

GHERRY III ES







GLOUCESTER RUGBY v EXETER CHIEFS

GALLAGHER PREMIERSHIP 29 OCTOBER 2021 | 7:45PM

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PREMIERSHIP RUGBY















GLOUCESTER RUGBY

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WELCOME BACK TO ANOTHER FRIDAY NIGHT UNDER THE LIGHTS, AND WHAT WE EXPECT WILL BE OUR BIGGEST CROWD OF THE SEASON SO FAR, AGAINST EXETER CHIEFS. I'D LIKE TO EXTEND A WARM WELCOME TO OUR FRIENDS FROM DOWN THE M5.

We come into this game unbeaten in four outings now, and we'll be looking to continue that good form this evening. But we're up against an Exeter team who have just suffered their second home defeat of the season, and are sure to be looking to put that disappointment behind them tonight. With us in fifth place in the table and Exeter in sixth there's everything to play for, and I'm expecting a cracking game.

Some of you will have seen our squad in action on Wednesday at our open training session. It was great to see so many of vour there, and especially all the voungsters. We'll see if we can do another of those sessions before too long, and it was so well received.

It was also good to see so many of you join in with our 'Facebook Live' session on Tuesday evening. If you haven't seen it yet it's still available to watch on our Facebook page. These sessions are a great way for us to stay in touch with fans and hear about

the things you're enjoying at the Club, and also those things you'd like to see us work on.

Tuesday's sessions was really useful in that respect, and we took away quite a few good ideas.

Again, we'll be running more of those sessions in the future, so please make sure you look out for

THESE SESSIONS

them through our social media channels. And, of course, you can keep up with everything that's happening at the Club by signing up to receive our weekly @Holm newsletter. Just click here.

We're also planning another fans' forum meeting at Kingsholm, where we invite you in to hear from us about what's happening at the Club, and we share a bit of insight into some of the ways we do things. We're looking to do that in the second half of November, so please look out on our website or social media channels for details.

Before then, I shall be around the ground this evening before kick off, so if you see me do come over and say hello, and let me know what you think of how things are going. I'm always interested to hear your thoughts.

Together, we are a squad of thousands.

Best wishes Lance



MARTIN ST. QUINTON

CHAIRMAN



GOOD EVENING AND WELCOME BACK TO KINGSHOLM FOR THE SECOND TIME IN SEVEN DAYS. TODAY WE HOST OUR WEST COUNTRY RIVALS, EXETER CHIEFS, FOR ROUND 7 OF THE GALLAGHER PREMIERSHIP.

After a brilliant result last Saturday, when we defeated Newcastle Falcons 29-20, this fixture is our last before our bye week. It would it be excellent to go into the rest week with another great result to round off our opening block of fixtures.

Exeter come into this fixture off the back of a 33-21 loss to London Irish. There's no doubt they'll be coming up from Devon wanting to get back to winning ways which makes this a very exciting fixture.

These Friday night games are special and to see Kingsholm lit up under the lights, with us all coming together to enjoy the match, is a unique experience and a real moment to be cherished.

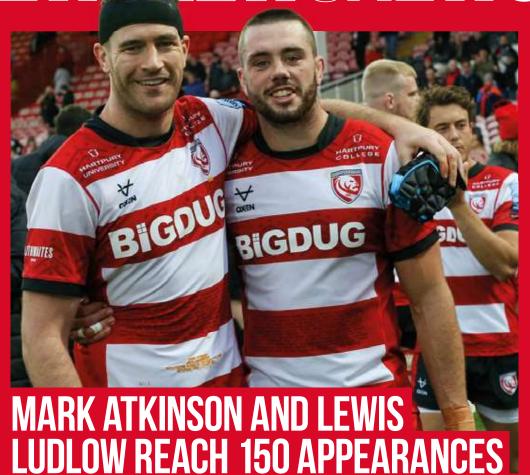
We are on a good run at the moment and come into the game having not lost in four matches. Our results on the field have left to us sitting 5th in the table and it's encouraging for us all to see the Cherry and Whites fighting in the top half of the table.

Long may this form continue.

Have a good evening and enjoy the game,
Martin



NEWSNEWSNEWS





Gloucester Rugby will host an army rugby fixture at Kingsholm on Wednesday 17th November when the UK Armed Forces RFC will play a Rugby for Heroes Barbarians side.

TICKETS ARE AVAILABLE HERE

Gloucester Rugby have recently seen two club stalwarts make their 150th Cherry and White appearances.

Lewis Ludlow ran out for his 150th cap against London Irish with Mark Atkinson reaching the same milestone last weekend against Newcastle.

TODAY'S MATCHDAY MASCOT

Today's matchday mascot is Rafferty Crossley.

Raff goes to St Hugh's school and his favourite player is Jonny May. His favourite club is Gloucester Rugby.

His favourite position is full back, winger or fly half and his dream is to play rugby for England.

The Gloucester Rugby Matchday Mascot is kindly sponsored this season by:





MEN'S SQUAD





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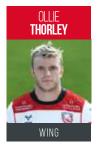




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FOUR TRIES AGAINST EXETER CHIEFS GIVE GLOUCESTER RUGBY THE BONUS POINT VICTORY.

Gloucester Rugby scored four tries to take the 34-18 bonus point win over their West Country rivals at Kingsholm.

What happened?

Henry Walker scored two with a Charlie Chapman try and a late penalty try at the death being enough to secure the five league points.

It was a close fought game and Gloucester Rugby came out of the blocks with real intent in the first half and were attacking the ball at pace. It wasn't long before Walker found his way to the try line after wrestling his way over from the back of the maul.

Jonny May was threatening all game with two potential scores coming within inches of being awarded but the TMO showed that the international winger was just in touch both times.

Exeter came back and it was Josh Hodge who stunned everyone on the pitch through a 70m individual try and the visitors gained confidence from the score and went over again through Don Armand in the first half.

A Skinner penalty kept the scoreboard ticking for Chiefs but Gloucester Rugby bounced back through another Walker try scored in a similar fashion to his first, making the score 14-15 after 40 minutes.

After the break it was Gloucester Rugby who came out firing again and were playing with intent with the likes of Ruan Ackermann carrying the ball with ferocious power and strength.

KEY MOMENT

Walker wrestles over for two

Henry Walker scored a brace in Gloucester Rugby's win over Exeter Chiefs and at one point it looked like he had gone over for his third before the referee deemed that he had been held up.

The hooker had a great game and the lineout and the scrum were key to the Cherry and Whites' success.

Charlie Chapman made an immediate impact having replaced Willi Heinz at half time and sniped from short range to go over early in the second half for Gloucester Rugby's third.

Barton was accurate from the boot all game with another 100% record from the tee and kicked two penalties in the second half into the pounding wind at Kingsholm and Exeter's fly half, Henry Skinner showed how difficult the kicking conditions were by missing two shots at goal.

However, he did slot a penalty in the second half to take Exeter to 18 points.

Barton also excelled with his kicking from hand. With just minutes left on the clock, the young fly half sent a little rocket of a kick into the corner to put the ball just metres out. It was at the following maul from the lineout that the Cherry and Whites were awarded the penalty try, securing the winning bonus at Kingsholm.



GLOUCESTER'S BRITISH LIONS

The selection of two Gloucester players for the British & Irish Lions in South Africa this summer gives them a special place in the history of the Club. Chris Harris and Louis Rees-Zammit have added their names to the list of sixteen Gloucester players who have previously been accorded this honour. With his appearance at Cape Town in the second Test this summer, Chris joins an even more distinguished list as the eighth Gloucester player to have won a Test cap with the Lions. This article recounts those Gloucester players in whose footsteps they have followed.

The first British Lion from Gloucester was Walter Jackson, who made 97 appearances for the Club, 1889-97. He was selected to join the British Isles tour to South Africa in 1891, the first to go to that country, where they played in red and white hooped shirts (not yet Gloucester's colours). Walter, a slightly built centre for Gloucester, was selected by the Lions as a forward, which may have contributed to him missing out on Test match selection.

Frank Stout was a forward, who made 98 appearances for Gloucester, 1895-1907. He first became a Lion in 1899, when he toured Australia and played in all 21 matches. Following the loss 3-13 of the first Test at



Sydney, Frank was appointed captain and led his team to three wins to secure the series - 11-0 at Brisbane, and 11-10 and 13-0 at Sydney.

Frank Stout also went on the Lions tour to South Africa in 1903, where he was joined by Gilbert Collett, a centre who made 48 appearances for Gloucester, 1898-1904. They both played in all three Test matches, at Johannesburg, Kimberley and Cape Town, the first two being drawn and the third lost 0-8, during which Gilbert suffered a serious injury.

In 1924, Tom Voyce, who made 171 appearances for Gloucester, 1918-27, displayed his remarkable versatility for the Lions in South Africa, playing out of position at full back, centre and wing as well as in his usual wing forward berth. He scored eight tries in thirteen games, and played in two Test matches, the 3-3 draw at Port Elizabeth, and the 9-16 loss at Cape Town, where he scored a try and kicked a penalty.

In 1936, a British Isles side, which was not very representative, being largely English and including no Welsh players, toured Argentina; retrospectively this has come to be regarded as a Lions tour. They won all ten games, conceding only one try. The party included Peter Hordern, a back row forward, who made 91 appearances for Gloucester, 1930-37, and John A'Bear, a second row forward, who made 211 appearances for Gloucester, 1933-41. Hordern played in the only "Test" against Argentina, at Buenos Aires, which was won 23-0, but caps were not awarded.

Bill Patterson, a centre from Sale, played only seven games for Gloucester towards the end of the 1958-59 season, but was then called up as a replacement for the Lions in New Zealand, where he played in the second Test, which was lost 8-11 at Wellington.

Don Rutherford, a stylish full-back, made 94 appearances for Gloucester, 1964-68. He was selected to tour Australia and New Zealand with the Lions in 1966, and played in the first Test against Australia, which was won 11-8 at Sydney, but in New Zealand his tour was ended by a broken arm.

Mike Burton, a prop who made 366 appearances for Gloucester, 1964-80, went to South Africa with the1974 Lions. They went through the entire tour unbeaten, but Mike missed out on Test selection.

On the next tour to South Africa in 1980, Gloucester again provided a prop, in Phil Blakeway, who made 139 appearances for the Club, 1971-85.



Unfortunately he suffered a rib injury which ended his tour without any Test appearances.

Steve Boyle, a second row, made 303 appearances for Gloucester, 1973-84. He toured New Zealand with the Lions in 1983, and played in six games, but was not selected for the Test side.

"Iron" Mike Teague, a back row forward, who made 303 appearances for Gloucester, 1978-95, was selected for two Lions



tours. He went to Australia in 1989, was injured for the first Test, which was lost, but played in the second, won 19-12 at Brisbane, and the third, won 19-18 in Sydney. He played such a dynamic role in the Lions coming from behind to win the series, the first time that they had achieved this,that he was named "Man of the Series". On his second Lions tour in 1993 he won one Test cap in a 20-17 victory over New Zealand at Wellington.

"Raging Bull" Phil Vickery, a prop, who played 127 games for Gloucester, 1996-2006, went on the Lions tour to Australia in 2001. He played in all three Tests, the first won 29-13 at Brisbane, but the second was lost 14-35 at Melbourne, as was the third 23-29 in



GLOUCESTER ROLL OF HONOUR FOR THE LIONS

Walter Jackson 1891 South Africa Frank Stout 1899 Australia 4 caps 1903 South Africa 3 caps Gilbert Collett 1903 South Africa 3 caps **Tom Voyce** 1924 South Africa 2 caps **Peter Hordern** 1936 Argentina (1 Test, no cap) John A'Bear 1936 Argentina Bill Patterson 1959 New Zealand 1 cap Don Rutherford 1966 Australia 1 cap 1966 New Zealand Mike Burton 1974 South Africa Phil Blakeway 1980 South Africa Steve Boyle 1983 New Zealand Mike Teague 1989 Australia 2 caps 1993 New Zealand 1 cap Phil Vickery 2001 Australia 3 caps Billy Twelvetrees 2013 Australia Ross Moriarty 2017 New Zealand Greig Laidlaw 2017 New Zealand Chris Harris 2021 South Africa 1 cap Louis Rees-Zammit 2021 South Africa

Sydney. Phil won a further two Lions caps in South Africa in 2009 whilst a Wasps player.

Billy Twelvetrees, a centre, who had joined Gloucester in 2012, and is still playing for the Club, was pulled off the England tour of Argentina in 2013 as injury cover for the Lions in Australia. He played in two matches against provincial sides.



On the Lions tour of New Zealand in 2017, Ross Moriarty, a back row forward who made 49 appearances for Gloucester, 2012-17, sustained an injury during the first match, which ended his tour. Greig Laidlaw, a scrum half who made 47 appearances for Gloucester, 2014-17, was not in the original tour selection, but was called up when Ben Youngs withdrew, and played in six matches against Provincial sides.

LEWIS LUDLOW



Club captain Lewis Ludlow is loving playing in Cherry and White and is leading from the front as Gloucester Rugby look to go on a five-game unbeaten run with a win against Exeter Chiefs on Friday night.

Making his 150th Gloucester Rugby appearance against London Irish a few weeks ago, the club captain is proud to have reached the milestone.

"It was amazing," Ludlow said talking about his 150th appearance."It was almost two years to the day since I made my 100th appearance.

"That frazzled me a little bit because it came around so quick. Gloucester Rugby means



everything to me and the more I can get back from the club the better. I just want to keep pushing on and it's about looking ahead to the next 50 and the next 150 from then on which is the plan. It was a huge honour."

Recently becoming a father, Ludlow celebrated the achievement of reaching 150 caps with those closest to him.

"Friends and family came around on the Sunday and my dad was down and he was obviously really proud."

There have been plenty of highs and lows over his 150 Cherry and White appearances, but the highlight has come very recently.

"One of the biggest things was during covid, the lack of a crowd. So one of the biggest things for me was having the crowd back in as a captain and to lead the squad around the Shed on that Friday night game against Leicester.

"That was amazing and a really great feeling. We bigged it up a lot in the week, we spoke about it in preseason that having the crowd back was going to be massive. We hadn't done the of the pitch lap for ages because there was just no point during covid. That was the biggest moment for me. Hopefully it will be the same atmosphere this Friday.



MAIN FEATURE

The Cherry and Whites have had a strong start to the season but Ludlow still thinks that there is room for improvement.

"We're getting results without actually playing too well. Every time we come in on a Monday, there's a lot to review and a lot to look at where we made mistakes. There's always a lot we can build on. We come in and know that there's still stuff to work on so there's no complacency around the place."

Gloucester Rugby's West Country clash on Friday night is the last fixture before a bye week and Premiership Rugby Cup action, meaning that it would be good for the club to get another good result to round off the opening block of games.

"We've spoken about it a couple of times. Our mind set is that if we win this game, we go into the break 3rd or 4th and if we lose, we'll go into the international break 8th or 9th. We've got our bye week next week and we either go into it feeling really good or we go into it feeling a bit down."

One of the main differences to the change is results on the pitch has been the fact that the squad and coaches are into their second year together.

"We're spending a lot less time on understanding the plan and are spending more time doing the plan. It was a big thing last vear with new coaches, new players and a new set up. We spent a lot of time trying to understand what each other wanted. This year, we're at the point where we can just go out and do it. We're seeing the results of that out on the pitch."

As well as it being the second full season with the new coaching staff, it is Lewis' second season as club captain, a role he is really enjoying.

"I love doing it. There's a lot of pressure on it but that's what I enjoy, because I'm accountable. If I lead from the front and get my work done, hopefully everyone else will follow and do that. Now I'm into my second year, I feel I'm starting to get relationships with referees, better relationships with coaches and players. I feel I've settled in that role and that it's going quite nicely."

Ludlow leads from the front and by example.

"That's what I want to do. I don't want to be the one giving out instructions but not doing it myself. I want to be the guy that people will look at and follow because they know I'll do it twice as hard as anyone else. Whether that's working harder, looking at details, or recovery, I want to be at the forefront of everything. Leading the way. Then when it comes to it, everyone can hold themselves accountable because I'm leading it and if I can do it, everyone can."

As captain, Ludlow has to have a close relationship with Head Coach George Skivington.



"We get on well and we're very similar characters. We're at the point now where we can be very honest with each other. He can tell me when things aren't right and I can tell him when things aren't right. We can talk about if the players need something done differently and we can bounce back and forth off each other. We understand what each other wants and how we're going to get there."

With fans returning to stadiums this season, Ludlow has been able to have his daughter at games and it's been a real inspiration for the flanker to have her in attendance.

"It's honestly amazing. If we win or lose, she doesn't know so she's able to bring me back down to earth and remind me about what's really important in life. Rugby is very important, it's my job and I care about it but when you can walk around Kingsholm on the pitch, it is a really special moment and something that I'll never get tired of doing."



ACADEMY SQUAD

















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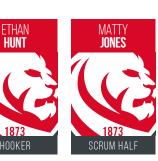












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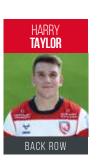
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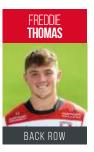
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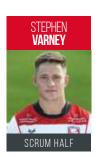
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JOSH GRAY



GLOUCESTER RUGBY ACADEMY PLAYER JOSH GRAY IS ENJOYING A SEASON OUT ON LOAN AT HARTPURY. IT'S BEEN A GOOD START TO THE CHAMPIONSHIP SEASON FOR THE GLOUCESTERSHIRE SIDE AND THE CHERRY AND WHITE FLANKER HAS HELPED THEM REACH 3RD IN THE TABLE AFTER THREE WINS IN FIVE GAMES.

"At the start of the season, things were going well. We had a tough defeat away at Ealing but we bounced back with a win against Cornish Pirates and now we've had a good run of games and we're three from five at the moment, sitting third in the league. It's going really well to be honest."

Josh is enjoying getting some consistent game time under his belt and that was one of the main reasons for him going out on loan.

"I had a couple of weeks off after the U20 Six Nations and then just really flew into things with Hartpury. Preseason was really good and I've just tried to buy into the club.

"One big thing for me is that I need to be playing rugby. To be able to build form or to improve on what you want to improve on, it's only going to be done best within a game. You can do so much in training, but it doesn't replicate that of an actual 15 vs 15 game with full contact.

"I asked Peter Walton our Head of Academy and with Mark Cornwell, the Head of Rugby at Hartpury, they asked me after the U20 Six Nations to come and do pre-season with them and the plan was to be on loan until Gloucester Rugby were to call me back in.

"It's been really good for me personally to be able to improve on things and get some game time."

Josh isn't the only Gloucester Rugby player out on loan at Hartpury. There is a good group of them who are all driving each other on.

"It works really well. A few of us are living together over in Cheltenham so we commute together and it's really good. Having boys that you've played with for a while, all going across and buying into the Hartpury club, it's really good because we're pushing each other on because we all obviously want to get re-signed by Gloucester Rugby.



"We're all pushing each other week in week out with what we can work on and we're always asking each other what we thought of each other within the games that we play.

"I'm with Olly Adkins, Matty Jones and Cam Jordan. Cam is leading the lineout and Olly is bringing what he's worked on at Gloucester into this Hartpury set up and we're all just trying to improve. That aspect of being together as a group is really pushing us on."

Whilst Josh and the other lads are out on loan, it is key to note that they are all still Gloucester Rugby players and there is an opportunity for them to impress the Cherry and White coaches this weekend.

"Gloucester Rugby have an A-League game this weekend. A lot of the younger lads haven't played a lot of rugby so it's a really good opportunity for them this Saturday against Bristol.

"Gloucester Rugby were a bit short on numbers so they asked us to come back and play on Saturday.

"It's really good because these opportunities to have these games and the Prem Cup coming up, just to be able to show what I've been doing at Hartpury back in a Gloucester shirt, I can show the coaches what I've been working on which is great."

Having had a long period with limited game time during the covid season, Josh and the other players out on loan are enjoying playing consistent rugby and are really progressing as players.

"I think the loan system is really good within rugby. The ability to be able to go out, especially if it's a long-term loan, and be able to go out to a new team and build



relationships where you can work on things that you really want to work on.

"To be part of a team where you are playing week in week out, and not just playing the odd game here and there. I can work on what I want to work on and what the coaches at Gloucester want me to work on. And then for example, this Saturday, to come back in the A League and show what I can do back in front of the Gloucester coaches.

"I really back the loan system and it's really working for me personally."



FACTS & FIGURES



PROJECT RUGBY







PROJECT RUGBY IS A JOINT INITIATIVE THAT IS RUN THROUGHOUT PREMIERSHIP RUGBY TEAMS IN COLLABORATION WITH ENGLAND RUGBY AND GALLAGHER WHICH IS DELIVERED WITHIN OUR COMMUNITY. THE PROGRAMME IS DESIGNED TO INCREASE PARTICIPATION, ENGAGING WITH NEW AUDIENCES FROM TRADITIONALLY UNDER REPRESENTED GROUPS, STIMULATING A LIFELONG INTEREST IN THE GAME.

Our goal at the Gloucester Rugby Foundation is to Engage, Educate and Inspire the local community giving them a positive social impact and creating new opportunities for all through the sport. We want to create as many opportunities as possible but where it is easily assessable and with the right time and place for participants to attend. Having these assessable opportunities will allows growth for both the individuals, as well as the game itself.

WHO?

- Black Asian & Minority Ethnic People (BAME)
- People from Lower Socio-Economic backgrounds (LSEG)
- Anyone with a Disability

AGES?

- Aged 14+
- Aged 16+ (Disability Sessions)

WHEN?

- All academic year
- 6 Weeks engagement

WHERE?

- Schools
- Clubs
- Hubs

FOR MORE INFORMATION ON THE PROGRAMME, PLEASE CONTACT OUR LEAD PARTICIPATION OFFICER, KELSEY JONES. EMAIL: **KELSEYJONES@GLOUCESTERRUGBY.CO.UK**

GLOUCESTER-HARTPURY WOMEN SQUAD







AMBER **ROBSON**



AMY **DALE**



BIANCA **BLACKBURN**



BETHAN **LEWIS**



CERYS HALE



CARA **HOPE**



CHARLIE MAI-MANNS



CONNIE **POWELL**



DAISY **FAHEY**



DAISY **SMITH**



ELLIE **GILBERT**



ELLIE Underwood



EMMA **MUNDY**



EMMA **SING**



EVIE **Roach**



ERICA MILLS



GABI **SKOV**



GEORGIA Brock



GWEN **CRABB**



HANNAH **Jones**



KATHRYN **BUGGY**



KELSEY **Jones**



KERIN **Lake**

















KELLY LLUECU SMITH GEORGE

MAISIE Burton

MEGAN **ISSAC**

BOUCHER-WHITE

MIA **Venner**







PIP **HENDY**



PIPPA **Robinson**



RACHEL **LUND**



RANNI **SAMUDA**



ROBYN **WILKINS**



SHYA **PINNOCK**



SISILIA **Tuipulotu**



SOPHIE **TANDY**



SIAN **WILLIAMS**



TABITHA **COPSON**



TATYANA **HEARD**



ZOE **ALDCROFT**

LAST TIME OUT





Gloucester Rugby beat Newcastle Falcons 29-20 thanks to tries from Val Rapava-Ruskin and Jonny May as well as Lloyd Evans' accuracy from the kicking tee.

Evans slotted the two conversions and five penalties to steer the Cherry and Whites to victory.

What happened?

Gloucester Rugby dominated the first half thanks to the accurate boot of Lloyd Evans who slotted two early penalties.

At the end of the half, the Cherry and Whites unleashed their weapon, the driving maul. Evans put the ball 5m out and it was Val Rapava-Ruskin who crashed over off the back of the driving pack to get the score.

Evans kept his accuracy from the tee and slotted the conversion to give the Cherry and Whites the 13-0 lead at the break.

It was a physical and relentless half with referee Wayne Barnes left trying to catch his breath on a few occasions!

In the second half, Evans kept the scoreboard ticking with an early penalty but Newcastle found a way into the game and got over the try line. The TMO had to check it but there was nothing wrong with Ben Stevenson's break through the middle and he dotted down to score.

Slotting the conversion, and two penalties, Joel Hodgson put Newcastle back in the game before Evans steadied the ship with another two Gloucester Rugby penalties.

Cementing the win, Stephen Varney made a break, drew the defender and passed to Jonny May who went over for Gloucester Rugby.

At the death, Newcastle's Cameron Nordli-Kelemeti got over for a try with Hodgson adding the conversion but it had no impact on the outcome.







LAST TIME OUT







all game. Stephen
Varney had
come on at
scrum half and
he sent the Newcastle
defence to the right
before darting left,
drawing the last
man and then
passing to Jonny
May to zip over.













EAD OF PERFORMANCE ANALYSIS

Head of Performance Analysis, Tom Reynolds, is in his 10th season at the club having started as an intern and heads up a team of three analysts whose job it is to make sure the coaches and players have all of the information they need to perform at their best on gameday.

"We're a team of three and our main job is to work with the coaches and players to create game plans based on opposition analysis. This includes full game videos, databases and stats.

"We contribute to that whole process of game planning."

It's a full-on job and Tom says that his role is more of a lifestyle choice than a typical 9-5.

"If we're playing Exeter on Friday, the week before we've already created our preview package. On Sunday, I'm watching Exeter's last game and finalising our tactics and game plan based on any new information.

"I speak to George Skivington in the evening to check that we're on the same page with what we've previewed to make sure we're prepared going in on Monday morning."

He chuckles when asked how much rugby he watches. Most of his time is spent watching rugby in one way or another.

Working on matchday, the analysis team play a crucial role in capturing data in game and breaking it down for both the coaches and players to understand.

"It's about giving them context. Stats are great but without any context, it's just a number. You can use video to add context, you can use the situation of the game but even more specifically, we know what the coaches want, and we're trying to provide everything that they need to do their job properly.

"We take pride in that because we want to contribute."

In professional sport, teams and clubs are always trying to find that extra 1% to "make the boat go faster." One way Tom Reynolds and his team have tried to do this is through the use of a platform called Hudl.

This software allows the analysts to upload training footage and opposition previews so that the players can immediately analyse on any device.

"We work really hard as a three to make sure that the coaches are happy and that the players are happy. If the players want stuff put on Hudl, all the opposition game plans, all the cut ups, it's uploaded on Hudl for the lads to watch. They're putting the work in as well as us."

A modern rugby player has to embrace the analysis side of the game and the players at Gloucester Rugby have really brought into it and are enjoying the learning process.

"Dom Waldouck has been really proactive in sending meeting clips prior to meetings so he'll send clips out and say 'lads we're going to talk about these in the meeting.'





"We're trying to shorten our meeting time to make the meetings more interactive so it's not just a coach talking. It's more about the players engaging in it and buying into the process.

"The Hudl platform allows the players to take ownership. They want to learn and they want to be prepared.

"Yes, there is a lot of info out there so we've got to try and tailor it to each individual's needs. Lewis Ludlow will always have the lineout defence package whereas Ben Meehan doesn't need to see that, he needs to see opposition box kicking trends.

"To maximise learning, you have to tailor it to each individual."

Game day is obviously the crescendo of the week and this is the same for the analysis team who are as busy as ever monitoring the game and getting ready to speak with the players at half time.

"Half time is a pressurised moment. It's an assessment of how our game plan has gone and where we need to adjust it. I'll have a chat with the lineout callers before we split into our units. George (Skivington) will then address the team outlining our key focuses going into the second half.

"It's an intense 10minutes but the clearer the messages can be, the better. It's not a time for throwing numbers out. It's about clarity and having a clear message.

"If needed, video can be used at half time to back up why we might need to make adjustments.

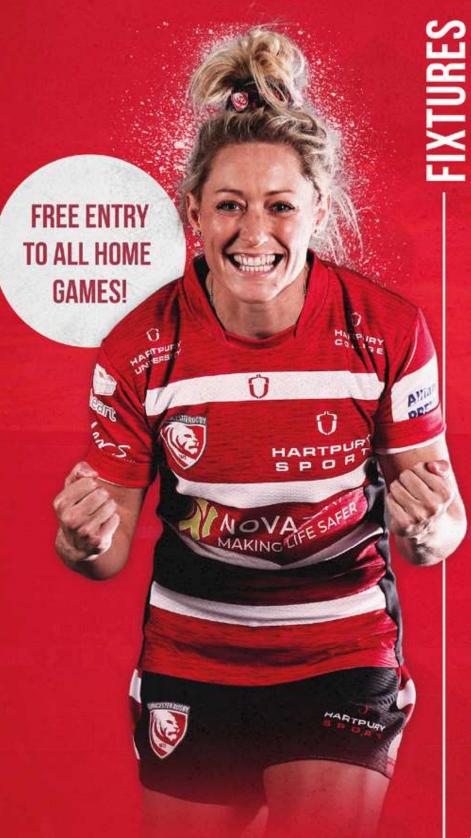
"It's about talking to the players as well. They're out there, we're just watching. So it's also trying to ask how they are feeling about certain things. They also ask us questions about what we've seen and then we've got to be able to deliver that back."

In modern sport, analysis is vital if a team is to succeed.

"Our coaches want us to be part of the process and contribute to the team's performance. Our coaching group is really forward thinking, and understand the power of utilising us in the modern way."



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30 | BRISTOL BEARS WOMEN

NOVEMBER

06 | HARLEQUINS WOMEN

13 DMP DURHAM SHARKS

27 | SARACENS WOMEN

DECEMBER

04 | LOUGHBOROUGH LIGHTNING

11 | EXETER CHIEFS

18 | WORCESTER WARRIORS

JANUARY

08 | BRISTOL BEARS WOMEN

15 | SALE SHARKS WOMEN

29 | HARLEQUINS WOMEN

FEBRUARY

05 | EXETER CHIEFS

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05 | WORCESTER WARRIORS

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APRIL

02 | WASPS WOMEN

MAY

07 | WASPS WOMEN

14 | DMP DURHAM SHARKS





MATCH OFFICIALS

Referee: Christophe Ridley **Assistant Referees:** Jonathan Healy and Hamish Smales

TMO: Tom Foley Citing Officer: Dave Guyan