

Learning
Zone



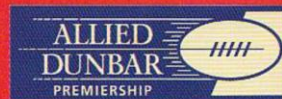
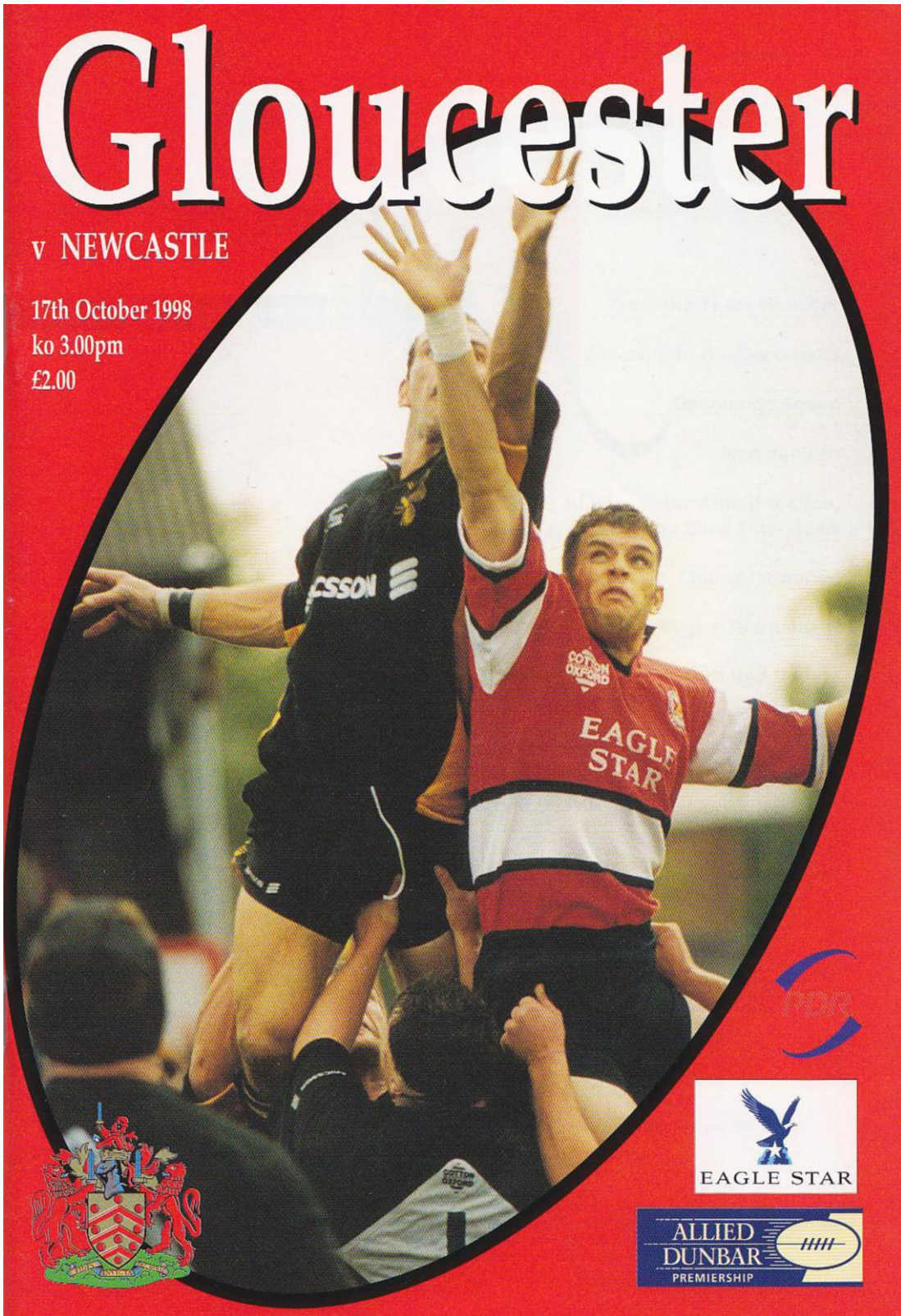
Gloucester

v NEWCASTLE

17th October 1998

ko 3.00pm

£2.00





A Word on Conditioning

Professional rugby in England has progressed rapidly in the past two years and it is a challenging and exciting place for any coach or player to be. What was good enough last season is now no longer enough so the club must continually strive for higher standards in order to compete in Premier division rugby. We do not want to just compete - Gloucester Rugby Club want to win.

Fitness and conditioning are vital aspects of the game for injury prevention and of course, enhancing performance. The better the players conditioning, the higher the level of training and when the team gets week upon week of quality training sessions, real, long term progression can be made. To achieve this, there are no substitutes for hardwork and teamwork from the coaches, players and medical team.

On the 5th September 1998 the gates opened for the start of the new season, but the preparation for the match began on June 8th - the start of pre-season training. With the core group of 20 players, those on international duty excluded, the intensive training through the summer got underway. Strength, endurance, power and speed. Flexibility, nutrition, massage therapy. These are some of the passwords to the modern players training regime which pre-season training focuses on. Programmes are carefully structured to allow a balance of work and rest. Recovery is as important as exercise itself, and the players must adhere to the programmes in order to reap the benefits that are guaranteed by disciplined training.

There is a tremendous athletic potential amongst the Gloucester players and achieving that potential will bring them out on top of the professional game. However, we are talking about massive gains in ability, that take more than just a pre-season training to attain, and therefore the emphasis on conditioning has not shifted with the kick off of the new season. On the contrary, the players must become more disciplined in order to cope with training as well as matches. Regular fitness tests ensure that players are striving to improve personal abilities even in the season.

To secure a future of home grown talent in the 1st XV, the modern training ideas should be adopted by players and coaches in youth rugby. Just a few hours hard work each week could mean schools or Colts rugby seeing players

fulfilling dreams of professionalism in just a couple of years. More importantly for younger players though, is the fact that rugby is far more enjoyable and injury free if you are fit. I hope to see many more Gloucester lads at club training in the seasons to come.

My thanks to all those people and organisations who contribute towards GRFC's development by allowing us use of their training facilities. A big thank you to you the supporter whose cheering and chanting echoes around Kingsholm long after the last fan goes home.



Ed Archer