

Gloucester RFC Official Pre-season Guide

Issue 02 | Price £2.00



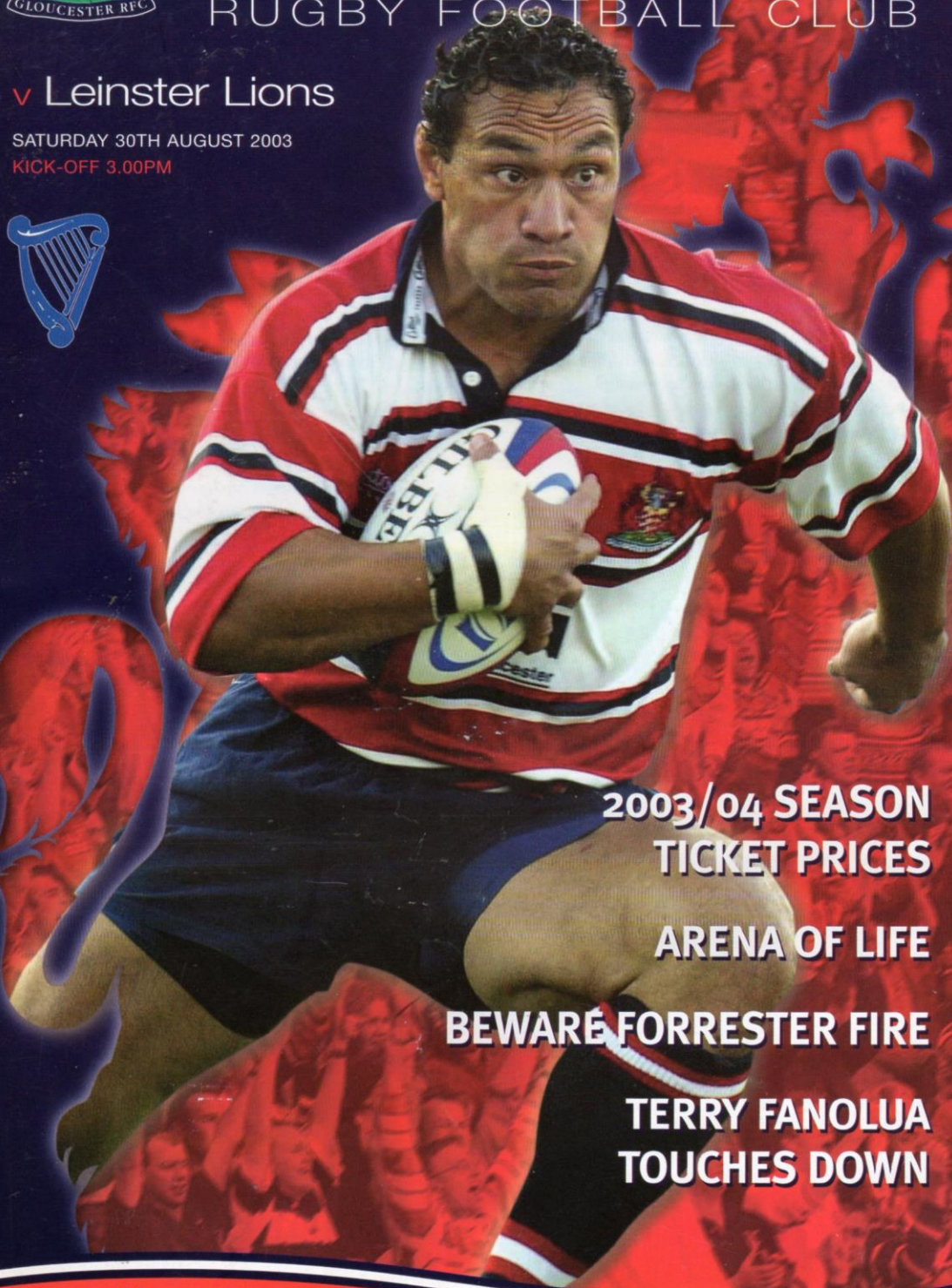
Gloucester

RUGBY FOOTBALL CLUB

v Leinster Lions

SATURDAY 30TH AUGUST 2003

KICK-OFF 3.00PM



**2003/04 SEASON
TICKET PRICES**

ARENA OF LIFE

BEWARE FORRESTER FIRE

**TERRY FANOLUA
TOUCHES DOWN**

club sponsor

C&G Cheltenham & Gloucester

Who's New@Kingsholm

Steve Brotherstone

Position: Hooker
Height: 1.84
Weight: 104 kg
Date of Birth: 16.04.71



Brotherstone ended an eighteen-month spell at with Newcastle Falcons by joining Gloucester this pre-season. Started his professional career with Edinburgh Reivers as part of the inaugural contracted players to the SRU. Has since played for Brive and Northampton. Made his international debut in the 1999 against Ireland and has since won eight Scottish caps.

Alex Brown

Position: Lock
Height: 2.01m
Weight: 112Kg
Date of Birth: 05/17/1979
Rep Hons: England A



Tall, rangy, agile second row signed this summer from Bristol. Dean Ryan is an admitted fan of Browns' from his time with Shoguns. Alex has England A caps to his name and this summer was part of England's victorious Churchill Cup squad, which toured to Canada and North America. The Gloucester management are hoping that he will blossom this season.

Duncan McRae

Position: fly half
Height: 1.72m
Weight: 80.7
Date of Birth: 27.09.74
Rep Hons: Aus A



A former Australian Sevens and Barbarians representative, Duncan McRae is a dynamic utility back, who returned to Super 12 rugby with the Waratahs in 2001 after two seasons

with Zurich Premiership Club Saracens. In his first season back, impressive performances saw McRae earn a spot in the Australia A team for the series against France A. A former Australian Schoolboy, McRae spent six seasons in rugby league in the 1990s with South Sydney and Canterbury. He will join up with his new Kingsholm teammates once his Club commitments in Australia are completed.

Paul Johnstone

Position: Prop
Weight: 111Kg
Height: 1.8m
Date of Birth: 10/16/1970



Gloucester fans will remember Johnstone perhaps best for his solo try for Bristol in the 2002 Zurich Championship Final. Nigel Melville saw the worth of having a player of Johnstone's calibre and versatility, as he can play at either prop or hooker, this season and snapped him up from the Shoguns this summer.

After signing the two-year contract, Johnstone, the former international swimmer and winner of 35 Zimbabwean caps said, "While I am extremely disappointed with the way the Bristol Shogun's season finished, I am looking forward to the challenge of playing for one of the top Clubs in Europe and reacquainting my working relationship with Dean Ryan".

Alex Page

Position: Scrum half
Height: 1.78
Weight: 80.6
Date of Birth: 29.05.81
Rep Hons: Eng U19 U21

Page, a former England U21 international was part of the London Wasps Academy whilst Nigel Melville was Director of Rugby. Last season Page was on loan in Ireland training in Connaught for the Glwegians side. Has lots of potential and with Melville's help he might become a real challenger for the number nine jersey.



NIGEL'S NOTES...

Nigel Melville

Director of Rugby

"I would like to congratulate Terry Fanolua on his selection for the Samoan squad"

It gives me great pleasure to extend a warm welcome to the Leinster players, coaches and management to Kingsholm for our final home pre season game.

Last week we enjoyed our trip to Dublin, particularly the opportunity to play at Donnybrook against a strong Leinster team. Playing quality opposition at this time of the season has given everyone in the squad a chance to raise their game to the required level ahead of the Zurich Premiership opener against Rotherham in 2 weeks time.

Today we recognise the need to take another step up in intensity, to be more accurate in the execution of our skills and put together a more consistent performance. Every player has a clear goal to work towards, today we will see if pre-season lessons are being learnt?

Whilst we are playing this afternoon, England will be preparing for their first game of a double header against France. The win against Wales appeared to throw up more selection dilemmas than it solved, particularly for the Gloucester players. The possible selection of Austin Healy as a third choice scrum half or utility back could lead to the early return to Gloucester of either Andy Gommarsall or James Simpson-Daniel. I felt that both James and Andy played well against Wales, and omission from the World Cup squad of either would be a big disappointment for either of them.

I would like to congratulate Terry Fanolua on his selection for the Samoan squad. Terry will be with us throughout September before setting off to Australia. It is hard to believe that Samoa and England are in the same group in the same competition, we haven't seen our England players since May, and are unlikely to do so before December!

Thinus Delpoit looks set to travel with the Springboks and Rodrigo Roncero's two tries against Fiji for Argentina has certainly lifted his World Cup aspirations.

Today is also a special day for 85 pupils selected from 7 Gloucester Schools taking part in the Arena for Life project. This is pre-match entertainment with a difference, don't worry it is not Saracens with pom-pom girls, loud music and cheerleaders, this is local kids making good use of their free time. The project has been going on for months, the last two weeks have been particularly intense in preparation for today's performance. I hope you enjoy their performance and give them all the support they deserve, its not easy performing in front of 'The Shed'!

Finally, I would like to thank you all for your support of the squad as they prepare for a very tough season. Familiar names like Vickery and Woodman may be missing (for some time) but new faces are starting to appear, the key to their success will be our positive support during, what will be, a steep learning curve. When the World Cup players return we will have an even stronger squad than last season and more success will follow.

Enjoy the show!





CAPTAIN'S CORNER

Jake Boer

Club Captain

"...whoever we play, whether it is home or away, we expect to be able to win if we play to our potential."

I am delighted to welcome today's visitors, our hosts last week, Leinster to Kingsholm this afternoon. I hope their player's coaches and officials enjoy the day, but not too much.

Obviously, for me, it was very disappointing not to be involved last Friday. It was hard for someone not used to it to know what to do with myself. To be honest I felt like a bit of a spare part at times.

Injury, though is part and parcel of the game and it happens to everyone at some point, we have to get used to it, get over it and get back to fitness. It is something we have to get used to and it makes you hungrier when you come back.

Last weekend at Donnybrook was definitely a step up in terms of intensity and pressure. Leinster put more pressure on us and we made mistakes and took decisions that we would not normally take. It only takes one or two wrong decisions to turn a match. We have to learn to play under the level of pressure we faced last week because we will face that sort of challenge week in, week out this season.

Although the result didn't look too bad on paper, because we were playing a very experienced side with a lot of internationals who all had points to prove, we are still disappointed not to have won the game. I cannot take anything away from Leinster; they played good rugby and put the pressure on us, which forced mistakes, but we have set ourselves some very high standards this season and whoever we play, whether it is home or away, we expect to be able to win if we play to our potential.

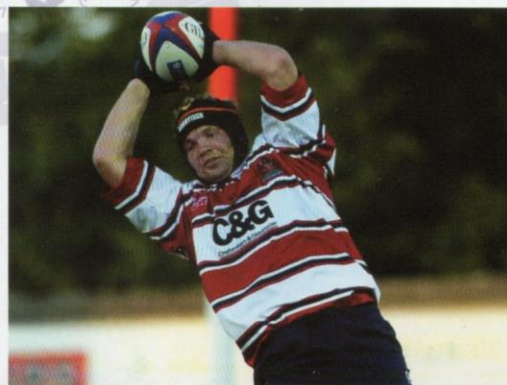
We didn't create too many chances on Friday night, but if we had taken the ones we had made for ourselves, I

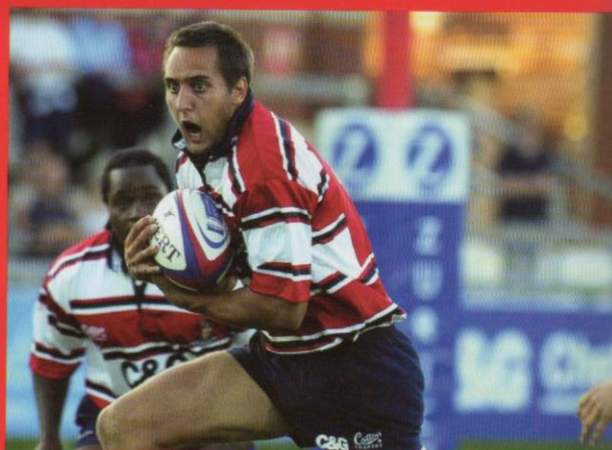
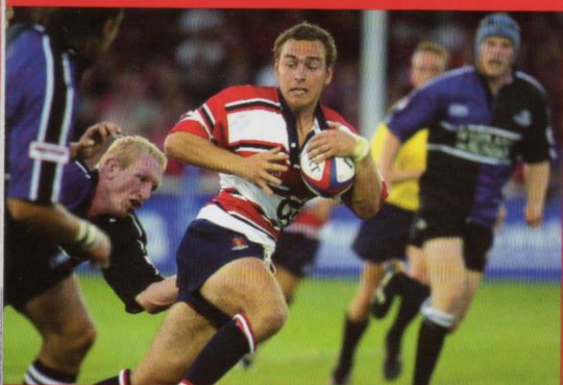
believe we could have won. It is disappointing that we didn't do that, but we are also encouraged that we created opportunities. We have all watched the videos this week and will turn the disappointments into positives as we learn from our mistakes and take things forward this week.

There are still two weeks to go until the start of the Premiership season and we must make sure that we focus on improving each week and each game. Today will be a test for us to see what we took out of last weekend's game. We will find out how we respond to pressure and to defeat. The Leinster pack was strong and we missed some of our first up tackles. Leinster are a team that, if you let them, can play and play. Today we must make sure that we deny them space and close them down.

The atmosphere in Dublin was fantastic, and I thought that the Gloucester fans made more noise than the home fans, I hope that today we get another great crowd and produce another great atmosphere.

Enjoy the game.





PRE-SEASON FRIENDLY

KINGSHOLM THURSDAY 14 AUGUST 2003



GLOUCESTER 28

TRIES: GOODRIDGE, BOER, MATTHEWS

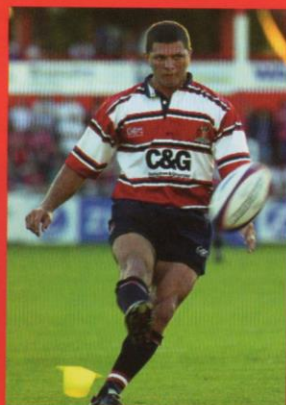
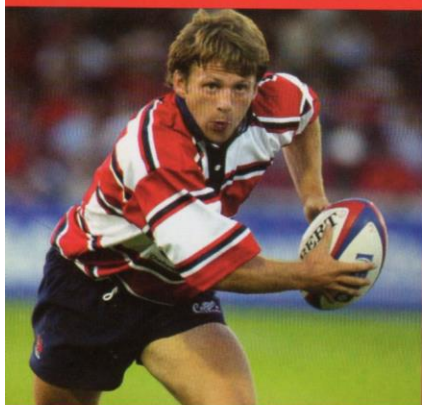
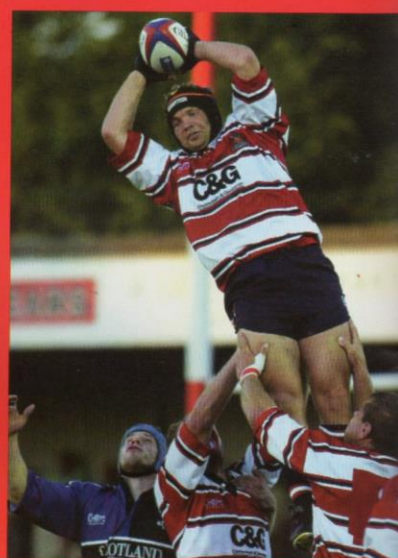
CONVERSIONS: PAUL, TEAGUE PENALTIES: PAUL (3)



GLASGOW RUGBY 12

TRIES: SHAW, MCCLURE

CONVERSIONS: HOWARTH



top left: Brad Davies.. top right: Jon Goodridge middle: Jake Boer wins a line out. bottom left: Simon Amor.
bottom middle: Henry Paul. bottom right: Glasgow's Sean Lamont tackles Mark Foster.

Pictures courtesy of Bruce Seabrook - GPA Images



PRE-SEASON FRIENDLY
DONNYBROOK FRIDAY 22 AUGUST 2003



LEINSTER 23

TRIES: **PENALTY TRY, GLEESON**

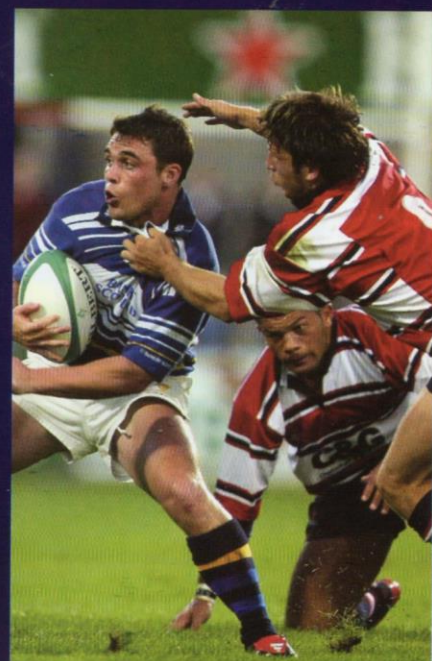
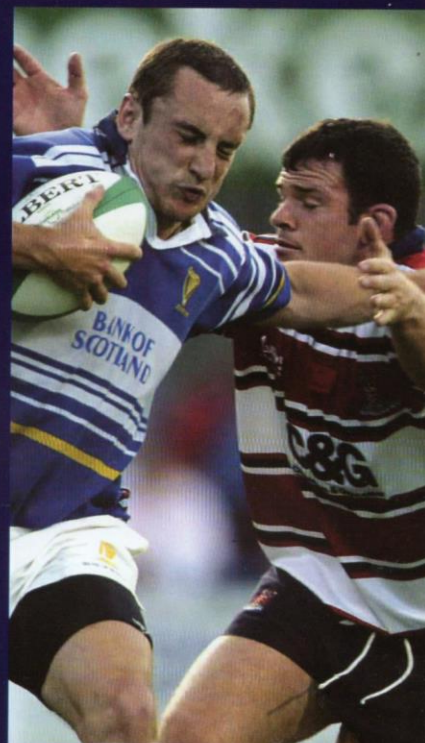
CONVERSIONS: **LEEK (3)** PENALTIES: **LEEK (2)**



GLOUCESTER 15

TRIES: **PAUL, TODD**

CONVERSIONS: **PAUL** PENALTIES: **PAUL**



top left: Leinster's Reggie Corrigan goes forward. top right: Leinster's Kieran Lewis goes past Rory Teague.
bottom left: Leinster's David Quinlan tackled. bottom right: Leinster's Matthew Leek tackled by Simon Amor.

Pictures courtesy of Impho photography

Peter Arnold

BACK TO SCHOOL

It's that weekend again. Remember the feeling? That apprehension and excitement wondering what the new school year had in store for you? There were new classmates and new teachers to face, not to mention lessons, which steadily escalated in difficulty as you clambered your way up the school.

Spare a thought for the teachers, too. The poor fellow (or lady) has to confront a whole new class of faces staring up expectantly relying on him to steer them along their next stage of development. That situation must be almost as daunting as the feeling of dread, which occupied all our minds on the first day of

the school year.

You can see the parallels, of course. We have a whole clutch of unfamiliar players to evaluate and encourage as the weeks go by. Like the schoolmaster, we'll get to know them well before very long, and inevitably, we'll approve of some more than others, but that's life.

Of course, this is a very odd season. The demands of the World Cup mean that we won't really know how good our side is until just about Christmas. Meanwhile, there's an enormous amount of interest generated by the situation, which probably entails most other Premiership sides being in the same boat that we are. One thing's for sure. Some new names

are going to be hitting the headlines while their elders (I won't say betters) are disporting themselves down under. Who's to say that some returning warriors, accustomed to being automatic selections for their clubs, won't find their places under threat by the time they get home. And make no mistake - that could happen right here.

Another aspect to the new school year was that we would return to find that some of our old classmates had disappeared from the scene, for one reason or another. That's true at Kingsholm as well, and we owe a huge vote of thanks to several favourite players who have served us so well, but will do so no longer. I'm thinking of people like Ludo Mercier, Ollie Azam, Rob Fidler, Chris Catling and Tom Beim, every one of them an enormous influence on the field, and an integral part of the squad which gave us such a marvellous season last time round.

We do thank all of them most sincerely and wish them well in their new surroundings.

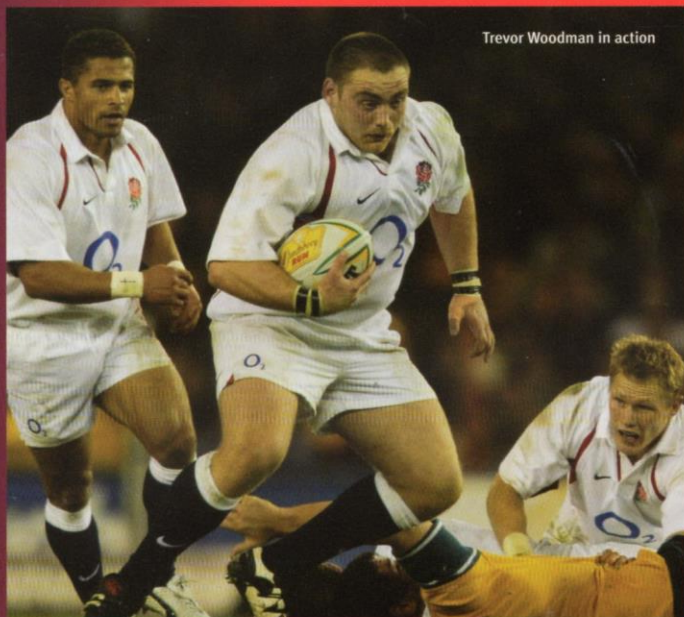
Meanwhile, it's a new term. And back to school

SCORCHING SUMMER

I'm not talking about the weather, although it has been pretty good of late. I'm not even referring to the cricket season, pretty red-hot though it's been. What I have in mind is the England tour down under.



Phil Vickery in action



Trevor Woodman in action

To beat the Maoris, the All Blacks and the Wallabies, on their own turf, in the space of just a few weeks, is an unparalleled achievement, one which not even a Lions touring party has been able to match at any time in my extensive memory at least.

The epic feat is particularly gratifying for us because of the enormous contribution made by Phil Vickery and Trevor Woodman. The sight of those two blocks of granite, quarried in Cornwall and sculpted in Gloucester, anchoring the wall that was the England front five, is one which will live the memory for many a year. Even when yellow-carded down to six men, for a period, the All Black pack wasn't able to push them significantly, and that's a slightly incredible thought.

Not that granite blocks are usually so mobile as the two Gloucester Boys. You'll remember that sublime try scored by Mike Tindall against Australia, and it's worth pointing out that the move was started by an electric piece of open play by Trevor Woodman.

I suspect that the results of that tour will have little bearing on events at the World

Cup, which is a different kettle of kippers altogether, but one thing's for sure. There are two massive prop forwards who won't let anyone down. And they're based right here at Kingsholm.

PLATEFUL OF CONSOLATION

To win the Plate competition at the Middlesex Sevens might not seem much of a feat on the face of it, but closer consideration reveals rather more cause for gratification. To be drawn to open the whole day's shenanigans against the much fancied Army side, largely composed of Fijians who probably learned the Sevens code at their mother's knee (and other low joints) was sheer bad luck, as subsequent events demonstrated. The soldiers tired visibly as the day wore on, while Gloucester, in common with some of the other teams, got stronger as they learned the hang of things.

I don't intend to indulge in water-under-the-bridge 'might have beens', but it was instructive to watch our outfit in action. Let's face it, we've never had much time

for Sevens in this neck of the woods, regarding the game as the province of little girls and fancy-dans from London clubs, but the higher profile of the code in recent years has kindled more interest around here. With considerable justification, as it turns out.

It was hugely entertaining to watch Henry Paul gliding around the park in an almost magisterial fashion, leaving the opposition grasping at thin air, for the most part. This was complemented, and contrasted by the performances of Simon Amor, all fizz and electricity, inevitably popping up where he could do most damage.

The younger players showed up well, too. Messrs Davies and Rimmer caught the eye, for example, but it would be interesting to see a full-strength Gloucester Sevens side in action. How does this grab you?

Simpson-Daniel, Garvey, Paul, Amor, Forester, Hazell and Boer - unless you've got better ideas.

The other interesting thing was that our well-beaten opponents in the Plate Final were Rotherham, who are, of course, our first Premiership opponents in a couple of weeks' time. Probably doesn't mean a lot, but it did give us a sneak preview of the new kids on the block.

JUBILEE

You may, or may not, be interested to learn that it is now 25 years since I started writing for this programme following the death of the fondly-remembered Arthur Russell. Now that was a hard act to follow.

This means that I penned my first offerings before most of the fellows out on the field were even born.

My God ! I feel old !

Melville Prepares To Reignite The Forrester Fire

April 2003 and in the week leading up to the Powergen Cup Final, the nation's rugby writers were all talking about one man. One player they thought had the potential to win the Cup for his side, either Northampton or Gloucester. Their quarry at Kingsholm was James Forrester.

History will show that their confidence was justified as with a virtuoso performance from the Gloucester back rower, that included a match-turning try early in the second half, James Forrester helped Gloucester to victory and provided one of his finest displays in a Cherry and White shirt. On the biggest of stages, the big stars shine.

This end of season rise, that included being named as the Premiership's young player of the season, should have lead to a summer wearing the red rose of England in some capacity, instead the prodigal number eight spent the summer in rehab following wrist surgery, which ended his season prematurely. At the time the Gloucester squad were battling for the Premiership crown, Forrester was on his sofa at home recuperating and cursing his luck.

The Gloucester pre-season training regime has been cranked up another notch this week, as the coaches and players prepare to step up to the next level of competition against a Leinster side who have already proved too strong for the Gloucester squad. After yet another arduous training session in the August

heat one might forgive a player for not looking his sprightliest, James Forrester, however, is as keen as mustard.

A summer spent in rehab, following a programme of rigorous, lung -bursting, fitness work, which has left the young back rower surprisingly fresh, is coming to an end and Forrester is feeling the need to take his summer frustrations out on something, or someone.

Six months after his all-round display of power, pace and deft handling, Nigel Melville is ready to unleash Forrester on unwitting opposition once more.

"I can't wait", exclaimed the young tyro.

This is what we are paid to do. It has been a bit weird and very frustrating, it was my first major time out of the game, and I have been out really since April 5th after the Cup final", said Forrester. "I suppose that in one way it has been good

that I have not missed much rugby for Gloucester, but I have missed all the summer stuff with England".

"It wasn't like I was injured so I could go and do other things, it was very frustrating and a lot goes through your mind. You realise just how lucky you are to be doing what we are doing and playing alongside the team we have here at Gloucester".

Forrester plays with a style all of his own. No gap is too small and no distance too long to stop the youngster pinning his ears back and having a go. His versatility and raw, youthful exuberance became one of the features of Gloucester's play last season and the team management have identified that his sort of spark was sorely missed during its climax..

Dean Ryan admits that no one has managed to 'bracket' Forrester and that indeed at Gloucester they don't want to.

"He is a pretty unconventional back rower, with great pace, which means he can

appear anywhere and be a threat. It has been quite a while since he played and we have missed that edge, some of the things we have been doing rely on someone like him doing

something different", said Ryan.

James alongside three or four other guys in the team are required to do something slightly different and certainly with the internationals away he is one of the key guys".

"To have him back this week is fantastic news I think we need to give him time, he needs to rebuild his confidence, I don't expect to see the best of him on Saturday but he can play this week, play against Northampton next week and perhaps we will begin to see the best of him as the Premiership kicks off against Rotherham".

The timing of Forrester's injury couldn't have come at a worst time for anyone with England aspirations. After staring in the England A six nation's programme, Forrester was hoping for at least a place in the Churchill Cup squad and with the harder grounds of Spring time Australia suiting his running game, a World Cup place was certainly not beyond him.

All representative hopes though were dashed, at least for the time-being as the surgeons began work on his wrist.

"It was a big blow, I played the England A games and the England management said they were happy with the way I played", said Forrester.

"I played in the Cup Final and won young player of the year and you feel like you put in all this effort during the season and bang, you are injured and the chance you might have had with England is gone and you realise that you have to do it all again. It is very frustrating".

"But I have had to get over it and start all over again".

England's loss is very much Gloucester's gain. Without the punishing schedule of an England tour to batter his body through the summer months Forrester is



James Forrester wins a line-out

fresh, fit and perhaps a yard quicker. His hunger to return to the top of his game is good news for Gloucester and bad news for opposition.

"First of all, I'm not expecting anything, I appreciate I have to play well for Gloucester to have the chance of anything else. But if I am going to aim then I'm going to aim high. You have to. If I play really well then I might have a slight chance so that means giving 100% for Gloucester throughout the season", said Forrester.

Come Saturday afternoon, Nigel Melville will light the blue touch paper around James Forrester and then stand back and admire. The results could be devastating.

BY IAN RANDALL

BBC RADIO GLOUCESTERSHIRE



Barring a miracle or a serious injury, Terry Fanolua's first Premiership try of the new season will see him become Gloucester's top try scorer in League rugby. His current tally of 25 is level with that of the departed Chris Catling, and six more than both Tom Beim and Mark Mapletoft, who are next on the list. That statistic, however, is just one small element in the Samoan's contribution at Kingsholm. Fanolua is now in his seventh season here, having signed in the summer of 1997. One of eight children, he was working as a courier driver when the opportunity came to travel half way round the

playing at centre.'

It's a position Fanolua has made his own at Gloucester, although he has filled in at full back, on the wing and at fly half on occasions. As he adjusted to the huge difference in culture after he agreed to join the club, Fanolua's first year saw him bugged by homesickness. He couldn't settle and although he still misses his family and looks forward to those precious trips back to Samoa, in Gloucester his partner Ann and his daughter Tara now play a big part of his life. Inside the



Terry Fanolua is bundled into touch by Leeds Braam Van Straaten.

world and play rugby professionally. It wasn't a chance to be passed up.

'I was only 22 and had no commitments. I had started playing rugby at about 6 years old, and used to watch games every Saturday afternoon in Samoa because my older brothers, cousins and uncles all played. There was a big celebration when our village, Lotosoa, won the Shield, which is the main competition in Samoa. At school and in club junior teams I was a fly half. It was only when I moved into senior club rugby I started

club too, time has seen him mature from a quiet character into one who takes his full part in the dressing room banter, and few enjoy playing the game more than the man the fans call 'Tezza.'

'I love every minute of it, and I've learned something from everyone. When Richard Tombs and I arrived no-one had heard of us, which was probably why we did well in our first season. Then we became tightly marked and it was like running into brick walls all the time. As for the coaches, Richard Hill was very much an "in your

BBC

face" character, and Philippe was unorthodox but very passionate. Nigel is calm and structured. He makes sure everyone knows how we are going to play and how we are going to defend and I think that's why we had success last season.'

Fanolua's popularity with the Gloucester supporters comes from his no nonsense approach. If Jake Boer is the John Gadd of his time, Fanolua is the John Bayliss. Defensively solid and someone you know will take the ball through the midfield with real guts. He played through the climax to last season with a hernia that needed a summer operation, and you sense there are always niggles that might keep others on the sidelines – although that's merely a by-product of the way he plays.

'Our culture back home is to enjoy the physical side of the game. To me tries are a bonus. If one comes then I'll take it but I'd rather give the last pass than score myself. You mustn't be selfish and I think that's one of my strengths. My concentration used to be a weakness but it is better now and I read the game better too, and to me making a big tackle to stop a try is actually more satisfying than scoring one.'

While worries persist over the top English players becoming burned out with the increasingly hectic calendar at all levels, to Fanolua it's not a new concept. This summer to him was typical. After a fortnight's rehabilitation following his hernia operation, he went on a six match tour with Samoa which included a Test against Namibia. He had only one week's holiday before flying back to Gloucester, by which time the start of the Premiership was less than a month away. Fanolua accepts that sooner or later his body will give up on such a punishing schedule, but if his mental ambition is anything to go by it'll be mind over matter for some time yet.

'If people aren't ambitious they shouldn't be at the club. When I first arrived we were happy if we could just win all our home games. Now we're expected to win home or away, and winning the cup final against Northampton was unbelievable. I had never played in front of a crowd like that before. I'm always nervous before a match but I try not to show it and during the final I felt the body language of the guys said we weren't going to lose, even though it was a tiring game. We put the squeeze on after James (Forrester) scored and everybody put their bodies

on the line. It was awesome.'

Fanolua is in the last season of his current Gloucester contract, and while he won't admit to targeting any one particular competition, you sense he'd love the club to have some success on the European stage, especially after being part of the Munster mauling last season. With

“Our culture back home is to enjoy the physical side of the game. To me tries are a bonus. If one comes then I'll take it but I'd rather give the last pass than score myself.”

108 appearances from a possible 136 league matches, the 29 year old Samoan has been a major player in Gloucester's transition from makeweights to heavyweights in the Premiership. Moreover, he's been firmly adopted as one of their own by the Gloucester rugby family – much to the amazement of his parents.

'When my Mum and Dad came over to watch they couldn't believe people were chanting for me, and that supporters were wearing shirts with my name on the back. They were absolutely thrilled, and it made me feel I had done something good for my family. I was proud too – but I also feel privileged to be part of this great club.'



TRY
CONVERSION
PENALTY
DROP GOAL

GLOUCESTER

15	Rory Teague	15	fullback
14	Marcel Garvey	14	wing
13	Robert Todd	13	centre
12	Henry Paul	12	centre
11	Jon Goodridge	11	wing
10	Brad Davies	10	flyhalf
09	Simon Amor	09	scrumhalf
01	Paul Johnstone	01	prop
02	Steve Brotherstone	02	hooker
03	Andy Deacon	03	prop
04	Alex Brown	04	lock
05	Mark Cornwell	05	lock
06	Peter Buxton	06	flanker
07	Jake Boer (c)	07	flanker
08	James Forrester	08	no. 8
	Alex Page		replacements
	Stephen Thomas		
	Josh Frape		
	Terry Fanolua		
	Mike Guess		
	Nick Wood		
	Chris Collins		
	Adam Eustace		
	Junior Paramore		



LEINSTER LIONS

TRY
CONVERSION
PENALTY
DROP GOAL

15	James Norton	15	
14	Gordan D'Arcy	14	
13	Kieran Lewis	13	
12	David Quinlan	12	
11	John McWeeney	11	
10	Matthew Leek	10	
09	Brian O'Riordan	09	
01	Emmett Byrne	01	
02	Gavin Hickie	02	
03	Niall Treston	03	
04	Des Dillon	04	
05	Malcolm O'Kelly	05	
06	Shane Jennings	06	
07	Keith Gleeson	07	
08	Aidan McCullen	08	

GLOUCESTER'S NEXT TWO MATCHES

Northampton Saints
Friendly
Saturday 6th September
KO 3.00pm.

Rotherham Titans
Zurich Premiership
Saturday 13th September
KO 3.00pm

design: paul watkins
dunwoody
sports marketing
01635 35599 | www.d-sport.co.uk

Ref! Link

TODAY'S MATCH OFFICIALS

Referee: Roy Maybank RFU
1st TJ: Ashley Rowden RFU
2nd TJ: Lloyd Jackson RFU

Today's Result

Gloucester ☐
Leinster ☐