

# GLOUCESTER RUGBY



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**THE J.P. MORGAN  
PREMIERSHIP  
RUGBY 7s SERIES**  
FROM PAGE 35

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FOR GOLD WITH  
MARLON DEVONISH**  
ON PAGE 20

**BEHIND THE  
SCENES WITH  
THE KIT MAN**  
ON PAGE 52

THE PRIDE ~ THE PASSION ~ THE HONOUR ~ THE HISTORY

GET SOME  
7s IN YOUR  
SUMMER.

GROUP A: THURSDAY 1<sup>ST</sup> AUGUST 2013

J.P.Morgan  
Asset Management  
**PREMIERSHIP  
RUGBY  
7s SERIES**



30.08.13\_KO 5PM  
VS. PLYMOUTH ALBION



30.08.13\_KO 7.45PM  
VS. SCARLETS

## Gloucester Rugby announce line-ups for preseason double-header

Issued on behalf of Gloucester Rugby

Gloucester Rugby have named their teams to take on Plymouth Albion (17:00) and the Scarlets (19:45) on Friday evening in a preseason double header at Kingsholm.

For the evening's opening game, Andy Hazell leads the side again as the Cherry and Whites take on the Championship side.

After leading the Sevens side, Martyn Thomas starts at full back, while Ryan Mills and Jimmy Cowan, who both returned from injury against Munster, are again named at centre and scrum-half respectively. There will be a first Kingsholm appearance for fly-half Jonny Bentley, Drew Cheshire on the wing and Dan George at hooker. Academy players Tom Hicks, Lewis Ludlow and Reece Boughton are named amongst the replacements, along with trialist Jaryd Robinson who impressed the Kingsholm coaches whilst playing for the New York City 7s side in this month's World Club Sevens, which included a hat-trick against the Cherry and Whites.

Meanwhile, Director of Rugby Nigel Davies has named a strong side as Gloucester take on his old club, the Scarlets, in the evening's second fixture. Tom Savage captains the side for the first time since being announced as Gloucester Rugby captain. There will be first Kingsholm appearances for summer signings Matt Kvesic, James Hudson and Tavis Knoyle. There is also a welcome return to the Kingsholm turf for winger James Simpson-Daniel, and British and Irish Lion Billy Twelvetrees starts at centre hoping to reignite the partnership he struck up with Freddie Burns for club and country last season

**Gloucester Rugby vs Plymouth Albion:** Martyn Thomas; Steph Reynolds, Tim Molenaar, Ryan Mills, Drew Cheshire; Jonny Bentley, Jimmy Cowan; Dan Murphy, Dan George, Tom Heard; Elliott Stooke, Will James; Matt Cox, Andy Hazell (capt), Gareth Evans.

22-13

**Replacements:** Koree Britton, James Gibbons, Yann Thomas, Tom Hicks, Lewis Ludlow, Reece Boughton, Billy Burns, Mike Tindall, Jaryd Robinson, Will Haywood.

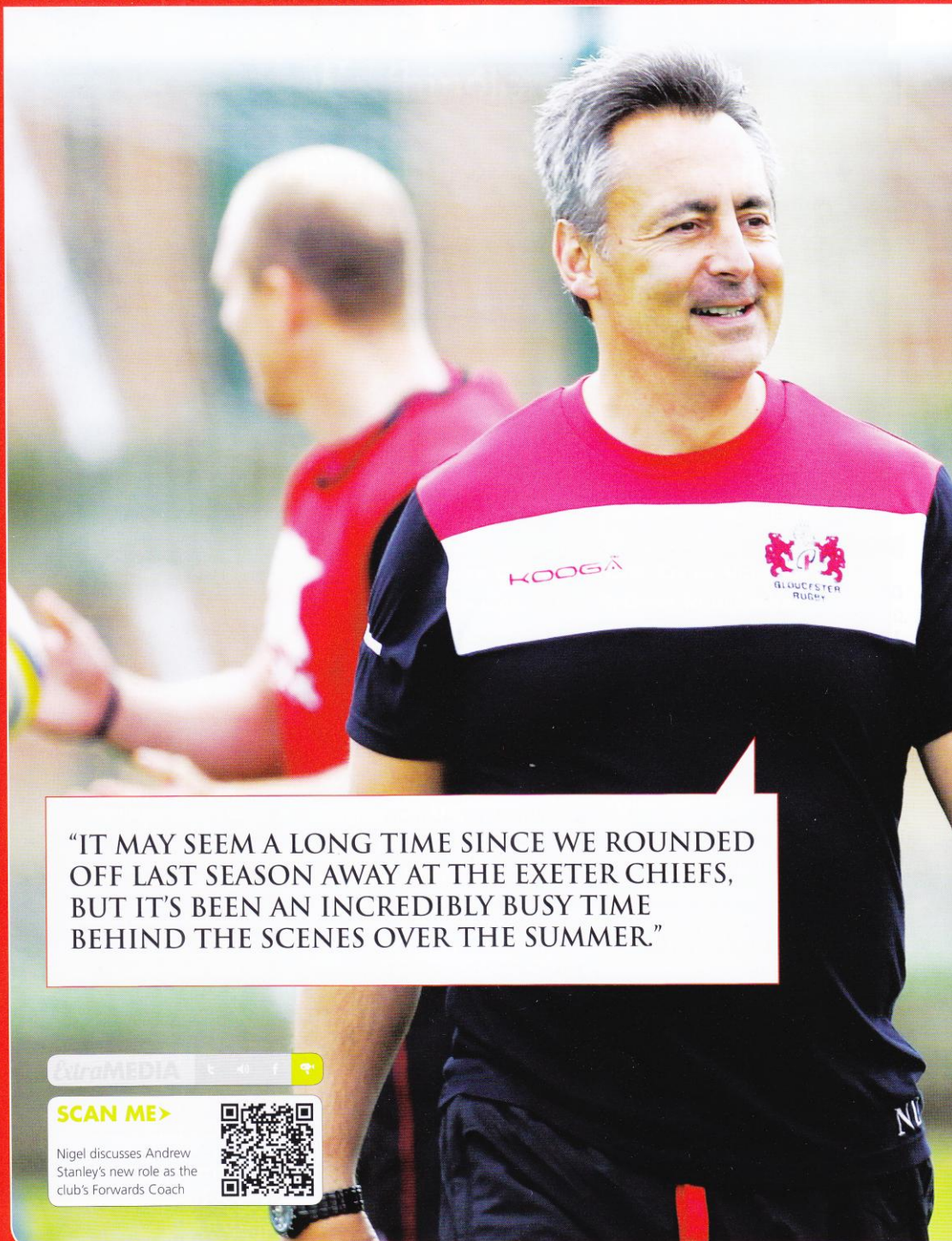
**Gloucester Rugby vs Scarlets:** Rob Cook; Charlie Sharples, Henry Trinder, Billy Twelvetrees, James Simpson-Daniel; Freddie Burns, Tavis Knoyle; Nick Wood, Darren Dawidiuk, Rupert Harden; Tom Savage (capt), James Hudson; Sione Kalamafoni, Matt Kvesic, Ben Morgan.

31-17

**Replacements:** ree Britton, Dan Murphy, Yann Thomas, Lua Lokotui, Akapusi Qera, Dan Robson, Billy Burns, Mike Tindall, Steph Reynolds.



## NIGEL DAVIES DIRECTOR OF RUGBY



"IT MAY SEEM A LONG TIME SINCE WE ROUNDED OFF LAST SEASON AWAY AT THE EXETER CHIEFS, BUT IT'S BEEN AN INCREDIBLY BUSY TIME BEHIND THE SCENES OVER THE SUMMER."

ExtraMEDIA

SCAN ME>

Nigel discusses Andrew Stanley's new role as the club's Forwards Coach





# COACH'S NOTES

**WOULD like to wish everyone a very warm welcome to Kingsholm as rugby returns to Gloucester.**

It may seem a long time since we rounded off last season away at the Exeter Chiefs, but it's been an incredibly busy time behind the scenes over the summer.

That applies mostly of course to the various players who have been on representative duty.

We were very proud to have four players on the England tour of Argentina and that Tavis Knoyle was part of the Wales squad in Japan. Meanwhile, Lua Lokotui and Akapusi Qera were representing Tonga and Fiji respectively in the Pacific Nations Cup.

Moving on to France, I had an obvious personal interest in events at the Junior World Championship and, although Wales couldn't quite claim the title, it was great from a Gloucester perspective to see Ross Moriarty and Elliott Stooke performing so well for England.

But our highest profile player over the past couple of months was probably Billy Twelvetrees, and I'm sure I speak on behalf of everyone at the club when I say that it was a proud moment for Gloucester Rugby when he was called up to the British and Irish Lions tour.

It's terrific that so many of our players have earned international recognition as it reflects well upon the progress that we're making here at the club.

However, it does also pose certain challenges when we come to preseason training as we have players reporting back at different times.

It's absolutely essential, of course, that the players get the correct amount of rest. Consider Billy, for example. He started preseason with us back in June 2012, and then didn't have a break until the end of

the Lions tour.

That's where our Strength and Conditioning and Medical teams really come into their own. We have a superb staff here at the club and they have tailored individual plans to ensure that all the players are in the best possible shape for the forthcoming season.

And the programme that Paddy Anson and his team have pulled together has been first class. It's been challenging for the players but it's also been enjoyable and I'm delighted with the results so far.

It promises

to be a fascinating and exciting season here at Gloucester Rugby. We managed a fifth place finish in the Aviva Premiership last season, and I'm under no illusions that expectations will be higher this time around.

We made significant strides in 2012-13. We improved our final league position from 9th to 5th and increased our points total more than any other team.

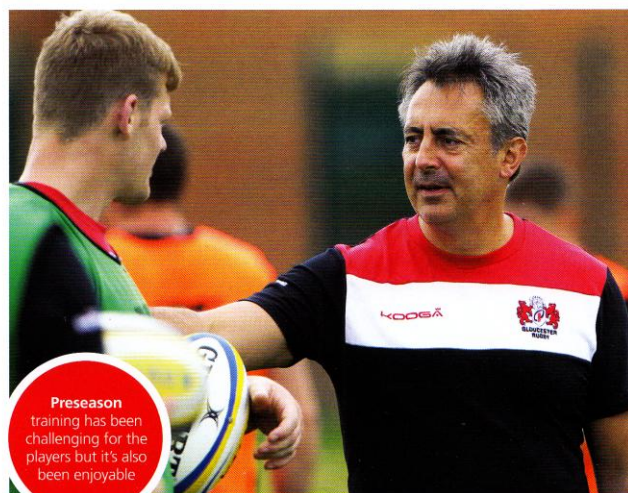
We obviously can't maintain that rate of improvement. What we have been focusing on in our preseason preparations is making small gains, looking at everything we do in detail and seeking to make small improvements.

We've come a long way in 12 months and it's now about maintaining the forward progress.

What will help us is that we've got real continuity in the squad. Compared to a lot of Premiership teams, we've not had much turnover in the playing squad. We're developing and maturing as a group and only having to introduce a few new faces is a bonus.

Everyone will have his part to play at some point. The Aviva Premiership is a long, hard campaign and we're also back in the Heineken Cup.

We're delighted to be



competing in Europe's premier club tournament once again but know that it will be a step up from competing in the Amlin.

The JP Morgan 7s and preseason friendlies will help to fine tune our preparations ahead of a season I'm genuinely excited about.

I've already sensed that buzz around the city. I spoke several times about the amazing support we get here at Kingsholm and I can't wait to experience it again.

*Nigel*





# GLOUCESTER RUGBY AND THEIR J.P. MORGAN PREMIERSHIP RUGBY 7s STORY

**T**HE JP Morgan  
Premiership Rugby  
7s is now into its fourth  
season after its introduction to the pre-season  
calendar in 2010.

Premiership sides had previously competed in the Middlesex 7s. However, this new competition allowed all 12 Aviva Premiership teams to test their brightest up and coming talents in the breathless form of the game.

For Gloucester, the first campaign involved a pool stage at Franklins Gardens up against Bath Rugby, Exeter Chiefs and hosts Northampton Saints.

There were first appearances for a handful of players, now regulars in the 2013 squad. Dan Robson, Ryan Mills and Koree Britton all featured in front of the TV cameras for the first time.

Gloucester failed to progress from the Pool stage as Exeter Chiefs and Northampton Saints qualified for the finals evening at The Rec.

The inaugural competition was won by Saracens who beat Newcastle Falcons in the final but it was clear that this format of the game was exciting and a piece of silverware that top-flight clubs were desperate to get their hands on.



In 2011 it was back to Franklins Gardens for the pool stages for Gloucester Rugby.

This time, a squad led by Mark Cornwell and Luke Narraway, came up against holders Saracens, London Wasps and Northampton Saints in a tough pool.

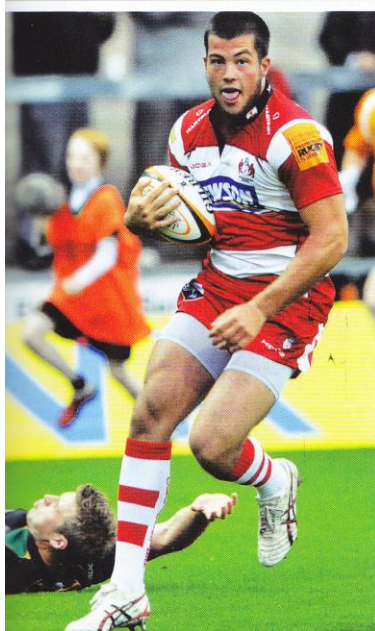
Gloucester got off to a great start beating Northampton Saints and silencing the home crowd. A double from Gareth Evans, a regular in Gloucester Rugby's 7s squads, meant the Cherry and Whites came away with a 24-14 win.

With chances of qualifying from the Pool heightened, an inexperienced squad lost their final two pool games to London Wasps (7-34) and a desperate last-play defeat to holders Saracens (22-28).

Again, it was a particularly young squad representing Gloucester Rugby, with Hartpury College providing the bulk of the players. It was also the first time Gloucester fans were able to see 7s specialist Ian Clark leaving would be tacklers lying prone in his wake.

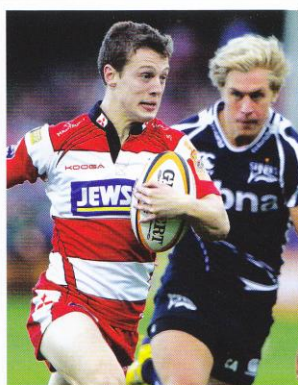
The overall tournament saw Newcastle Falcons go one better than their final defeat in 2011, to overcome Saracens 31-21 at the Twickenham Stoop.

2012 saw Kingsholm host 7s



rugby for the first time, with Exeter Chiefs, Worcester Warriors and Bath Rugby the visitors.

A strong Gloucester Rugby squad was named, captained by Jonny May. Freddie Burns,



Henry Trinder, Dan Robson and new signings Huia Edmonds and Shane Monahan were all selected by coach Rob Thirlby to secure Gloucester's first qualification for a finals day.

A 100% record at a sunny evening at Kingsholm was perfect to whet the appetite of the Kingsholm crowd and introduce Ian Clark, scorer of six tries on the evening, including a hat-trick against Bath Rugby, to the watching 7s world.

Exeter Chiefs were defeated 36-7, and Worcester Warriors

33-24 as Gloucester's exciting talents delighted the Kingsholm faithful.

With both teams qualifying for the finals night at the Rec, the local derby against Bath Rugby was a great advert for 7s rugby.

A first half hat-trick from Clark and a powerful effort from Monahan were the highlights as the Cherry and Whites claimed the bragging rights with a 24-17 victory.

Gloucester Rugby were the team to beat in the competition and on finals night at the Rec, it looked as if they would be marching to glory.

After wins over Sale Sharks (19-12) and Saracens (15-12) in the finals pool, the Cherry and Whites came up against London Irish.

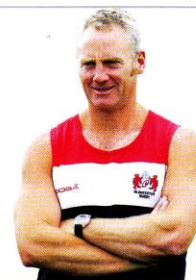
Racing into a 28-5 lead at half time, the Exiles launched an incredible comeback to win the game on the last play through Jonathon Joseph to beat an exhausted Gloucester 33-28 and secure the Exiles first JP Morgan Premiership Rugby 7s title.

This season, JP Morgan 7s returns to Kingsholm and the excitement, talent and astonishing tries look set to continue and provide an entertaining evening in the build up to another highly anticipated Aviva Premiership season.



# SWEATING THE SMALL STUFF

PRESEASON WITH HEAD OF STRENGTH AND CONDITIONING **PADDY ANSON**



**K**eeping things fresh and keeping the players on their toes, whilst still achieving the required targets, has been the goal of Head of Strength and Conditioning Paddy Anson throughout this preseason.

This summer has been Anson's second preseason with Gloucester Rugby. First time around, he introduced a number of new initiatives which were warmly embraced by the players who spoke in glowing terms about the quality and variety of work they were doing.

As a result, he set a pretty high bar and has had to be equally innovative this time around.

One element has remained constant however, and that has been the use of the Sandford Parks Lido at Cheltenham in the mornings.

Even before the players reported back officially for preseason

training, a number were using it off their own backs as Paddy explained:

"All the boys were given an off-season programme and we agreed with the Lido that the player can sign in and use the facility when they can. We've heavy legs sessions within the preseason, so we need a facility for recovery and we thought the Lido was the best place to initiate that.

"We started last year with the water polo, underwater hockey and octopush and a few other means of getting the players physically fitter and mentally fitter ready for the season."

"The players have really embraced the sessions. The Lido, very kindly, have allowed Gloucester Rugby to have their rehab sessions every Monday, Wednesday and Friday so we were taking advantage of that over the summer.

"Those players in rehab were

coming in and there have also been additional players turning up for the sessions. The likes of Andy Hazell, Dan Murphy, Henry Trinder and Darren Dawidiuk were all using the sessions as part of their programmes in preseason.

"It was a good start for the rehab players and better for the whole squad. I've introduced 'Octopush' which is basically underwater hockey. It's a weighted puck, so each player has a stick and they can look underwater to find the puck and pass.

"There's a lot of anoxic work, which is breathing under water, so it's harder for the bigger guys but, on the whole, it improves lung capacity and overall improves the fitness for the boys.

"Playing this alongside the water polo is hard work but can only benefit the players. We've been working with Cheltenham Water Polo club who have continued their relationship with us. They won the National Championships last year so it's great to have them on board to help the players out."

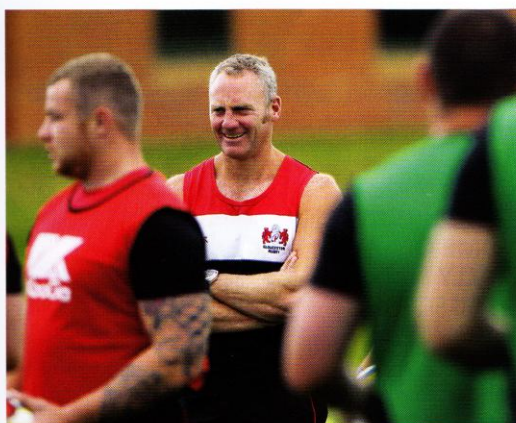
The swimming work that the players undertake isn't weight bearing, so the sessions in the pool are something that the players really benefit from and they're something that Anson echoes the importance of throughout the season.

"We've been running the sessions at 7am and the players have utilized them fully as part of their recovery which has been great.

"The players feel the benefit of the recovery, they come out the



**"THEY'RE A VERY PROFESSIONAL GROUP OF PLAYERS, THEY'RE VERY PROFESSIONAL ABOUT THEIR LIFESTYLE AND HOW THEY WANT TO KEEP IN SHAPE. THAT'S BEEN FULLY APPRECIATED BY HOW THEY'VE BEEN IN THEIR OFF-SEASON. THEY'VE BEEN IN THE GYM AND THAT HAS BEEN GREAT FOR THEIR FITNESS."**



pool, they're tired but once they've had their shower and head off to training they feel fully recovered. I feel that this is more beneficial than a ten-minute ice bath which is uncomfortable."

Heading into preseason, Anson ensured that this year the work the players put in was harder than 12 months ago and the squad were under no illusions about what was expected of them.

"They're a very professional group of players, they're very professional about their lifestyle and how they want to keep in shape. That's been fully appreciated by how they've been in their off-season. They've been in the gym and that has been great for their fitness.

"They have been managed well and monitored to look after them which has allowed the players to adapt properly. They recognise all the necessary elements to their work and preparation.

"They have monitors in their

sleep which they can look after and we can keep tabs on. The outstanding work from their strength and conditioning has been great and reduced injury times. The likes of Olly Morgan, Ryan Mills and Darren Dawidiuk are

testament to that hard work."

When it comes to the player's sleep, Anson recognizes the importance of it and relies upon the professionalism of the players to acknowledge this important factor in their recovery.

"Obviously this is something that I cannot affect. If we have a poor sleeper then we can look at their supplement intake and with sleep,

it's the most important part of recovery from games.

"We even had a sleep coach come in a few months ago. He gave us tips on how to improve that form of recovery which will allow them to have a better preseason."

As part of his second preseason at Gloucester, Anson is more confident in his squad and has a lot more information to look into, so this time around he is able to prepare his sessions for the players and get the most out of them.

"I know which exercises work for the players, I've got a year of data and we can plan the programme effectively. The players know that they can train hard in the boundaries of the programme, and the progress they're making now will allow us to become a stronger team going into the year ahead."

"If you can manage the loading in the gym, the pitch and the lifestyle then you have the pyramid to peak at the right times and work at the right levels."





# GLOUCESTER RUGBY SUMMER TOURISTS

**FOR THE FIRST TIME IN A COUPLE OF SEASONS, GLOUCESTER FANS HAVE BEEN ABLE TO KEEP A FOCUSED EYE ON INTERNATIONAL SUMMER TOURS. AND THE PAST FEW MONTHS HAVE SEEN SOME OF THE FINEST TALENTS FROM KINGSHOLM REALLY MAKE A HUGE MARK ON THE INTERNATIONAL SCENE.**

**T**HERE was massive Gloucester involvement as England secured back-to-back test wins in Argentina for the first time since 1981, while there was interest all around the globe as Akapusi Qera and Lua Lokotui competed in the Pacific Nations Cup and Tavis Knoyle was a Welsh tourist for the two-test series in Japan.

The Barbarians provided further Gloucester focus with the Cherry and White socks being worn by

player coach Mike Tindall and for the final time by Jim Hamilton. They took on England at Twickenham before the showpiece start of the Lions tour in Hong Kong.

The Investec Autumn internationals saw Stuart Lancaster call on Nigel Davies' brightest young stars to pull on an England jersey for the first time and, in the case of Freddie Burns and Ben Morgan, the victory over New Zealand was a clear highlight.

The subsequent RBS Six

Nations campaign was set up for the duo to really thrust themselves into the reckoning ahead of a huge summer.

However, both players were struck down by untimely and frustrating injuries which curtailed their time with England, and it was Billy Twelvetrees who stepped up and looked at home in the Test arena.

The trio all had outside chances therefore of being called up for the British and Irish Lions tour to Australia after strong finishes to the domestic season. It was Stuart Lancaster, however, who benefitted from their services for England's tour to South America and a test series against the Pumas.

They were joined in the touring squad by Jonny May, who after 11 tries in his last 10 games gained a well-deserved call-up, and also by Matt Kvesic, a new Kingsholm signing who had been gaining many an admirer at Sixways ahead of his move to Gloucester.

The first appointment for the England tour was a game against







the young England squad faced a tough ask against the Pumas and hostile home crowds.

In the first test Lancaster's men dominated the set piece and converted the superiority by running in four tries including one apiece for Morgan and Twelvetrees. Burns – on his first test start at fly half collected the praise after an assured display as England secured a 31-3 victory.

There were hugely promising signs for Gloucester Rugby fans as the Cherry and White tourists were



the Barbarians, captained by Mike Tindall, with Jim Hamilton in a hugely experienced squad.

Burns kicked on from the New Zealand game, his only previous Twickenham appearance as he built on a first minute try to score 22 points as England finished clear winners ahead of departing to South America.

Twelvetrees also crossed and Morgan and Kvesic started to build a hugely impressive partnership in the back row.

Touching down in Argentina

shining on the big stage. For one of them, however, the stage was set to get even bigger.

Following an impressive display in the first test in Salta, Billy Twelvetrees received the call-up to join up with the British and Irish Lions midway through their tour of Australia.

The centre became the first Gloucester Lion since prop Phil Vickery in 2001 and continued his incredible year after moving to Kingsholm from Leicester Tigers.

Before Twelvetrees could pull on his Lions jersey, his England teammates he'd left behind in Argentina had a series to finish and win. That's exactly what they did. A 51-26 victory against a fired up Pumas side secured the first test series win in Argentina since 1981.

With winger Christian Wade also jetting across to join Twelvetrees





as a Lions tourist, there was a spot on the wing for Jonny May, with Morgan, Burns and Kvesic retaining their place in Buenos Aires.

Burns claimed his first test try with a solo first half effort and secured 19 points for his own personal tally. Morgan and Kvesic were their usual physical and prominent selves and May worked hard in defence and threatened in attack.

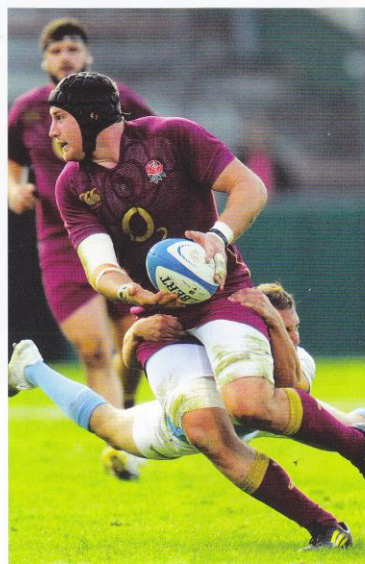
For Twelvetrees, who was adjusting to life in Australia with the Lions, a first start came in the midweek encounter with the ACT Brumbies in Canberra.

A scratch back-line for the tourists struggled against the team at the top of the Australian conference in Super Rugby and the Brumbies inflicted the Lions' first defeat of the 2013 tour.

Twelvetrees was also involved in the final midweek game against the Rebels in Melbourne. Despite being named on the bench, he came on after twenty minutes as a blood replacement for Brad Barritt and for the final quarter of

the match at fly-half as the Lions overpowered the Melbourne franchise by 35 points to nil.

The English contingent weren't the



only Gloucester Rugby stars having a busy summer of touring rugby. Akapusi Qera captained Fiji



## SUMMER RESULTS

### 26<sup>TH</sup> MAY

England 40 - 12 Barbarians

### 1<sup>ST</sup> JUNE

Fiji 22 - 8 Japan

### 2<sup>ND</sup> JUNE

Consur XV 21 - 41 England

### 5<sup>TH</sup> JUNE

Fiji 18 - 20 Canada

### 8<sup>TH</sup> JUNE

USA 12 - 15 Ireland

Japan 18 - 22 Wales

New Zealand 23 - 13 France

Scotland 17 - 27 Samoa

Samoa 27 - 17 Scotland

Canada 36 - 27 Tonga

South Africa 44 - 10 Italy

Argentina 3 - 32 England

### 9<sup>TH</sup> JUNE

USA 12 - 15 Ireland

### 14<sup>TH</sup> JUNE

USA 9 - 18 Tonga

### 15<sup>TH</sup> JUNE

Japan 23 - 8 Wales

New Zealand 30 - 0 France

Samoa 39 - 10 Italy

South Africa 30 - 17 Scotland

Argentina 26 - 51 England

### 16<sup>TH</sup> JUNE

Canada 14 - 40 Ireland

### 19<sup>TH</sup> JUNE

Fiji 35 - 10 USA

Japan 16 - 13 Canada

### 22<sup>ND</sup> JUNE

Australia 21 - 23 B & I Lions

New Zealand 24 - 9 France

Scotland 30 - 29 Italy

South Africa 56 - 23 Samoa

### 23<sup>RD</sup> JUNE

Fiji 34 - 21 Tonga

Japan 38 - 20 USA

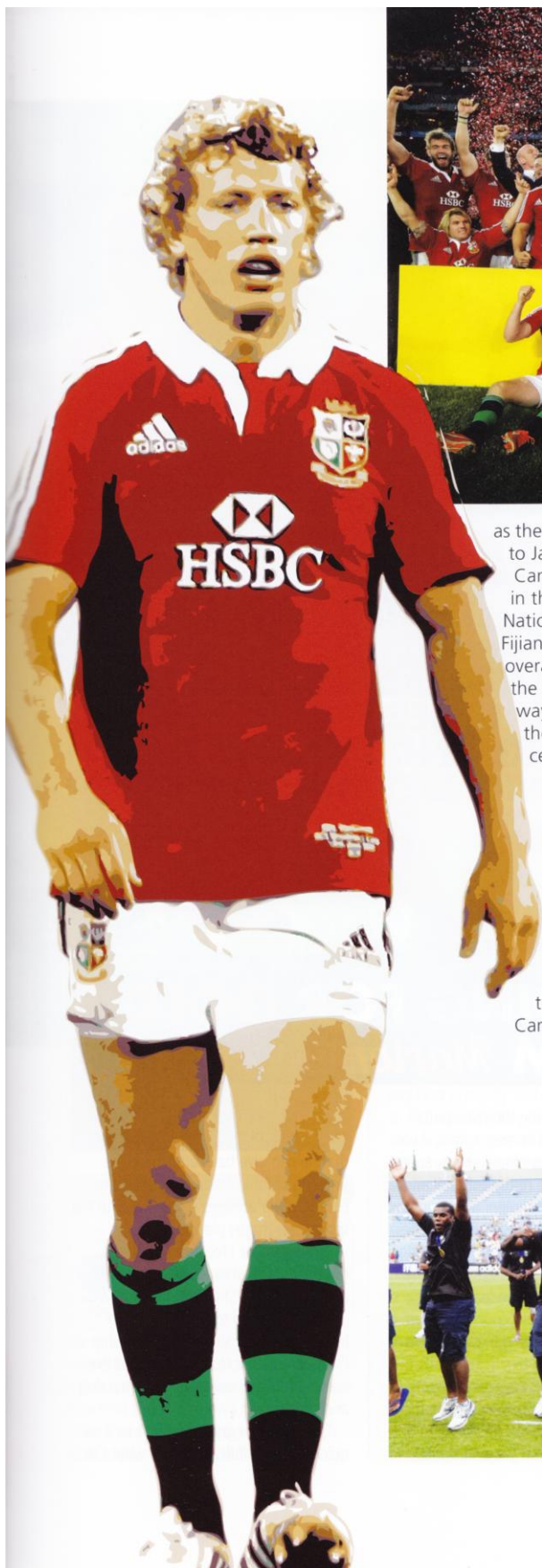
### 29<sup>TH</sup> JUNE

Australia 16 - 15 B & I Lions

### 6<sup>TH</sup> JULY

Australia 16 - 41 B & I Lions





as they faced up to Japan, USA, Canada and Tonga in the Pacific Nations Cup. The Fijians were the overall winners of the title, a perfect way to mark the Islanders' centenary year.

Lua Lokotui was part of the Tongan squad that finished third in Tokyo after a promising campaign. Lokotui was a try-scorer in the defeat to Canada and the

Tongans recorded wins over Japan (27-17) and the USA (18-9).

Gloucester's final tourist of the summer was new signing Tavis Knoyle who was with Wales as they took on Japan in a two-test series.

A hugely youthful Welsh party took on the fired-up Japanese in Osaka and the game was in the balance until the closing stages. Knoyle entered as a replacement, and his energy set up a late winning try as the Welsh won 22-18.

In the second test, history was made as Japan recorded their first victory over Wales with a 22-8 win in Tokyo. Knoyle, again a replacement, was powerless to prevent the Japanese second half display and the series ending in a draw.







**W**ITH the likes of Jonny May and Charlie Sharples in the squad, Gloucester Rugby already boast one of the most rapid back lines in the Aviva Premiership.

However, with the appointment of former Olympian Marlon Devonish as Speed Coach, they're taking things up a notch.

The former GB sprinter, who won a gold medal at Athens 2004 as part of the victorious 4 x 100 relay squad, has been brought in this summer to work with the club's flyers.

Devonish's credentials are impressive indeed. A member of the Coventry Godiva Harriers club, he was a regular at Commonwealth and European Games as well as competing at the 2004 and 2008 Olympic Games.

Initially he competed in both the 100m and 200m events, before focusing on the longer distance as well as proving to be a valuable member of the

**"...YOU'LL SEE THE BOYS SHINING AND I KNOW THAT THEY WILL GET QUICKER."**



## GLOUCESTER GOING FOR GOLD WITH HELP FROM *Marlon Devonish*

sprint relay squads.

Now, he's passing on his expertise to others and has been invited to work with the Gloucester Rugby squad on a weekly basis.

"Paddy (Anson) asked me to come down and do some sprint work with the boys, and I've been loving it.

"This is a really coherent group and they're willing to learn and so I really hope that I can help them and hopefully I expect that they will get quicker."

But for an athlete that has reached the peak of his trade in winning Olympic Gold in the 4x100m relay, how can he aid the speedsters of the Gloucester

backline and combine the two sports?

"Speed is crucial in most sports, if you look across the board in all sports, speed is a crucial factor in rugby, football and cricket to name but three.

"It's a skill and it's a skill that can be learnt. For me, it is great to do this. After years of competing I feel like I can give back and share what I've learnt.

"It really helps that Gloucester have been so accommodating in providing what I've needed to teach. So far it's gone really well and I'm really excited to see how the boys react and how they develop into the season ahead".

After almost fifteen years at the top

of his game, Devonish retired from competition in 2011 and he now feels that he can give back and share the skill and technical side of sprinting to benefit other athletes – starting with the Gloucester Rugby players.

"As a sprinter I feel like I've had a good innings. I started athletics in '92 and ran at my first international in '96.

"From then up to 2011 I've been involved in every single championship so I've been unable to focus on what I've wanted to do in terms of speed training and coaching.

"It's all about getting from A to B as quickly as possible and that's what I'm





trying to teach. I'm not going to teach the boys to run like I would, but it's about teaching them their own technique. So I feel there will be a crossover between both styles to benefit all."

During the sessions, Devonish is working primarily with the back division to improve sprinting technique as well as focusing on core strength and power.

Drills include pulling along a weighted sledge which ensures the players are working hard in the sweltering pre-season sunshine.

Along with the hard graft that the players are putting in, Devonish provides a wealth of experience and knowledge with conditioning that he can impart on the players during a lengthy stretching warm-down.

"That's another reason why I'm here, to analyse the elite side of sprinting and really feel their techniques and understand why to do things in certain

ways and appreciate the way to look after themselves with running. If they can execute the exercise properly, then the better the exercise will be.

"Through educating the boys on the right exercises and traits to pick up, then they can put it into practice in games. They're really excited about the development and, to be honest, so am I. I'll enjoy watching some of the boys out pace their opponent"

Devonish has been working with the whole back division in his sessions, including Mike Tindall, and the Olympian insists that he hopes to help Gloucester's back coach keep up to pace with the rockets around him.

"I've been there, I've been there when people are trying to outpace me and take my spot. And there are times when my experience takes over and I aim to develop just little tweaks here and there.

"We're not going to try and change Mike into a new pace man because we know he's smart and he uses his skills brilliantly"



"I've got to be quite robust and stern with the boys to ensure they're taking everything on board and they are responding brilliantly to it and they're hungry to learn new skills and new traits.

"The hardest thing about speed is that you have to go for it flat out and not dance around it. If you put the effort fully in, you get the rewards.

"So, in my sessions I've had to be a bit aggressive but the players are responding and I can really see changes already which is great."

"From my view, there's a serious amount of talent within this group which I hope will come across on the pitch. You'll see the boys shining and I know that they will get quicker."





## KINGSHOLM BEHIND THE SCENES

**B**ehind every great rugby team, there is a set of great support staff. At Kingsholm this is no different, and the vital work put in by the men and women behind the scenes help the club function and operate on a day-to-day basis.

As the playing staff enjoyed a relaxing summer away from the Hartpury training pitch, in the case of kit man Shaun Bullock there has been little rest.

Over the summer, Bullock has been spearheading the design, delivery and distribution of the new kit that Gloucester Rugby will be sporting for next season and he explains how he goes about his work.

"On a normal working day I would start around 7:30am and finish around 5pm. That's Monday to Friday, with a match day and then a couple of hours on a Sunday to unload the van and to get a head start on washing all of the match kit.



**"THE DELIVERIES ARRIVED IN EARLY JUNE AND THEN IT WAS A BIG JOB TO SORT AND ISSUE EVERY MEMBER OF THE PLAYING DEPARTMENT AND STAFF WITH FRESH NEW GEAR. WHEN IT COMES TO SPORTSMEN, THEY WANT TO LOOK GOOD AND ALWAYS LIKE NEW KIT."**



"I start the day by putting out the players washing ready for the day's training.

"I will then go and see the coaching team and see what equipment Nigel, Stan, Mike and Paul require for sessions that day.

"Centurion provide me with all of the tackling equipment that we use at Gloucester Rugby and you can see these in action on a match day.

"It is then my job to get outside and set up all of the drills for the coaches."

When Gloucester run out for

action this season, they will be wearing brand new playing shirts which feature the logo of the club's new main sponsor Adey Professional Heating Solutions, and Shaun has been involved in the design of the new style shirts.

"We are given full control as a club to pick whatever we think will be the best design, Kooga put in front of us a board of between 50-60 different possible designs of shirts.

"These are then whittled down to around four or five final designs which are then shown to



the board of directors before the final decision is made."

A new shirt is not the only thing that the players have been treated to in the build-up to the new season.

Brand new training kit, gym kit, bags and waterproofs have been delivered and it was Bullock's job to sort the huge deliveries to fit the need of the seventy-five members of staff in need of a fresh set of kit.

"Each season the squad changes so, when putting in the order, I do not know how big or small Nigel's playing squad will be for the following season.

"I have to predict how many players I think will be in the squad, as well as ordering a few extras per person as people tend to lose items of clothing quite a lot."

**"THIS SEASON, ALONG WITH KOOGA, WE HAVE NOT ONLY PRODUCED NEW LOOK PLAYING SHIRTS BUT WE HAVE A NEW SET OF TRAINING KIT FOR OUR DAY-TO-DAY OPERATIONS."**

The design and organization of this kit started well before the last campaign ended, as Bullock explains.

"We start looking at the kit towards the end of September, we put a proposal to Kooga of the items we are likely to require for the season.

"A meeting is then arranged at Kooga in Rochdale at the end of October where we select designs that we are going to run with and materials for each item.

"I then put together an order of the amount of each item I

require for all of the players and staff in the playing department as well as all of the community team, ground staff and commercial team."

Once the 2013/2014 Aviva Premiership gets underway and games will come thick and fast, it's down to Bullock to ensure that all kit is pristine and clean for the players to get the most out of their training.

Armed with huge washing machines and tumble dryers out at the club's Hartpury College training centre, the kit room is

**-KIT MAN-  
SHAUN BULLOCK**



► full of the gear and kit ready for top class rugby.

"The design of all training kit happens at the end of September. An order is then placed and signed off at the end of November. The kit will then start to arrive around the start of June giving me around four weeks to get the kit counted and checked off to my original order.

"I will then sort out which player needs what size of each item. Once this is done the kit is then bagged up ready for the season.

"You will notice on all of the players and staff kit the squad number or initials have been embroidered onto all of their items to allow me to recognise who owns which item, as looking after around 75 different sets of kit can be tiresome especially when someone loses something!"

Through ordering the new kit, Bullock had a lot of say in the design and the technology behind some of the necessary items, especially some new-look gym shorts.

"A design has been put into the new gym shorts to allow the players to get as much from their gym sessions as possible.

"I have listened to the players and what issues and problems we had from the previous season, when the shorts were too tight and splitting around the pockets on the shorts occurred.

"I put this issue to Kooga where I came up with a design where a nylon elasticated area situated down the side panel of the shorts can allow the shorts to stretch when the players squat in the gym allowing for extra leg room."

When match day comes around Bullock changes roles and is often seen standing with the coaching staff, aiding with match day operations.

"My job on a match day is to assist the team with any

equipment that they require.

"Once the game has started I am set up with an earpiece and microphone along with the rest of the coaching team listening to any requirements the players may have on the pitch.

"This could be anything from a change of boots to a spare shirt if a player comes off with blood injury. I also listen in to see if the physios need any additional items they may have run out of in their bags or extra drinks for the subs bench."

When it comes to each fixture, it can be a long day as Bullock explains:

"On a match day I will arrive two to three hours before the team arrive to set up all the changing room.

"This is where I will lay out all of the equipment for the game. This can be anything from the match shirts to drinks and tape for the physios.

"Once the changing room is set up and the players have arrived, I will stay close to the changing room listening out for anything the players may require, from changing studs to cycling shorts.

"Once the players leave for their warm up I will tidy the changing room allowing them to get in and out as quickly as possible once they have finished warming up.

"When the game has started, I

"...IT IS THEN MY JOB TO GET OUTSIDE AND SET UP ALL OF THE DRILLS FOR THE COACHES."

will replenish each position with new drinks and spare kit for the second half, as a player may like to change if it's a wet game or ice towels if it is really hot.

"During the second half I will fill up the ice baths ready for the end of the game and get any items that are no longer required out of the changing room.

"After the game has finished, I will collect in all of the kit and equipment and fill up the kit van ready to transport everything back to our Hartpury training facility.

"If we are playing away, a team of staff, myself and the Strength and Conditioning team, will also travel in advance to the team hotel. We will set up the team meeting room, dining area and physio area to allow the players to get the best treatment before the game.

"When playing in Europe we leave around 24 hours before the team leave and drive to whatever venue we may be playing at, which could be as far away as Italy or Ireland.

"We will make sure that everything is ok for the team when they arrive, as well as checking out the area and the route to the stadium, so that the team can schedule how long it is likely to take to get to the ground, allowing enough time to warm up."







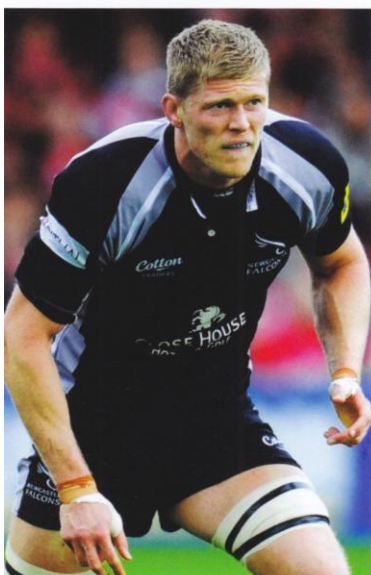
# VIEW FROM The Citizen

with **NICK PUREWAL**

Nick looks at how the departure of Jim Hamilton and the arrival of forwards James Hudson and Matt Kvesic will affect the balance of the Gloucester pack.

## A PACK OF ACES

James Hudson is a class act in the second row and will bring stability to the Gloucester set piece



**T**otemic will have to be temporarily removed from the Kingsholm lexicon.

Cult hero Big Jim Hamilton leaves a cavernous hole in Gloucester's front-five.

The squad and salary-cap jigsaw mean that, in the short term at least, Nigel Davies was unable to replace the towering Scotland lock directly for the new season.

Imposing second-rows scaling the best part of seven feet are increasingly just as in-demand as granite-tough tighthead props.

But while the French might seem unable to do without – Montpellier threw a stunning contract at Hamilton that the likeable enforcer simply could not refuse – Gloucester are confident they can thrive without an out-and-out giant.

Former Newcastle captain James Hudson – named in last term's Championship team of the year – will lead the lineout, and there are few more accomplished set-piece technicians.

Gloucester will no doubt miss Hamilton's physicality in the tight exchanges, his control at the rolling maul and his leadership

qualities as club captain.

But rugby director Davies and his coaching team will tweak the gameplan just enough to offset that loss.

In time maybe the Cherry and Whites will recruit another natural tight-five tyrant.

For now though, they will compose a front-five unit that can excel without.

The capture of Matt Kvesic from Worcester might just be one of the Premiership's most important signings – not just for this season, but in the years to come.

The Gloucester-supporting flanker is excited about his move to Kingsholm.

The Cherry and Whites had to move fast to secure his services – especially as they had initially expected he would stay one more year at Worcester.

Once alerted to the fact Kvesic would definitely leave the Warriors this summer though, Davies acted quickly to ensure Gloucester did not miss out on one of England's brightest young natural openside talents.

If big lump locks are hard to come by, then true groundhog





Add in the evergreen Will James, fast-developing youngster Elliott Stooke and Northampton academy capture Tom Hicks, and Gloucester are not exactly disheartened by their second-row stocks, despite natural questions whenever a club captain departs.

Davies and his coaching team are far from despondent about their front-five stocks.

The chief challenges though, will be finding a way to combat opposition driving mauls, and to bolster the scrum.

Meticulous Hudson will have the lineout covered in some technical style.

While he might not be a super-heavyweight like Hamilton, he knows how to punch to that standard, and will be influential around the field.

Once again the back-row will

**"THE CAPTURE OF MATT KVESIC FROM WORCESTER MIGHT JUST BE ONE OF THE PREMIERSHIP'S MOST IMPORTANT SIGNINGS – NOT JUST FOR THIS SEASON, BUT IN THE YEARS TO COME."**

sevens are just as rare.

Men like Andy Hazell have been among the greatest exponents of the 'jackal' turnover technique.

Andrew Stanley was the master who brought Hazell through at Kingsholm. And now both men will be on hand to help the next jackal hone his craft with the Cherry and Whites.

If Kvesic arrives at Gloucester a year ahead of the original schedule then, that has meant Davies has had to rearrange how he apportions his squad budget.

Maybe that wipes out some funds that could have been directed towards another frontline lock recruit.

But in any case Davies and the Gloucester management believe they will boast a good balance of second-row talent next term.

Kvesic's arrival swells Gloucester's already-bumper back-row stocks – which could lead to versatile Tom Savage spending more time in the second-row.

It is easy to forget that Savage is 24 and has just completed only his second full season at Kingsholm.

Lua Lokotui was initially brought in to offset the enforced retirement of lineout boss Alex Brown – but next term he is the man who slots into the vacancy left by Hamilton.

The hard-working Tongan showed in his standout performance in Gloucester's 27-11 Premiership victory at Northampton that he has all the physical presence, shrewdness and technical ability to help tie Gloucester's pack together.

hold the highest currency in Gloucester's pack potency though.

Gloucester's coaches believe the breakdown is the Premiership's most pivotal battleground.

Control the tackle-area, and the rest follows.

Kvesic will add balance to Gloucester's power-monger ball-carriers, while no slouch on the hoof himself.

Raise the loose-forward tempo once again, and the Kingsholm bosses can negotiate this shift in focus.

Bryan Redpath built his pack around Hamilton, and Davies would happily have done likewise.

But Gloucester's new helmsman has total control of the tiller, and is well en route to nailing down Kingsholm's new set of navigation charts.





WELCOME TO THE NEW SEASON. IT FEELS, FROM A NEWS POINT OF VIEW, THAT RUGBY HAS HARDLY BEEN AWAY.

**T**HE various tours, players moving on, changes in coaching staff as well as behind the scenes, and the long ban handed down to Richard Cockerill, have all kept keen supporters well stocked with talking points. Now, however, we return to the bread and butter.

Whatever happens over the next nine months, Gloucester will look smart doing it. I like the new kit. Some may say it has something of a rugby league appearance but it is distinctive and, while a change strip is not a top priority, it offers something very different. Pink, as we know, is not an uncommon colour in France, and many will be pleased by the retention of the hoops.

The one certainty, at least domestically, is that kick off times will be more streamlined. Former MD Ken Nottage loved to talk about giving supporters an "appointment to view". In other words, regular matches at regular

times, and the new deal with BT Sport does just that.

The three televised Premiership fixtures will sit in the same slots in their schedule, with the Saturday afternoon match only moved back by 15 minutes from the traditional 3 o'clock start. A 7:45pm game on a Friday and 2pm fixture on a Sunday complete the picture and, while I'm sure the latter is to help editors for the highlights programme, it also avoids a late journey home.

I didn't see every minute of every game over the

summer but thought the boys who went away with England did their status no harm at all.

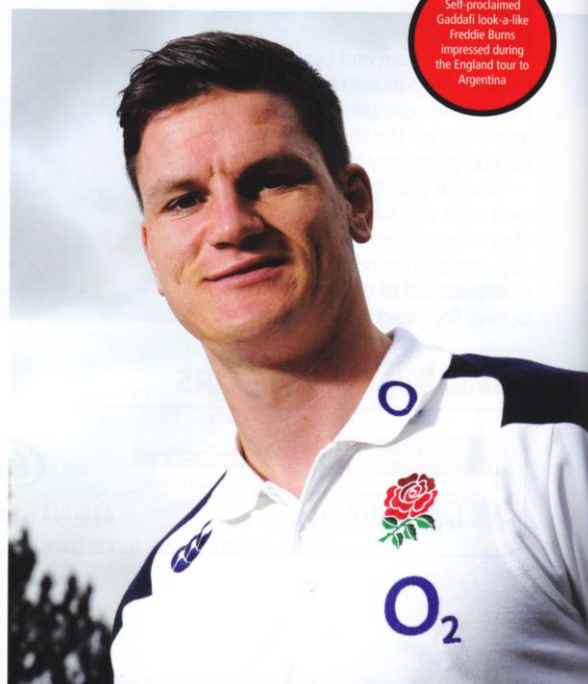
Jonny May will now have a feel for the international stage, and while in Formula 1 parlance Billy Vunipola is in Ben Morgan's rear view mirrors for the number eight jersey, Morgan remains in pole position. I also liked the look of new recruit Matt Kvesic, who is hardly small for an open side and didn't take a single backward step.

The most visible plus though was the Burns-Twelvetrees axis, which Gloucester fans will hope stays clear of injury in the months ahead.

Billy's quality as an orchestrator is increasingly evident, and Freddie's try in the second Test showed that ability to create something for yourself and finish it. Twitter users will know Burns' own account profile jokes that he looks like Colonel Gaddafi - in which case Gloucester could be said to have the Colonel and



Self-proclaimed Gaddafi look-a-like Freddie Burns impressed during the England tour to Argentina







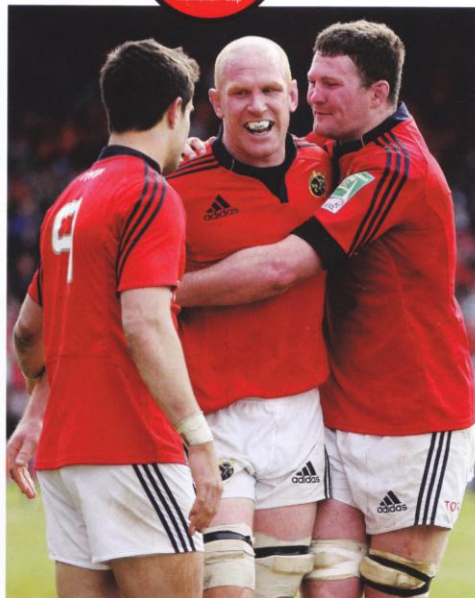
(left) Andy Hunt, (below) Munster, led by Paul O'Connell, will be one of Gloucester's opponents in the Heineken Cup

the General.

While the new players bed in ahead of the opening Premiership match against Sale, one of the most encouraging appointments to me over the summer was that of Andy Hunt as a director on the non executive board.

Here is a man who has, simultaneously, had three important roles with the London 2012 Olympics. He was CEO of the British Olympic Association, a director at LOCOG, and Chef de Mission - Team Manager to you and I - of Team GB.

I have met Andy and he gets from A to B very quickly. With the salary cap in place, his behind the scenes knowledge of how to get the best out of athletes through support structures will be

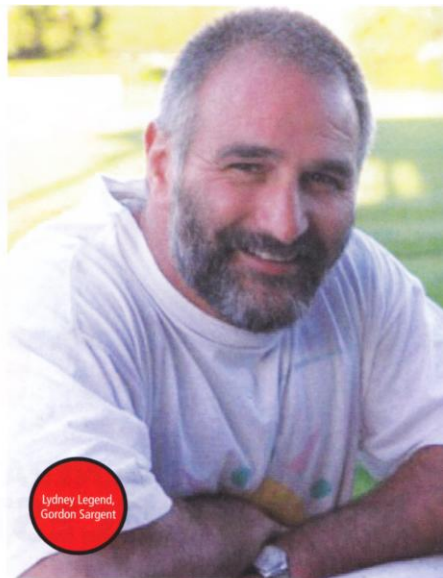


Munster in the Heineken Cup and the Scarlets in the LV= Cup.

As a fourth tier seed, the Heineken group looks very testing, while strength in depth will be put under the microscope in the LV=. I'm sure Nigel will take what he can out of both fixtures without

invaluable, as will his business expertise. In terms of a "signing" his could be one of the most important made by the club.

The pre-season programme, as it turns out, will see Gloucester get an early sight of two teams they'll meet again in serious competition later on -



Lydney Legend, Gordon Sargent

giving too much away.

As we meet again, older supporters will I'm sure make mention of Gordon Sargent, who sadly passed away in June. "Sarg" was a stalwart of Lydney but equally well respected here for his efforts and achievements as a player.

It was like a who's who from his era at the funeral - Burton, Hamlin, Kingston, Morgan, Preedy, Richardson, Spencer, Stephens - and those were only the ones I saw among a congregation that filled Lydney Town Hall and the car park outside. Rugby truly came together to remember one of its own.

Finally, a thought from Ross Moriarty, son of defence coach Paul. When asked in a Q&A for an article while on tour with the England Under 20's about any changes he'd welcome in the game he said "it's gone soft. I'm old school and I'd like it to have a bit more biff."

Now there's a chip off the old block...



Follow Ian on Twitter: @ian\_randall1