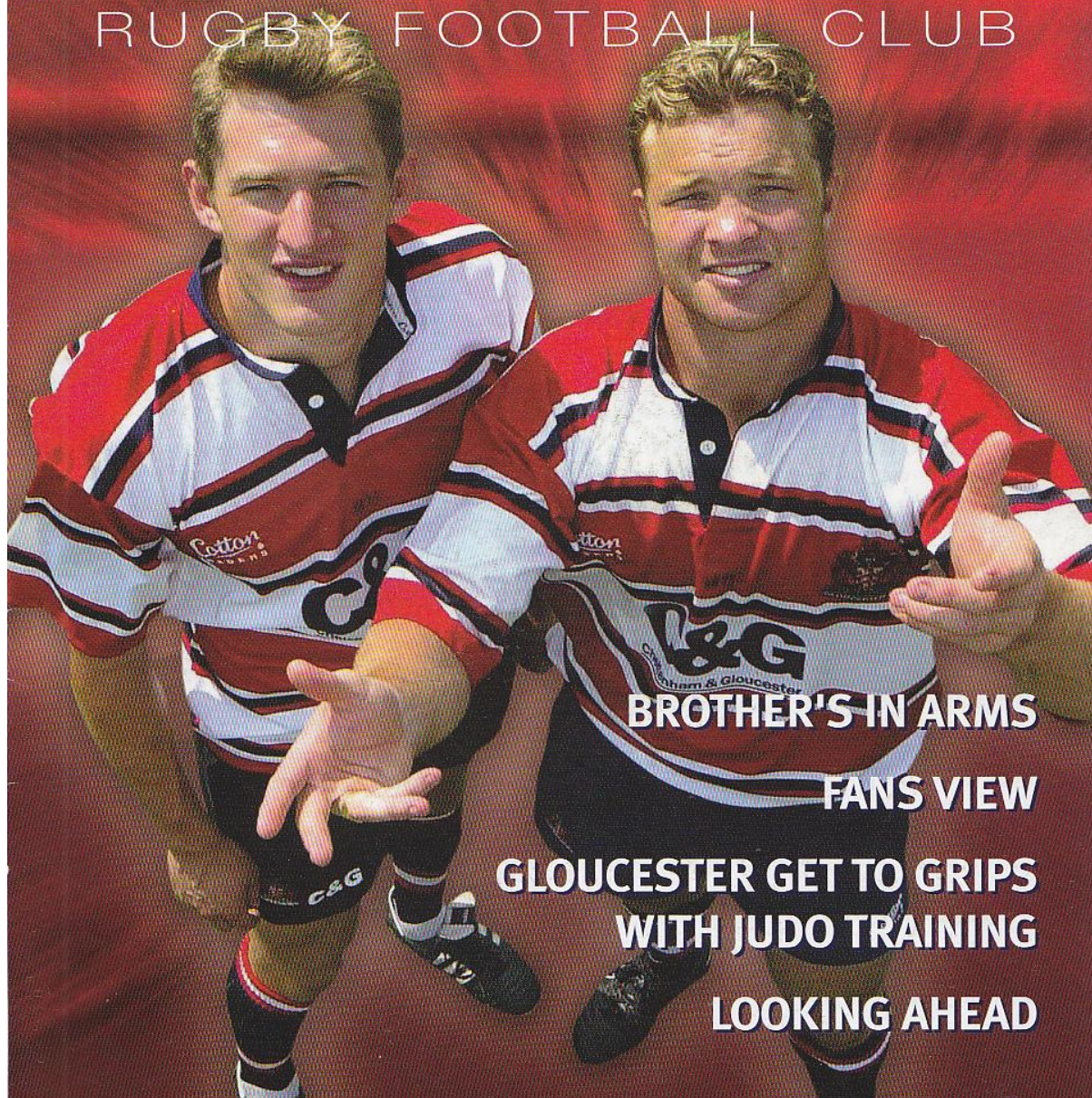


Gloucester RFC Official Pre-season Guide

Issue 01 | Price £1.00

# Gloucester

RUGBY FOOTBALL CLUB



**BROTHER'S IN ARMS**

**FANS VIEW**

**GLOUCESTER GET TO GRIPS  
WITH JUDO TRAINING**

**LOOKING AHEAD**



**v Glasgow Rugby**

THURSDAY 14TH AUGUST 2003

KICK-OFF 7.30PM

club sponsor

**C&G** Cheltenham & Gloucester



## WELCOME FROM...

**James Bennett**

The Editor

### Fired Up Gloucester Extend 'Friendly' Greetings To Glasgow

It seems rather an injustice to describe the fixture tonight at Kingsholm as a friendly. Nigel Melville has commented earlier this week that the idea of a fixture where nothing matters is 'rubbish' affirming that, if they weren't already acutely aware of this fact, players careers are on the line from the word go this evening.

True, that Gloucester have not studied their opponents with the same fine-tooth comb mentality that Premiership and European adversaries can expect this season, but that is all part of the development for the Gloucester squad tonight.

"We will know little about them, our focus will be on our performance, we will react to what they do and see what we do well and what works", explained Melville earlier this week.

I might be pilloried for suggesting this but, the result of tonight's fixture, save for local pride and Kingsholm's proud unbeaten record, is largely irrelevant. The Kingsholm coaches will judge the success of tonight's game on the performance. Get that right though and the result will look after itself as the old saying goes.

With new players, Brown, Brotherstone, and Johnstone looking to make an instant impact on their home debuts and young Academy graduates seizing this World Cup year to make a lasting impression on the senior management, however, commitment and pride are two elements that should be in abundance tonight.

Gloucester has named a squad containing a mixture of youth and experience for tonight's game. The squad resources of each Premiership Club will be tested to the extreme this year, as Premier Rugby and the England Rugby board announced that the Premiership will continue throughout the previously sacred Six Nations period.

A lack of domestic structure through this period was identified by a recent survey of Premiership Rugby fans as an area of major concern. This was cited as a reason for this decision but allied to this must surely

**"We will know little about them, our focus will be on our performance, we will react to what they do..."**

come the commercial viability of the Premiership Club who, as in Gloucester's case last season, often found themselves without a home fixture for over two months during the spring.

Club coaches are understandably vexed by this situation, as they tackle the prospect of being without World Cup tied players for an even greater amount of the season, but they are somewhat appeased by the lack of mid week games, which this new season structure eradicates.

The new season has brought with it a new main sponsor for Gloucester Rugby Club in the shape of one of Britain's leading residential mortgage lenders C&G. This two-year partnership will provide more positive financial news for supporters of Gloucester Rugby Club as well as a new design for the home shirt, which was modelled for the first time by new Club Captain Jake Boer and young England star James Forrester.

Both are Kingsholm crowd favourites and I am sure when Jake leads the side out tonight for the first time in his new official capacity as Club captain the Kingsholm roar will let him know just how much support he can expect this season.

Talking of supporters, with last season's record of 5000 Season Ticket Holders already smashed, with still over a month to go until the big Premiership kick off, the welcome extended to Glasgow tonight could be a very noisy one. Kingsholm under lights always creates a very special and unique atmosphere and one the Glasgow players will largely never have experienced before.

Some players thrive in this environment, whilst others are intimidated. Tonight the challenge for the players on each side is to rise to the occasion and not become encased in his shell.

New sponsors, new kit, new faces, new Club captain but same old traditions at Kingsholm

Enjoy the season!!



# Gloucester Rugby Club Announces New Main Sponsor

Last week Gloucester Rugby Club were delighted to announce Cheltenham & Gloucester as the Club's new Main Sponsor in a partnership that is set to run for the next two seasons.



Pictured left to right - Ken Nottage, GRFC MD, Nigel Melville Director of Rugby, players Jake Boer and James Forrester, coach Dean Ryan and Nick Hale C&G Sales Director.

This announcement, which is just another in a list of good news stories for Gloucester fans, ends months of speculation as is timed perfectly for the start of another exciting season.

C&G, the UK's third largest residential mortgage lender which has head offices within a stone's throw of Gloucester's Kingsholm ground, previously enjoyed a successful link with the Cherry & Whites as Associate Club Sponsor.

Gloucester's Managing Director Ken Nottage said:

"We are delighted that a business such as Cheltenham & Gloucester, who like Gloucester Rugby Club, has strong roots within our local community have been able to agree to this exciting partnership".

"This new Main Sponsorship deal comes at a key stage in the development of Gloucester Rugby Club. On the field the players have won major silverware in successive seasons whilst behind the scenes the Club continues to go from strength to strength.

Season Ticket sales continue at record numbers and the Club will shortly be unveiling plans for major developments at Kingsholm to take this Club forward. To have a major financial player like Cheltenham & Gloucester as partners at this time bodes well

for the future of this great Club".

Nick Hale, Cheltenham & Gloucester's Sales Director commented:

"This is a very exciting time to be involved with Gloucester Rugby Club, perhaps at the beginning of the most successful period in their history.

"To have the chance to develop our link with Gloucester - a club that lies at the heart of its community - is a fantastic opportunity for us.

"There is now the prospect for C&G to be at the forefront of the club's plans for the future - a future that is designed to take Gloucester to an even greater level of success.

"As a company we are a leading force in the financial sector as Gloucester is in rugby. We are proud to be involved in this new sponsorship and are looking forward to some great home wins.

The new Main Sponsorship deal has brought with it a new home shirt design for Gloucester for this season.

The shirt designed in conjunction with Gloucester Rugby Club by Cotton Traders was unveiled for the first time at the Main Sponsor Launch.

Said Paul Gold of Cotton Traders, "Feed back from Gloucester fans suggested they wanted to return to a more traditional Cherry and White design. Gloucester Shirt sales are always high and we think this is the best design yet".



Pictured left to right - Ken Nottage, GRFC MD, players Jake Boer and James Forrester and Nick Hale C&G Sales Director.



Pictured left to right - player Jake Boer, Ken Nottage, GRFC MD, Nick Hale C&G Sales Director, Nigel Melville, Director of rugby and player James Forrester.

## C&G Cheltenham & Gloucester





## NIGEL'S NOTES...

**Nigel Melville**

Director of Rugby

**"This evening is our first chance to put everything together and test it against a quality team."**

It gives me great pleasure to welcome the players, management and staff of Glasgow Rugby to Kingsholm for this evening's pre-season fixture. I was reading earlier this week about this fixture being a pre-season 'friendly, not a term I would use to describe a game between two professional teams. There may be no league, bonus or semi final on offer to the winners tonight, but everyone has something to play for.

With the Rugby World Cup 2003 just around the corner, there have never been so many opportunities for players wanting to make their mark on the Club scene. Whilst the established international players have been in camp with their respective squads, their club places have been taken by younger, less experienced, players. Rudi Meir and Ed Archer have provided quality fitness and skills programmes whilst Dean Ryan, Dave Ellis and myself have been working on the specific areas of the game.

This evening is our first chance to put everything together and test it against a quality team. Pre-season games have traditionally been one or two 'easy' fixtures, but this season we want to set high standards from the start against quality European opposition.

It is also a time to welcome a number of new players to Kingsholm. Pulling on a Gloucester shirt for the first time tonight will be Paul Johnstone, Alex Brown, Steve Brotherstone, Alex Page and Steve Thomas, I am sure you will be looking forward to seeing them play this evening.

Having visited the England training camp last week, I can report that the five Gloucester players are all training hard and look in great shape; Phil Vickery won the 'trainer of the week' award! The England Squad will be announced on the 8th September just five days

before our opening game of the season!

Meanwhile, Thinus Delport, Rodrigo Roncero, Junior Paramore and Terry Fanolua are at all points of the compass awaiting confirmation of their respective World Cup squads. How many players will actually make the World Cup is anyone's guess, we have taken the view that any player who returns will be a bonus!

Finally, I would like to thank Dave and Gareth Balmer for the hard work they have put in on our behalf preparing the playing surface – I have never seen the Kingsholm pitch look so good!

Enjoy your evening's rugby, we look forward to seeing you back at Kingsholm on the 30th August against Leinster (3.00pm)







## CAPTAIN'S CORNER

**Jake Boer**

Club Captain

**"We have a lot of new faces in the squad tonight, and they all have a fantastic opportunity to show they are worth their place."**

Good evening and welcome to tonight's fixture. Playing at Kingsholm under floodlights is always special for me and I hope that tonight's game is befitting of the stage.

I have been given another special moment in my career already this season, to be named as Club captain of Gloucester Rugby Club is first and foremost a great honour. I captained the team for a lot of last year and it was a great learning experience for me, but to be announced as Club captain is brilliant and I am very proud. I hope I don't let anyone down.

Tonight we play our first game of the season, you will notice that I don't refer to it as a pre-season friendly; that is because for us this is a vital game. To me, quite often the first game can be as important as any other game of the season. We have the chance to take what we achieved last year and build on it personally that is the greatest challenge tonight.

Obviously the result will not be the most important feature of tonight's game, we will be focused on our performance, and I believe that if we get that right then the result will follow.

We have a lot of new faces in the squad tonight, and they all have a fantastic opportunity to show they are worth their place, not just tonight but throughout the season. I expect players like Steve (Brotherstone), Paul (Johnstone) and Alex (Brown), all of whom have been in this situation before to settle in and show us all how good they are.

There are also a number of young players involved, who also have the same opportunity. I expect them all to give 100% and use this opportunity as a learning curve at this stage of their career. With the World Cup taking place I expect that we will see a lot more of them this season, which can only be good for this Club.

I have also been told that the Club has broken last season's Season Ticket Holders record already, and we still have a month to go until the Premiership kicks off against Rotherham.

I would like to thank all of you once again for the support you showed both the team and myself last season, without the supporters this Club wouldn't exist. The supporters of this Club continue to amaze me and it puts pressure on us as players to produce the goods and not let anyone down, which is very healthy.

Whether you are a Season Ticket Holder or this is your first time at the Club I hope you enjoy a fantastic season here at Gloucester Rugby Club.





# Gloucester get to Grips with Judo Training

**This pre-season the players at Gloucester Rugby Club had to get to grips with a new type of training schedule as they were introduced to a six week block of Judo lessons.**

As coaches strive for the innovations that will give their player's the edge over opponents, they commonly look to other sports for inspiration.

**"I gave them specific judo skills and then told them to use them on a rugby pitch."**

Gloucester's fitness and skills coach, Rudi Meir, who introduced the Gloucester squad to climbing last season, has once again looked at sports where the physical mechanics can be seen as intrinsic to rugby.

"It's easy to look at your own sport and never look outside of it for ideas, but I like to look at a number of different sports and try to relate that into something we are doing. Certainly there are a lot of common areas in Judo that are relevant to us", said the Australian.

"We didn't want to teach the players to be Judo players-it wasn't about that-but we wanted to talk to a massively experienced Judo coach about areas of contact in rugby where he would have highly tuned skills that might be applicable to us", he added.

Gloucester enlisted the help of current JudoWorld Masters Bronze Medalist and former Ju-Jitsu World Champion Dave Kavanagh.

Kavanagh, a Judo coach since the age of 19, is based in Cheltenham and has taken the Gloucester players through a six-week training programme geared to their specific needs.

"I have not trained them to be judo players, I have given them body mechanics to suit their needs. I gave them specific judo skills and then told them to use them on a rugby pitch"

"The judo skills were about helping a player to move an opponent to free up the ball for a second player. The skills they have learnt will help them control the opposition players".

"Of the twenty players that I trained regularly, I believe that at least nineteen could





achieve a black belt if they were to take up the sport seriously when they finished playing rugby. They are athletes who learn very quickly", he added.

For Meir and the Gloucester coaches there were two main areas of focus for their judo training. First of all the players were taught how to fall safely, or more specifically they were taught how to fall safely and in the same motion return to their feet.

As Meir explained quite often a tackle may not be completely effective, for instance a tap tackle, in this situation a player's momentum is not necessarily stopped and he can use this to his advantage to maintain his progression.

"Obviously when someone is being tackled, there can be no right or wrong way to fall, it can just happen and you try to do the best you can to protect yourself and look after the ball. But there may be a situation where one of our attacking players is half tackled but knocked off his feet, what Judo is quite good at is teaching you how to get to your feet quickly, and how to keep your momentum and get going forward again", said Meir.

"There is a high degree of repetition needed to do the skill intuitively, which is what you would like to see on the field of play eventually, but that is true of everything we do", he added.

The second area of focus was the specific contact areas that are common in rugby. Players meet head on or as in a tackle situation may be prone on the floor in the case of the tackled player or wrestling for possession in the case of the tackler.

"What you see on the pitch, in terms of the physical confrontation, is usually not very subtle. It is about me being stronger than you, and just dominating you physically to get you out of the way for me to get hold of the ball, or for me to keep the ball or change the point of attack", explained Meir.

"What we have tried to get through to the players is that there may be times when this is still the case but if you can actually go into a physical confrontation situation and you have some skills where you think a bit more about what you are about to do and you have some specific techniques that you can use to make you much more effective and use much less energy in the process. Then during a game you will spend less time exhausted" he added.

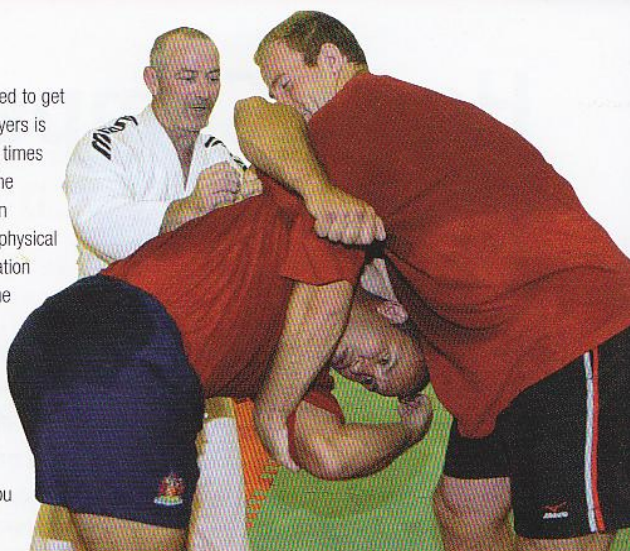
"Physically the first two weeks were very demanding. We did a lot of grappling, and wrestling on the floor, which has a lot of physical fitness benefit because it was developing strength and muscular endurance by getting the players into positions they are commonly in on the field-on their back and trying to get them on their fronts to protect the ball, while someone of 115 kg holds you down".

"In the third weeks we looked at strategies and concepts that became applicable to the contact areas of the ball", said Meir.

Judo Coach Dave Kavanagh was entrusted with the task of teaching his skills and techniques to the Gloucester players to help them seek new methods of creating gaps in an opposing teams attack and defence and new ways of securing possession in an energy efficient way.

"The judo skills were about helping a player to move an opponent to free up the ball for a second player. The skills they have learnt will help them control the opposition players", said Kavanagh.

"I think I have woken them up a bit. Its not about how big a player is, quite often a



player is on all fours protecting the ball, but you can control a whole person from their elbows", he added.

Kavanagh earned instant respect from the Gloucester squad for his no-nonsense style and his ability to throw even the largest squad member off balance or wrestle for the ball against any opponent.

"He is not a very big man but he can throw a guy like Pasty (Mark Cornwell) off his feet easily by using a specific technique", said Meir.

Time will tell whether Gloucester's Judo training will be a success, the new levels of driving, grappling and wrestling skills however, will make them all handful's for the opposition.

Meir meanwhile is confident that the results will be seen on the field.

"If the players only learned two things, and we practiced and practiced these things in the context of a rugby game, then we would consider it a success".

"The most pleasing aspect of it all though is that by the third week the players who were involved throughout the programme could see the relevance of it all. Until you try it you don't have a concept of how it will help you", said Meir.



# Brother's in Arms

**Tonight, Gloucester's Scottish International hooker Steve Brotherstone, who joined this summer from the Newcastle Falcons will step out onto the Kingsholm pitch for the first time in a new Cherry and White shirt.**

Keen to make a big impression with his new Club, the former Edinburgh Reivers, Brive and Northampton player will be taking no prisoners against his fellow countrymen this evening.

This fixture will go down in the history books as a 'friendly', but be assured the competition pitch side will be very serious come kick off.

The new look 2003/04 Gloucester squad returned to pre season training, barely a month after completing a marathon season, on July 1st and after six weeks of toning, strengthening and conditioning and re-introducing their bodies to the rigours of professional rugby they will, once again, be put to the most gruelling of tests as they each try to earn their place in the all-important first Zurich Premiership game of the season.

Steve Brotherstone, for one, can't wait.

"Everyone is working really hard, there is a very good work ethic amongst the squad from the young guys to the experienced guys. I think everyone is prepared and looking forward to the warm up games", said the eight-cap Scottish hooker.

"We work hard to play games; you can only do so much pre season training. It has been six weeks of hard work but the

real enjoyment comes from playing games. Everyone will be focused on these games and I'm sure we will see another lift in everyone's approach towards this game tonight".

"Nigel has emphasised to everyone that this is not a knock-about game, it is not a trial for everyone, this is actually it, the season starts here and he doesn't expect anyone to try and play themselves into the season. This is why we have been training so hard for six weeks and he is looking for a big performance", he added.

This August period is when Gloucester must lay the platform for the forthcoming season and for players like Brotherstone, who have no World Cup commitments, their efforts from now until Christmas will be crucial in ensuring Gloucester's high League position and ability to challenge for domestic and European honours later in the year.

Despite his absence from the Scottish World Cup squad, Brotherstone admits to still harbouring international dreams, but he is also acutely aware of where his priorities must lie during the autumn and early winter.

"I think that every player new to a Club wants to earn the respect of his team mates first and then the fans and I am certainly looking forward to the game this week. It is going to be a massive game for me; first impressions last and I intend to have a good game".

There is a big squad of players at this



Club and you want to play as many games as possible but first and foremost you want Gloucester to be successful and if you are involved then you give everything, but if you're not involved then just try to back up the guy who is in your position on Saturday. It is a tough season and we need everyone to be involved and hungry to play.

"International rugby is still something I want to aspire to, as does everyone in the Premiership, it is something that does give you extra incentive. It drives you on to train hard and play hard. But you have to do it for your Club first. If you do well for your Club you can get recognised at international level, particularly as the Premiership, although a step down from international rugby is full of players in every premiership team who could play international rugby"

"During the World Cup period guys that are still here have things to live up to. Players who might have been frustrated last season have a chance to show what they can do and stake a claim for their shirt all season. The guys on international duty will not come straight back in so the boys here will have to work hard to put Gloucester on the Premiership and European map".

Despite his roots north of the border, and his first professional contract with the Scottish Rugby Union and a place in the inaugural Edinburgh squad, Brotherstone has spent much time away from the place of his birth gaining invaluable experience at the highest level across Europe. He admits to knowing little about tonight's opponents, as the focus for the Gloucester players will be very much on their preparation and performance. Brotherstone does though expect tonight's game to be ignited with all the fire of a true Anglo-Scottish clash.

"They will have been training hard for six weeks this pre season, and will be well

prepared and very fit. I expect them to be a young team but will put up a good challenge and that is what Gloucester need. We need some good games before the season starts and Glasgow will certainly provide that", said Brotherstone.

"The main part of the squad is Scottish now they have moved away from signing overseas players and are concentrating on their own youth. They have their own brand and identity at Glasgow Rugby, which will be important to them tonight and they are starting to build up a good support base up there. They are becoming a true provincial rugby side", he added.

With 5000 Season Tickets already sold prior to tonight's fixture a noisy but hospitable crowd is expected to greet the Scottish side under the famous Kingsholm lights. Evening matches always provide Kingsholm with a special atmosphere and if any were needed will also provide an extra incentive for one of the new Gloucester boys.

"I am looking forward to running out in front of a big crowd tonight. It gets the blood pumping

and the adrenalin flowing. It is a big thing to do well and impress this crowd".





# Fans Zone

with  
**Bob Fenton**

**Ah it's good to be back, isn't it... It seems aeons since the non-event at Twickenham at the end of last season - maybe because I have tried to erase it from my memory altogether.**

There's been a few changes, Kingsholm will not rock to the chant of 'Ludo Ludo' again - well not unless he comes back with his new club - and a few other favourites have left. Beimer, Cats, Olly, Mr Ed all headed across the sea to seek fame, fortune and first-team rugby, while others have opted for new challenges closer to home. Good luck to them all.

I have to say, though, that the hardest thing to take will be the site of Rob Fidler

**"So good luck to them today, let's hope that Glasgow - and the other two professional clubs north of the border - get a bit of success and thus encourage a few more youngsters to take up the game."**

running out in a Bath jersey - every barbed comment hurled at the old enema - sorry enemy - will have to be followed with a rapid "Not you though, Rob!"

But now we can forget the speculation, the transfers and the idle gossip and get back to the rugby. Okay, it's only a friendly, but it's a start...

Glasgow appear to play in the smallest league in the world just them, Edinburgh and Borders. Always makes me laugh when their league appears on Teletext, just the three of them sitting all lonesome. Must make their end of

season play off a bit of a joke though, finish bottom and still qualify!

The fixtures are pretty easy to work out though - mind you if the geniuses who work out the Premiership fixtures were in charge they would still manage to get them playing without a home game for weeks on end... Come on guys, home - away - home - away - not too difficult, is it?

They do face a problem with popularity though, competing with soccer and a dwindling number of players taking part in the sport. During the summer I met a guy who plays a reasonable standard of rugby in Glasgow at a friends wedding, and he was saying that they only managed to run two teams now.

I told him that if you drew a ring two miles wide around my house you would find at least five, possibly more, thriving rugby clubs most of which have minis, juniors and senior teams. He was amazed, more so when others pointed out to him how the numbers multiply when you take in other clubs around the county.

"I think more people play rugby in Gloucestershire than in the whole of Scotland..." he said. Kind of makes you realise how well off we are in that respect, doesn't it.

So good luck to them today, let's hope that Glasgow - and the other two professional clubs north of the border - get a bit of success and thus encourage a few more youngsters to take up the game. Who knows, eventually they may get some homegrown talent and become less reliant on kilted Kiwi's to make up their national squad.







# London Pride Middlesex 7's



## The London Pride Middlesex Sevens, one of British Rugby's great bastions of tradition has announced the teams and first round draw for this season's tournament.

For so long a welcome climax to a long season, the tournament staged at Twickenham is quickly becoming an integral part of the Zurich Premiership Club's pre season build up.

Nigel Melville explained that "The Middlesex Sevens is an important part of our pre season schedule. It gives our players meaningful games at a crucial part of the season".

The tournament will involve all twelve Premiership Clubs, who will look to gain any advantage possible ahead of another marathon season, and four invitational sides, who this year will be Loughborough University, Young England, St Helens Rugby League side and the British Army.

The latter will provide the sternest of test to the Cherry and Whites in the opening fixture on August 16th.

The 2001 Tournament winners and 2002 runners up (to Bradford Bulls) are made up of a mixture of Britains and Fijians and the side's Coach, Andy Hickling, is confident the team will give a good account of itself this time around.

"We thoroughly enjoyed the experience in 2001 and consider it a further honour to be invited to join such illustrious teams in 2003. We were disappointed not to retain the trophy in 2002 - a couple of silly mistakes made it easy for the Bulls. Many of the squad have recently returned from Iraq, Kosovo and Bosnia. The boys are fresh, morale is high, the bits of the jigsaw will shortly be in place and it is now a matter of making certain the worn edges actually fit.

Because of tonight's fixture, Gloucester are leaving it late to confirm a squad for this year's tournament, but one player whose name is certain to be mentioned seriously is the England Sevens Captain, Simon Amor.

The half back who joined Gloucester from Cambridge University at the start of last year lead England to second in the IRB World Rankings and to victories in the Brisbane, Hong Kong and London legs of the IRB World Sevens Championship.

"It's going to be great. Come that time in pre-season everyone is keen to get some competitive rugby. It is also good for some of the youngsters who will come through and enjoy playing in a Gloucester shirt", he said.

"I have been watching it (the Middlesex Sevens) since I was young and it is a fantastic day out for everyone, especially if the weather holds", he added.

**"The Middlesex Sevens is an important part of our pre season schedule. It gives our players meaningful games at a crucial part of the season".**

"The Army will be one of the favourites on the day. They are as close to a professional Seven's team as there is, and that includes the national sides", said Amor

"But they are not professional rugby players, so individually, I hope that we will show superior quality in some areas".

Gloucester can also call on Amor's England Sevens colleague Henry Paul and a number of up and coming youngsters who will have the chance to impress coaches Melville and Ryan.

"We have the potential to pick a very strong squad but sevens is much different to fifteen-a-side and on the day any anyone can turn up and beat anyone".

But, Amor expects whoever wears the Cherry and White shirt to be raring to go come August 16th.

### 1st round draw.

Gloucester v British Army (11.20)

NEC Harlequins V Leeds Tykes (11.40)

Young England V London Irish (12.00)

Newcastle Falcons V Loughborough University (12.20)

Sale Sharks V Saracens (12.40)

Rotherham V Northampton Saints (13.00)

Bath V London Wasps (13.20)

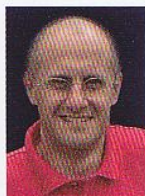
Leicester Tigers V St Helens (13.40)

Tickets are on sale priced £23 and can be bought through the website [www.middlesex7s.com](http://www.middlesex7s.com)



## BY IAN RANDALL

### BBC RADIO GLOUCESTERSHIRE

**B B C**


By my reckoning, with Gloucestershire's cricketers in the C&G final against Worcestershire on August the 30th, the summer isn't yet over, but with rugby returning to Kingsholm tonight, the best of it may be behind us. It's certainly been a busy time at the club. Ten players have left, to be replaced by four established signings and a clutch of promotions from within the ranks. Season tickets sales are ahead of last year, and there's a share offer imminently due as Gloucester nail their colours to the mast labelled "Kingsholm" and start the redevelopment of the old place with the main stand side of the ground.

A lot of the transfer activity in the Premiership was over within a fortnight of last season ending, but Nigel Melville wasn't as busy as some directors of rugby. There were a multitude of reasons for that, but above all Nigel likes stability. He's not one to sign a raft of players at one point and let a big group go at another. For him,



Jake Boer,  
new club captain

it's more evolution than building and dismantling. Last year's summer crop was a prime example. Only Thinus Delpont and to a lesser extent Peter Buxton played a prominent role in the success that was to follow. Simon Amor was learning his trade, and the fruits of that apprenticeship may be seen more regularly this season. It's a strategy Nigel adopted at Wasps, and they didn't do too badly by it at all.

It would be remiss of me not to acknowledge Jake Boer's selection as club captain for the new season. He follows Ian Jones and Richard Tombs in being a

foreign player chosen to lead the side, and that after three seasons where he has become a huge favourite for some consistently aggressive and high quality performances. His leadership of the team last season in the absence of the injured Phil Vickery made him a natural choice with Phil heavily occupied with England this autumn.

One supporter said to me over the summer that Gloucester had signed three "journeyman professionals" in Steve Brotherstone, Paul Johnstone and Duncan McRae. Player movement post the game going open in 1996 has meant it is not unusual now for a man to play for four clubs in his career - one where he breaks through, another two where he is established, and one where he is a squad player and reliable cover rather than an automatic choice. While the other new boy, Alex Brown, is now at stage two, McRae is probably at stage three and Johnstone and Brotherstone possibly at stage four, but I would argue you can achieve a lot with journeyman professionals if their attitude is good and the blend is right. Their contribution of this quartet will depend on how Dean and Nigel go about getting the best out of them.

The pre-season programme is short in terms of matches but not quality. Two matches against fellow Heineken Cup qualifiers Leinster and one at Northampton follow tonight's visit by Glasgow, who were in the Heineken last year but failed to make it this time. This isn't a training match of four quarters but a proper game, and the first of four that should blow some of the match rustiness off with the Premiership season just over four weeks away. I'd expect to see all the main movers get a run out, and with a lot expected from some of the Academy players it will be good to see them get some match time in a less pressurised situation before the real business starts against Rotherham on September 13th.

**C'mon Glaws!**

**B B C RADIO GLOUCESTERSHIRE**

**104.7 FM & 1413 AM**

for all the latest visit | [www.gloucesterrugbyclub.com](http://www.gloucesterrugbyclub.com)



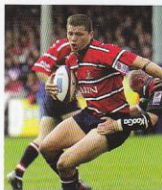
# Gloucester 28



① 8-0  
② 11-7  
③ 21-7

Number	Try	Conversion	Penalty	Drop Goal
15				
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**POSITION**  
Jon Goodridge Fullback  
Marcel Garvey Wing  
Robert Todd Centre  
2c3f Henry Paul Centre  
Mark Foster Wing  
Brad Davies Fly Half  
Simon Amor Scrum Half



Paul Johnstone Prop  
Steve Brotherstone Hooker  
Andy Deacon Prop  
Adam Eustace Lock  
Mark Cornwell Lock  
Peter Buxton Flanker  
Jake Boer (C) Flanker  
Junior Paramore No. Eight

**Replacements**  
Neil Hunter ①  
Alex Page ②  
Josh Frappe ③  
Steve Thomas ④  
Nev Codling ⑤  
Rory Teague ⑥  
Nick Wood ⑦  
Chris Collins ⑧  
Mike Guess ⑨  
Alex Brown ⑩  
Mark Rimmer ⑪  
Ben Hughes ⑫  
Luke Narroway ⑬



## Ref! Link TODAY'S MATCH OFFICIALS

Referee: Steve Leyshon RFU  
1st T.J.: Rob Debnay RFU  
2nd T.J.: Robert Mullis RFU



# Glasgow 12



**POSITION**  
Matthew Proudfoot Loosehead  
Euan Murray Loosehead  
Lee Harrison Tighthead  
Andrew Kelly Tighthead  
Gordon Bulloch (World Cup) Hooker  
Simon Gunn Hooker  
Scott Lawson Hooker  
Andrew Hall 2nd Row  
Nathan Ross 2nd Row  
Joseph Beardshaw 2nd Row  
Rory McKay 2nd Row/Blindside  
Cameron Mather Blindside  
Roland Reid Blindside/Wing  
Donnie McFadyen Openside  
Andrew Wilson Openside  
Jon Petrie (World Cup) No 8  
Paul Dearlove No 8  
Graeme Beveridge (World Cup) Scrum Half  
Sam Pinder Scrum Half  
Kenny Sinclair Scrum Half  
Mark McMillan Scrum Half  
Daniel Parks Stand Off  
Calvin Howarth Stand Off  
Gareth McClure Stand Off/Utility  
Andrew Henderson (World Cup) Centre  
Joseph Naufahu (World Cup) Centre  
Alan Bulloch Centre  
Graeme Morrison Centre  
Rory Kerr (World Cup) Wing  
Jon Steel Wing  
Sean Lamont Wing  
David Millard Wing  
Glenn Metcalfe (World Cup) Full Back  
Stuart Moffat Full Back