



CURUFC – Playing Overview

Cambridge University Rugby Union Football Club is committed to ensuring that we can provide the best possible rugby environment for all players to maximise their potential both on and off the field.

- At College level, we continue to nurture and develop new rugby players, ensuring on-going participation in the game through the College leagues, Cuppers competition, annual sevens competitions and the mixed touch rugby programme. We also run an Academy that helps to develop the best players to University level.
- At University level, we support and facilitate the ambitions of men and women capable of performing at the pinnacle of the student game. There are six teams whose fixtures culminate in a Varsity match. The full details of this programme can be seen in the Appendix.
- Our top teams continue to compete regularly against the best Universities, professional development sides, the Armed Forces and strong invitational teams. The highlight of the season for those players is undoubtedly the day in December when he or she turns out at Twickenham in the Varsity Match.
- Moreover, the Club believes firmly in the balance of graduate and undergraduate players, combining both International and Home students in a challenging, diverse and supportive environment.

CURUFC Playing Objectives

a. OUR GOALS:

- I. Continue to provide the players with the unique experience of being part of a rich and vibrant community, playing rugby at Grange Road as well as taking part in a Varsity Match while studying for a degree;
- II. Improve the quality of the men's 1st team to ensure competitiveness in our regular fixtures against quality opposition;
- III. Continue to improve the quality of the women's 1st team and regain our place in the BUCS Premiership;
- IV. Win more than our 'fair share' of Varsity Matches.

b. OUR PRIORITIES:

- I. Offer rugby and physical development for all players equivalent to the best British Universities;
- II. Ensure a clear development pathway for men and women to progress through the CURUFC teams;
- III. Prepare players to continue post-University at Championship or Premiership level (both men and women); recent examples include Fred Burdon, Ian Nagle, David Spelman and Bryony Coombs;
- IV. Ensure suitably qualified and committed coaching at all levels; ensure that coaches understand and can communicate CURUFC tradition and culture; ensure that the medical provision is suitable for all teams;
- V. Increase participation in all aspects of rugby including refereeing and coaching, and ensure that all players enjoy playing rugby at Cambridge.

c. THE CHALLENGES:

- I. Professional rugby and club academies have changed the nature of men's rugby; talented young players will often enter academies rather than attend University;
- II. Increasingly rigorous academic selection and on-going pressure leads to fewer rugby players attending the University and time available for training and playing is pushed predominately to evenings and weekends;
- III. Coaching and infrastructure costs have increased exponentially;
- IV. Facilities at Grange Road continue to age and as such are increasingly out-dated; in key areas the facilities are no longer fit for purpose (e.g. changing facilities).



d. ACTIONS TAKEN SO FAR

- I. Continued to develop relationships with Schools, Universities and professional academies in order to ensure that CURUFC has access to current rugby knowledge, players and coaches;
- II. Initiated Access Committees (men and women) designed to support postgraduate and undergraduate applicants with the goal of increasing playing numbers (and quality of teams) - the number of quality male 1st team players has increased significantly as a result of this work; developing a strategy to increase undergraduate access over the next two years;
- III. Initiated the Red Lion Bursary Fund, from which all bursaries for men have been funded since 2012; this Fund currently depends upon a small group of core alumni and in order for it to become sustainable on a longer term basis the Fund will require a large number of individuals to support this initiative; (on average over the last five years Bursary funding per year has equalled £40,000);
- IV. Designed a robust rugby development programme and pathway (please see Appendix)
 - i. appointed appropriate coaching, S & C coaches, and medical staff including physiotherapists
 - ii. initiated the CURUFC Academy with the intention of focusing on men and women capable of performing at 1st team and then National League level (approx. 15 players per year)
 - iii. continued to provide Development sessions for new players to learn the game.

e. FUTURE ACTIONS TO PROGRESS

- I. Consolidate and enhance the CURUFC Academy and player development pathway;
- II. Improve the number of quality players accessing the University by consolidating and expanding Access initiatives;
- III. Re-establish the practice of regular tours;
- IV. Provide Bursaries and Scholarships for men and women post-admission at both postgraduate and undergraduate levels in order to attract suitable applicants as well as to alleviate the increasing costs associated with University.

The Financing of Playing

The Club's current annual Playing expenditure is:	
Coaching	£32,000
Strength and Conditioning	£14,000
Academy	£10,000
Medical provision	£20,000
Post training evening meals	£4,000
Bursaries	£40,000
Total	£120,000

As other documents explain, over the last few years and until the end of season 17-18, the funding for this expenditure has been found thanks to:

- generous donations from a small number of Alumni,
- drawing money from our prudently developed reserves, which are now nearly fully depleted,
- support from the University, currently for the season 2017-18 only.

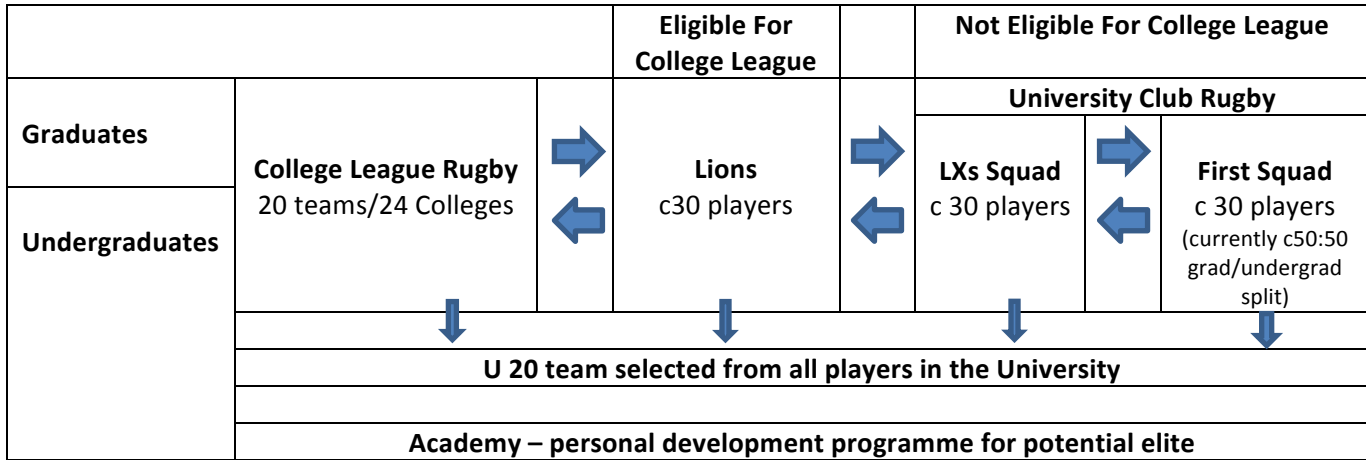
If we are to guarantee that these playing programmes continue, and also find the increased finance needed to put into place the future actions listed above, we need to secure a new sustainable source of funds.

The Red Lion 150 Campaign is targeted at all those involved in University rugby to yield an on-going annual income of £150,000 that will be needed to be spent on training, player support and bursaries.



APPENDIX – PATHWAYS AND COACHING STRUCTURE

DEVELOPMENT PATHWAY - MEN



First Squad: James Shanahan (Head Coach), Richard Candlin (Lineouts and Forwards), Chris Lloyd (Scrumms and Forwards)

LX Club: James Ashworth (Head Coach), Tommy Dann, Fraser Gillies (Backs), Gareth McComb (Forwards)

3rd Team (Lions) and Development Sessions: John Naylor (Head Coach), Simon Kidney (Backs), Gary McLaughlin (Forwards)

U20s Team: James Ashworth (Head Coach), Richard Candlin, Gareth McComb (Forwards), Tommy Dann, Fraser Gillies (Backs)

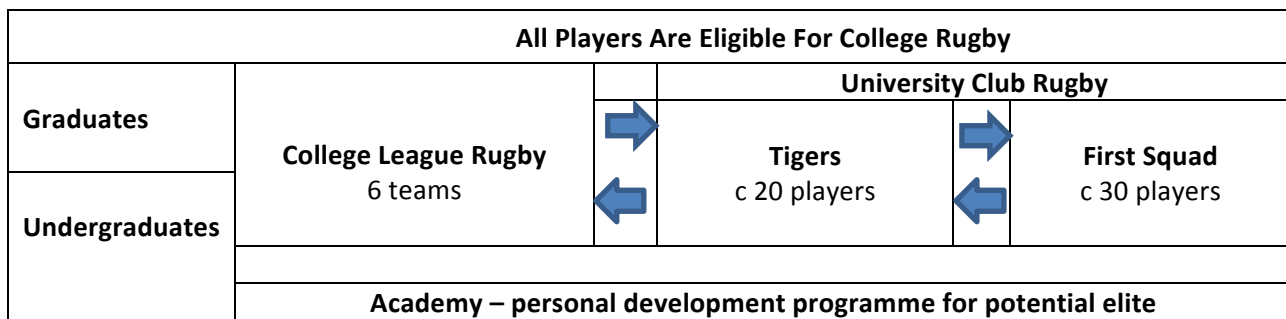
Academy Manager and Skills Coach: Jack Heald

Regular Guest Coach: Andy Holloway (Kicking and scrumhalves)

Medical and Performance: Simon Jones (Head of Performance), James Owen (1st team Strength & Conditioning), Toby Griffiths (LX and Academy Strength & Conditioning), Nick Allen (Lead Physio)

College Rugby: John Naylor (College Development Manager) organising development sessions, refereeing courses, coaching courses, annual 7s competition, annual mixed touch league, College league and cup competitions.

DEVELOPMENT PATHWAY – WOMEN



University Teams (1st team, Tigers): Jack Baird (Head Coach), Ian Minto (Backs), Anna Stodter (Forwards)

Academy Manager and Skills Coach: Jack Heald

Regular Guest Coach: Donald Stevens (Kicking and scrumhalves)

Medical and Performance: Simon Jones (Head of Performance), Milosz Wrobel (Strength & Conditioning), Annabel Neish (Lead Physio),

College Rugby: John Naylor (College Development Manager) organising development sessions, refereeing courses, coaching courses, annual 7s competition, annual mixed touch league, College league and cup competitions.