can replicate that today!!

Our last home game Vs DMP a fortnight ago wasn't our most fluid of performances but sometimes the result is more important than the performance and that was certainly the case. Winning is that fashion isn't something we have been particularly good at in the past, so it was very pleasing to see the lads 'grind' out the win against an always dangerous DMP outfit...

It was yet again a similar story last week against Rams where we didn't really give ourselves the chance to get anything out of the game after a poor opening 15 - 20 minutes. Our lack of discipline, accuracy and execution allowed Rams scoring chances, and they certainly took them with both hands to score three tries, from that we never recovered. It's a stark reminder that when playing the tops sides in the league like Rams and Rosslyn Park today, if you are slightly off and give them an opportunity they will take it and make you pay. It's all part of the journey we are on, and we have no doubt that we will learn from the experiences last week and become a better team because of it. For the remainder of the game last week we showed why we have the quality to challenge the top 5 sides in the league.

As always thanks to our special supporters and sponsors for all they do for us, I'm sure you'll be as vocal as ever today and will get behind the lads. Hopefully we can share a victory beer to two after the game.

Come on you Blues!

Marcus & Tom

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Blue Monday!

Jon Skelton

Did you know that Monday 16th January was "Blue Monday"? No? I didn't either... until I flicked through my social media. Then it hit me, flooding my senses with images and words about depression and how down I should be feeling. Yeah, thanks for that!!

As I mentioned, until this week, I had never heard of Blue Monday... If I'm honest with you, I am glad it has been that way.

Imagine waking up to be told this is the most depressing Monday of the year. What's going to happen? You're naturally going into the week with a negative mindset. Not a rabbit hole I'm prepared to jump down thanks.

So, instead, I am going to remind myself that...

- · Last Monday I booked in clients for Hypnotherapy sessions.
- Last Monday I MADE IT TO THE GYM!
- Last Monday I had a catch up with my Mum as we plan her 70th birthday.

My go to is focusing on the positives, and I am going to do the exact same this Monday, and Tuesday, and Wednesday.... you get the point.

Remember, Blue Monday is a concept created by a holiday company as a PR stunt to drive up bookings. However, looking past the marketing ploy we can see some good in the message. Mental health is a real thing so if this label does create more awareness and acceptance then it's a good thing.

Some days you will feel blue, and that's ok. Here are some tips to help you if it happens.

- 1. Get some fresh air and exercise. Even a guick walk around the block can make a big difference.
- 2. Connect with friends and family. See someone face to face, but if that can't happen, a phone call or video chat can go a long way in lifting your spirits.
- **3.** Do something nice for yourself. Treat yourself to a favourite meal or indulge in a hobby you enjoy.
- 4. Help others. Volunteering or doing something kind for someone else can shift the focus from your own troubles to the well-being of others.
- 5. Practice gratitude. Take a moment to reflect on the things in your life that you're thankful for.

Let's make everyday a positive one!



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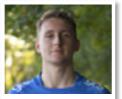




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Today's Opposition

Rosslyn Park FC



Rosslyn Park Football Club were founded in 1879 by cricketing friends in north London to keep the players together during the winter. There was already a Hampstead Football Club (from which both Wasps and Harlequins sprang), so the cricket club's name was adopted, reflecting the area of Hampstead where the cricketers first played their games in the grounds of Rosslyn House. Their original rugby ground was at South End Green, Hampstead, then Gospel Oak and

Acton before a lengthy tenure at Old Deer Park, Richmond until 1956, when Rosslyn Park moved to its current premises in Roehampton.

Originally, they wore a blue shirt with white Maltese cross but in 1881 adopted its current red-and-white hoops. To this day it remains a Football Club, without the need for the word Rugby, so is correctly Rosslyn Park FC, not RFC.

The club became the first English side to play rugby internationally when they beat Stade Français in Paris on 18 April 1892. In 1975 and 1976, the club played in the final of the John Player Cup, narrowly losing on both occasions

When English league rugby began in 1987, Park was placed in Division Two, which they won. The first team currently play in the third division of the English league system, National League One.

Their clubhouse has two bars, named after two of the club's famous players – Andy Ripley and Alexander Obolensky.

Our record against them in National One does not make happy reading. Played 7, Won 2, lost 5, last season we lost narrowly 14-13 at Roehampton but arguably had our best performance of the season against them winning 36-24 with some great attacking rugby in the second half of the match.

We have only finished higher in the league than Rosslyn Park in 2017/2018, our first season in National One. In the previous seasons 2018/2019, 2019/2020 and 2021/2022 Rosslyn Park have finished third in the table and well above us.





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Girls and Ladies

By Carly Poyser



We are now firmly back into the swing of things mid Jan, with the ladies and girls all back to training and both having played some matches already!

Our U12/14 girls have played away to Biggleswade by the time this goes to print. We are playing in the 'x league', a collaboration of clubs in the area providing match time and a 'league' for the girls. Each game consists of playing with the same teams, so the girls really get that 'team' as all the clubs have lower numbers. We are proud of the coaches, team managers, parents and players for making this happen.

We are always on the lookout for support across all teams, so if you have some time and would like to get involved, please contact Carly at ladieschair@bsrfc.co.uk and join us! The girls train Sunday afternoons 12:30-2 pm and we welcome all new players!

Ladies 18+... Are you looking to try something new?

We are actively recruiting new players and our ladies' team would love to welcome you to training!

The team is a mix of new and experiment players, with great social events and a keen shared ambition to be the best they can be with an amazing team spirit. You don't need to have played before, or maybe you have played and are looking to come back. EVERYONE IS WELCOME!

Come along on Tuesday night, at 7:30 pm meeting on the pitches behind the club to join us! For more information, please contact Carly ladieschair@bsrfc.co.uk or message us on social media:

Insta: @bsrfcgirlsandladies FB: @bsgirlsandladiesrugby Carly Poyser





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Results, fixtures and table

National League 1

Season 2022/2023 National 1

Results from 14 January

HOME TEAM		AWAY TEAM
Birmingham Moseley	29 - 37	Chinnor
Cambridge	34 - 15	Darlington Mowden Park
Leeds Tykes	24 - 30	Esher
Plymouth Albion	17 - 10	Cinderford
Rams	26 - 14	Bishop's Stortford
Rosslyn Park	38 - 28	Hull
Taunton Titans	14 - 19	Sale FC

Season 2022/2023 National 1

Fixtures for 21 January

HOME TEAM		AWAY TEAM
Hull	VS	Birmingham Moseley
Sale FC	VS	Cambridge
Bishop's Stortford	VS	Rosslyn Park
Chinnor	VS	Leeds Tykes
Cinderford	VS	Taunton Titans
Darlington Mowden Park	VS	Rams
Esher	VS	Plymouth Albion

National League 1 - 2	022/20)23									
Team	Р	W	D	L	PF	PA	PD	TBP	LBP	Points	Adj.
Sale FC	16	14	0	2	495	330	165	13	1	70	0
Rams	15	13	0	2	511	319	192	14	1	67	0
Cambridge	14	11	1	2	445	322	123	12	2	60	0
Rosslyn Park	16	11	0	5	557	389	168	12	2	58	0
Cinderford	15	9	2	4	398	360	38	10	1	51	0
Bishop's Stortford	14	8	0	6	364	351	13	9	4	45	0
Plymouth Albion	15	8	0	7	410	379	31	10	2	44	0
Darlington Mowden Park	15	5	0	10	379	382	-3	9	7	36	0
Birmingham Moseley	15	6	1	8	407	456	-49	8	1	35	0
Chinnor	14	5	1	8	377	385	-8	8	3	33	0
Esher	16	5	0	11	425	494	-69	9	2	31	0
Taunton	16	3	0	13	310	487	-177	6	6	24	0
Leeds Tykes	15	3	2	10	273	421	-148	3	4	23	0
Hull	14	0	1	13	267	543	-276	5	3	10	0

The Teams



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Bishop's Stortford 1st XV

BI UF AND WHITE

- Tristan Smith
- Ryan Jackson
- 3 Tom McCrone*
 - Harry Charter
- 5 Obinna Nkwocha
- Harrison Langworthy
- 7 Henry Wills
- Will Rogers
- 9 Connor Lloyd
- 10 Matt Riddington
- 11 Josh Stannard
 - 12 James Ayrton(c)*
 - 13 Francis Moore*
 - Chris Smith 14 15
 - Jake Morris

REPLACEMENTS

- **16** Alex Rayment
- Will Roberts*
- 18 Ollie Jones*
- 19 Chris Bolton
- 20 Dan Powell



*Homegrown player

Head Coaches Marcus Cattell | Tom Coleman |

Lead Physio Ryan Clarke | Team Manager Darren Orbart | Lead Forwards Coach Ian Simpson | Forwards Transition Coach Rob Faiers | Head of Strength and Conditioning Ben Sheath | Assistant Strength and Conditioning Coach Adam Vine | Mental Health Coach Jon Skelton |

The Teams

REFEREE: Owen Taylor
ASSISTANT REFEREE 1: Ben McNamara
ASSISTANT REFEREE 2: Phil Bowers

REUSABLE, RIGID PLASTIC GLASSES ARE AVAILABLE AT THE BAR. PLEASE ASK FOR ONE IF YOU INTEND TO TAKE YOUR DRINK OUTSIDE.



Rosslyn Park FC

RED AND WHITE

1	Sam Garvey			
2	Charlie Piper			
3	Austin Hay			
4	Jordan Martin			
5	Gregor Gillanders			
6	Harry Ledger			
7	Arthur Ellis			
8	Dan Laventure(c)			
9	Luke Baldwin	MAN OF THE MATCH SPONSORS		
10	Luc Smith			
11	Benji Marfo	(0)		
12	Matt Gordon			
13	Will Glover	bitsolutions		
14	Josh Addams			
15	Joe Luca Smith			
	REPLACEMENTS			
16	Jared Saunders			
17	Jake Buckingham			
18	Matt Bolwell			
19	Dave Lewis			
20	Craig Holland			
	Craig Hondria			

Coaches Jon Mills, Danny Ward and Tony Paul | **Physio** Lorraine Allen |





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Match Report

Rams 26-14 Bishop's Stortford 1st XV



Playing into a stiff breeze, Stortford started slowly and were unable to clear their lines after a long opening dropout from the home side. They dug in, though and won a penalty but, unfortunately the kick failed to find touch. Rams hammered forward from this mistake and forced a penalty, which brought the home side a 5 metre lineout and a strong driving maul allowed hooker, Max Hayman to dive over for a try, well converted by Will Partington with 6 minutes gone. The next quarter of an hour saw the visitors committing repeated errors, only increasing the pressure exerted by a well-drilled and aggressive opposition, which resulted in two more converted tries to the home side. The first, after 10 minutes followed a soft breakdown penalty conceded by Stortford close to halfway, which took Rams into the Stortford 22. From there some powerful running by both backs and forwards, assisted by some uncharacteristically weak tackling saw second row, Dan Swain crashing over for the try. The second involved a considerable element of good fortune for the home side, as a partly charged-down kick ricocheted just short of covering fullback, Dan Powell, who was unable to block the skidding ball, allowing Rams' London Irish loanee at scrumhalf. Ollie Allan to hack ahead and win the race for the touchdown. Stortford continued to concede penalties and were punished after 29 minutes with a "team" yellow card for Will Rogers, held responsible for the collapse of a Rams' maul driving at the Stortford line. The visitors managed to dig really deep, though and, having repelled the subsequent attack, as Chris Smith intercepted a loose long pass, they themselves managed to run through phase after phase to deprive the opposition of the ball and see out the sin bin period and, thus to halftime, without conceding any further points.

Stortford started the second half as Rams had done the first but were unable to capitalise on early pressure, as a series of threatening thrusts at the Rams' line was halted, when Harrison Langworthy - hitherto, outstanding - was deemed to have made illegal use of his shoulder in a forceful clearout at a ruck, for which he was penalised and vellow-carded. Two more penalties took the home side to a 5 metre lineout and, although Stortford's pack managed to hold the driving maul and repelled a number of further drives at their line, this was at the cost of a yellow card to Harry Charter for collapsing a maul. Eventually, the home side sucked in the depleted defence sufficiently to create room out on the right for winger, Charlie Robson to squeeze over for an unconverted try, with 25 minutes left on the clock. Stortford attacked again and, after going through many phases against the strong home defence and although still down to 14 men, were able to register their first points, as replacement scrumhalf, Connor LLoyd plunged over from the base of a ruck for a try, well converted by the same player. Substitutions in both packs seemed to have worked very much in the home side's favour, as their scrum became dominant, winning a couple of penalties. Play became increasingly scrappy and two minor fracas resulted in two players from each side being vellow-carded, with the game ending 13 v 13. The extra space around the field seemed to work in Stortford's favour and some more good running rugby was rewarded at the death with a try to Alex Rayment, breaking from one of a series of quick rucks to crash through the retreating defence from 5 metres out. Lloyd again added a good conversion to take the final score to 26-14.

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Blues Match Report

By Joe Radley



Rams 2XV 22-5 Bishop's Stortford Blues

On Saturday the 14th of January the Bishop's Stortford Blues travelled to Reading to face Rams 2XV. The Blues got off to a slow start conceding an early try from a maul putting them on the back foot from the get go. However, the boys kept their heads down and kept pushing on playing into a strong headwind and only conceded one more try.

Despite their best efforts the first half ended at 10-0. After a one-sided first half affair the Blues

were eager to pick up the pace and turn the tide in the second half. After another slow start the Blues eventually made a breakthrough with George Cullen scoring a try to get the Blues on the scoresheet. Unfortunately for the Blues, a few dropped balls and a build-up in penalties gave Rams the opportunity to capitalise. This led to two more Rams tries leaving the final score at 22-5.

Joe Radley





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In the spotlight

Austin Pope



This season so far for eleven matches out of fourteen. Stortford have fielded the same threeguarter line. The players are Josh Stannard, James Ayrton, Jake Morris and Austin Pope. Austin has played in thirteen of these games at the number 12 inside centre position. It would have been hard to predict when his playing career started at Stortford as an outside-half/ utility back substitute in the 2019/2020 season that he would win a consistent place in the First XV as a hard tackling and impact centre. It was only at the end of the 2021/2022 season that he made his first start in the centre for the Firsts at Cambridge. Obviously, the retirement of Sam Winter at the end of that season left some big boots to fill in that position but Austin has been able to establish himself this season with the coaches' support in the position.

Austin has worked his way up through the minis and colts and has the homegrown "*" in the programme team listing. He started out playing in the half backs mainly based on his size as a youngster, but as he has grown and started to bulk-up he has been able to successfully make the move to the centres. Austin was a goal kicker, with the number of other goal kickers at

the club now he has not had any place-kicking responsibilities this season.

Austin scored his first try for the First XV this season at home to Plymouth. In line with the emphasis on his defensive role in the three-quarters he has also picked up two yellow cards this season for foul play through his robust tackling (surprisingly the same number of yellow cards as Tom McCrone).

These are not his only yellow cards for Stortford, in the 2021/2022 season he came off the bench early in the first half for an injured Sam Winter at Leeds and picked up two yellow cards for high tackles and subsequently a red card in the match. The Stortford supporters at this game did consider the second yellow card to be a harsh decision.

Austin sports at the moment, a very severe "Number One" style hair cut which is not intended to portray a "hardman" image even though it does go very well with his robust tackling this season.

Austin has been sponsored for three seasons by the Wickman Group through the good auspices of his friend Calum Coyne's dad.





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Club Stortford



Now in its tenth season, **Club Stortford** was set up by a small working party to support the 1st XV squad after promotion to National League Rugby in 2013/14. Our aim is "to ensure Bishop's Stortford RFC has a sustainable future in National League Rugby and continues to nurture home grown talent."

Working in conjunction with the 1stXV coaching team, CS provides funding for various expenditure beyond the financial resources of the main club.

Our Joint head coaches Tom and Marcus have stressed on a number of occasions how important the financial support given to them by Club Stortford is. Quite simply, without it's support, the team would not be able to perform at such currently high levels.

We continue to look for new members, to allow us to broaden and deepen the extent of our support.

We would urge you to consider joining Club Stortford. If you are interested and would like further information, please contact our secretary,

Russell Cattell 07778 101 988



The Oval Club



The Oval Club was formed in 1998 by some Bishop's Stortford Rugby Football Club members who wanted to find a way of raising funds to improve the playing facilities of the Club with the mission statement:

'To contribute towards promoting the highest possible standard of rugby throughout Bishop's Stortford Rugby Football Club'

The Oval Club is an autonomous body and entirely independent of the Rugby Club's operations. None of the Committee members hold a position or appointment in the Rugby Club's infrastructure. The Oval Club does not seek to influence decisions of the Rugby Club. It responds to requests for financial assistance for projects which have been approved by the Rugby Club's Executive Committee and which fall within its mission statement.

Funds are raised by monthly contributions from the Members two thirds of which are set aside for Rugby Club projects with the other third reserved for social events for Members.

To date The Oval Club has raised over a quarter of a million pounds with the Rugby Club receiving more than £150,000.

The Oval Club makes contributions to the Rugby Club for one off projects which are of long term value and not part of on-going budget requirements. Often these contributions have been made to the Club to enable it to secure grants from the Rugby Football Union and other sources.

So far, major contributions have been made towards the cost of:

- Flood lighting the main pitch.
- · Floodlighting the back field pitches,
- Pitch repair and maintenance.
- Improvement of the playing surfaces, including the purchase of a verti-drainer,
- Drainage of the back field pitches,
- Rabbit fencing.

- · Replacement of goal posts,
- · Refurbishing the changing room showers,
- · Purchase of physiotherapy equipment,
- Playing equipment and travel costs for all teams
- Supporting youth and mini through tours, kit and additional playing facilities,
- Junior coaching courses.

On the social side there are annual Members' events. Currently these are:

- A self-supporting golf day at one of the local golf clubs,
- An Annual Dinner and Forum,
- First team home and away lunches.

Through its contributions The Oval Club plays a considerable part in helping the Rugby Club enhance its playing related facilities for the use and benefit of all members of the Club.

Anyone who is interested in joining The Oval Club should contact a member of the Committee below.

THE OVAL CLUB COMMITTEE:

Robbie Kerr - Chairman John Robinson - Secretary John Power - Treasurer Mark Caulfield Steven Wasley Mark Smith

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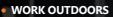




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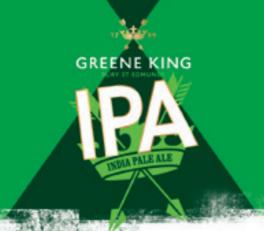
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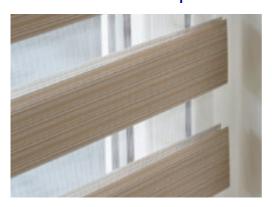






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Flashbacks!

Photography by Vikki, Emma and Andy















Around The Club

Richard Evans



Bit Solutions



Sam Prior and Bit Solutions have a long relationship with Bishop's Stortford Rugby Club going back 30 years to when Sam's father, Robert Prior, played for the club and Sam used to accompany him to the club on match days. In due course Sam played for the club, multiple ankle injuries in his early twenties were to curtail his playing career at the club.

The connection with the club continued when the late Paul Maxfield suggested to Sam that his newly formed IT company Bit Solutions may like to get involved in sponsorship at the club. It reflects the progress of both Bit Solutions and the club that the sponsorship has grown from starting with rugby socks to help for the club with a full range of IT systems.

Stortford playing in tier three rugby has meant they now need much more help with a wide range of IT systems. On the playing field it is no longer only kit a modern rugby player needs, they also have GPS (Global Positioning System) tracking systems that track movements on and off the field. Bit Solutions have helped with the bar's EPOS (Electronic Point of Sale) card payment system. It was not likely that a young Sam Prior when he helped out as a voungster at the bar on match days would have thought he would have been instrumental in making it easy for the older club members to buy beer with a plastic card.

Bit Solutions also provides and supports many other IT systems at the club, these include hardware, wireless networking, the fourth official tablet, assistance

with the website, hosted telephony and a fibre leased line. The latest project is the implementation of Microsoft 365 cloud as a back-office system for club officials. I am sure the typical Stortford rugby follower will be as knowledgeable on "Microsoft 365" as they are with the latest rugby laws changes. However, it is only with the help of Bit Solutions, that the club can run with such systems and the continuously growing complex requirements of a modern rugby club both efficiently and securely.

Video display systems and video refereeing systems are maybe awhile away from being required at Silver Leys, but there is no doubt such is the recognition of the importance of their IT role at the club that Sam Prior and Bit Solutions would be asked to help sponsor and importantly would know how to provide such requirements.

Chindits Half Season Review

By Spencer Kersey



P9 W5 D0 L4

The European Flavours & Fragrances sponsored BSRFC 4th Team or "Chindits" as we are known have had a mixed season so far, strong performances for 70 minutes of games, followed by total collapses in the final 10 minutes of games that have seen us lose easily winnable matches vs both old and new opponents to the league. The Chindits compete and play in the Hertfordshire & Middlesex Merit League Division 2. A competitive league comprising of local 2nd and 3rd teams that see many players that have played at a high standard for their clubs over the years move down to in order to enjoy the more social aspects of rugby but still at a decent level of rugby that is challenging enough. The Chindits have the benefit of a large squad of players that have all been playing at BSRFC for many years at multiple levels for the club. It is this large squad of players that always ensures the Chindits turn out a good squad at all of our away games, which is more than can be said of the majority of our opposition this year who have all appeared to field mysteriously strong home teams, and then called off the away fixture. We currently sit joint 4th in a league of 8 teams and not many points separating 1st and 6th place.

Our best win so far this season has been our home victory Vs Ampthill, Ampthill's first team play in the Championship, and as a club they have a very strong set of teams all the way through 1-5ths. The Chindits have had some fantastic battles with them over the last 2 or 3 years but have never come out on top - our end of season decider last year to decide the league went their way in a very close match. We enjoy playing them as its always a great game, and they are a good bunch of lads as well who have a similar set up to the Chindits, faces that turn out regularly and have played together a long time. We run out 50-17 winners in a very good day for the Chindits against the current league title holders

Off the field our sponsors EFF have taken pre and post match hospitality to a new level, bringing back some of the social rugby traditions that were being slightly lost over the years. One of these being inviting the opposition into the changing room after the game for beers which embodies one of the core values of rugby, sportsmanship. In the main this has been very well received by opposition and even though not necessarily reciprocated at away games it is something we will continue to lay on for our guests to silver leys.

This season has also seen the introduction of Bishop's Stortford's most premier social and networking space, Chindits Corner, As you approach the first team pitch by the gate the first corner of the ground you arrive at has been recently sign boarded thanks to a collaboration of club sponsors, most of which are also Chindits players in order to create a little area of the ground where you can always find a Chindit supporting the 1st team. Many of the current first team squad actually dream one day of becoming Chindits and one of the current 1st Team Managers, Tom, is also proud to call himself a Chindit having played last season for us. You will always hear Chindits corner in fine voice at the 1st team games. If you are passing Chindits Corner come and say 'hi'. if your banter is then not great, you will be sent to Abbotts corner, TMG, CHINDITTTTTSSSSS.



Match Day Experience

Bishop's Stortford RFC



Behind the scenes with the 1st XV...

As part of the Club's ethos 'to be a strong and successful rugby club united from Senior to Minis', trusted and valued by our community BSRFC Joint Head Coaches Tom Coleman and Marcus Cattell along with Club captain Sam Winter and the rest of the 1st XV Squad, provide an insight for our "Mini and Junior" Members into what goes on behind the scenes as the Players prepare for a National League 1 Match.

The day kicks off with a QandA in the 1st XV Changing Room, followed by Training, Games and Warm up Sessions with the Coaches and Players. They then form the "Players Tunnel" alongside the "Blazers" to welcome both the opposition and the 1st XV onto the pitch before the game. Their experience culminates with Post Match Photos alongside the Players.







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