



UBRFC WELCOME PACK

WELCOME



The University of Bristol Men's Rugby Club would like to welcome you to Bristol. You are joining a fantastic club at one of the best universities in the country, in an incredible city.

We are delighted to welcome you to the club if you are new to the sport or a ex-professional every student has their place at UBRFC.

This pack will give you all the basic information that you will need to start at the rugby club, but if you have any questions that are not answered in the pack please do ask.

FACTS?

- The club was founded in 1876 making them one of the oldest rugby clubs in Bristol.
- Our 1st XV play in the BUCS Premier South. We also have the Maroon side who play prestigious fixtures throughout the year against Oxford, Cambridge, Royal Navy and more.

CONTACT

Club Manager - 1st XV Coach

Olly Slym

olly.slym@bristol.ac.uk

Club Captain

Ryan Webb

webb.r.j.2021@bristol.ac.uk

HISTORY

If you choose to play rugby at the University of Bristol, you will be joining a club with a proud and lengthy history. The University of Bristol was granted its royal charter in 1909, but both the University College and the Bristol Medical School were playing rugby long before then. Both institutions were active way back in the 1870s. One of the most notable early players at the University College was Hiatt Cowles Baker, after whom Hiatt Baker Hall is named. He was a good enough forward to be capped by England against Wales in 1887. Meanwhile, Bristol Medical School was good enough to have fixtures against both Bristol and Cardiff.

When you run out at Coombe Dingle, don't let the artificial playing surface fool you into thinking you are at a modern sporting venue. You are playing at a ground which has been used by the University since it was opened in 1911. The pavilion too is old, but not quite as old as the ground itself, as the original structure was burnt down by suffragettes in 1913.

Bristol has a proud history of success in what was for many years called the Inter-University Rugby Championship. In fact, they were the first winners of the competition back in 1922, defeating Leeds in the final. There have been further successes since, notably in 1972 when an outstanding side won the title at Twickenham. This team was coached by future RFU President Bob Reeves, who eventually retired as the University's Director of Sport, Exercise and Health after many years of service, and who remains the UBRFC President.

A number of Bristol University players have gone on to play international rugby, while a huge number have played first or second team rugby for Bristol. In the late 1920s and early 1930s, former student Tom Brown was full back for Bristol and England before being most unjustly banned from playing due to an alleged association with rugby league. Other notable rugby alumni of more recent times include Dave Rollitt, Jonathan Webb, Kyran Bracken, Colin Patterson and Josh Lewsey, all of whom have played at international level.



Mark Hoskins
Bristol Bears & UBRFC Historian

THE TEAM



OLLY "SLYMY" SLYM
Club Manager
Performance Coach



MATT PAINE
Head of Performance Sport



WILL "RUSKY" RUSCOMBE-KING
Head Strength & Conditioning



DAN GAYWOOD
Performance Coach



SHANE "SHANO" CLARDIGE
Performance Coach



CHARLIE "MAURICE" SAMUELS
Head of Medical



NEIL PITMAN
3RD XV Head Coach



PAUL "REEDY" REED
4TH XV Head Coach



ROB GROVES
5TH XV Head Coach



BOB REEVES
UBRFC President



STEVE GAZZARD
Women's Head of Rugby



MATT BIRCH
Director of Sport

TRAINING

Below is a table of the training schedule.

You will be placed in your team through a trial event in welcome week

All our training is at Coombe Dingle Sports Complex on the 3G with exception of the Saturday session.

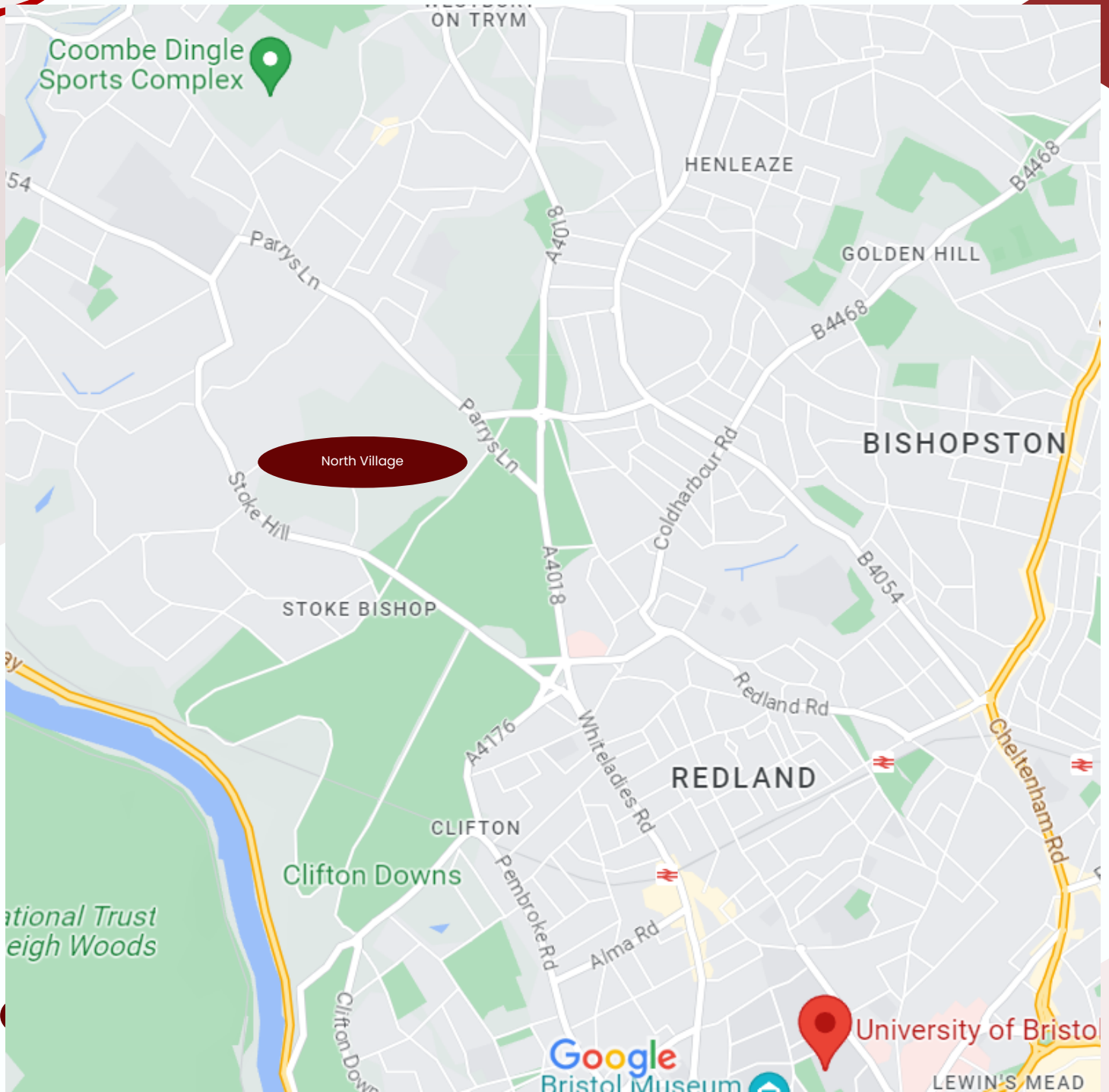
	University Of Bristol Rugby Club - Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0800-0900						
0900-1000			G			
1000-1100			A			3/4s
1100-1200			M			SnC
1200-1300			E			1200-1500 -3G
1300-1400						2 HOURS MAX
1400-1500						3s/4s Training
1500-1600	1530-1700		D			
1600-1700	5s/6s Training		A			
1700-1800	1s/2 SnC		Y		1s/2s SnC	
1800-1900	1800-1930 Field 1st/2nd/3s				1800-1930 Field 1st/2nd/4s	
1900-2000	1930 - 2000 Meet 1st/2nd		!		1930 - 2000 Meet 1st/2nd	
2000-2100					2030 - 2200	
2100-2200					5s/6s Training	
EVENING			SOCIAL			

- The 5th XV will have tournaments on weekends through November against other university's.
- All your travel to matches are included in your memberships
- The main weekly social is on Wednesday nights at Alteregos Bar.

TRAINING

If you want to be selected for the team you need to train as much as possible. If you can't train inform your coach and SPOND as soon as possible.

MAP



How to get there:

Bus: On Wednesday there is a FREE bus shuttle from the Bristol SU to Coombe Dingle.

On training times the bus you need is **NUMBER 3**

(This travels from the City Centre - Park Street - Whiteladies - Coombe Dingle)

Walk: From Stoke Bishop North Residential Village - 25 minutes.

Care Share: Once you get to know people plenty will be car sharing.

Bike: There are lots of bike park options at Coombe Dingle

FREQUENTLY ASKED QUESTIONS

Q. I haven't played rugby before can i still join the club?
100% everyone is welcome to come and join in. You will be in a side suitable for your level and you will have excellent coaches to teach you the game.

Q. Does the University have a Doctor facility?
Yes! And we recommend everyone joins as soon as they arrive in Bristol. Register here:
<http://www.bristol.ac.uk/students-health/register/>

Q. I don't drink, will I still be welcome?
Of course nobody is forced to do anything they don't want and we do not condone anti-social behaviour or bullying behaviour. Everyone is welcome. There will be fun, laughter and friends for life! There are no initiations!

Q. Does the University provide any student support?
Yes, the University have Student Support team and they can help you with anything you might need.

01174283000

Q. Do you tour?

We sure do - off to Argentina in 2024 and you can come just message Ollly Slym .

CONTACTS



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Ryan Webb
Club Captain
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Ewan Venerus
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Hugo Bernie
Freshers Sec
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07956030192



Louis Kassapian
1st XV Captain
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074960555635



Teddy Gibson
1st XV Captain
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07806683979



George Day
Health and Wellbeing
george.day.2022@bristol.ac.uk
07401216740



Will Ruscombe-King
Head of SnC
will.ruscombe-king@bristol.ac.uk

USEFUL LINKS

Here are few key links that will be helpful to give you the best head start at UBRFC.



SPOND

We use SPOND for all availability. Use the code below to get on it. **You must upload a photo of yourself!**

<https://group.spond.com/VPPRP>



FACEBOOK

Make sure you are in the Freshers 23/24 Facebook Group.

Search :

UBRFC Freshers 23/24



BUCS PLAY

Please see next page on registrations and how to join your team.



KIT

You can buy kit up front at:

https://university-bristol.surridgesport.com/en/uob-rugby-mens?pageNumber=2&sortOrder=sort_order-asc

Or just make sure you have no branded or badged black shorts and socks.

BUCS PLAY

Registration - Mobile App

1. Download BUCS Play from the App Store or Google Play Store and Register or Login.
2. Find your Sport Community by going to Search > Fill in filters > Click 'Find a new community'.
3. Your search will reveal all Sport Communities related to your search. Click your desired community and click Join.
4. Once you have joined your Sport Community, you will find a number of features allowing you to view Teams, Fixtures, Leagues, Knockouts and Events.

Joining your team - Mobile App

1. Download BUCS Play from the App Store or Google Play Store and Register or Login.
2. Click on the search tab at the bottom of the screen.
3. Change the following filters:
 - I'm looking for to Teams
 - Of this sport to your desired sport
 - Representing this institution to your institution
4. Click Find Teams.
5. Scroll down and click on the team you want to join.
5. Click Join.
6. Enter all your details and click Continue.

Once you have applied, your Captain or Institution Administrator will then need to move you into your team's squad and from there you will be able to be selected into Team Sheets.



BUCS
British Universities
and Colleges Sport

MEMBERSHIPS

All members of UBRFC must have a membership in order to be covered for insurance purposes for both training and games! They can be purchased via the Bristol Student Union Website:

1. Login into the Bristol Student Union Website
2. Go to Student Groups > Find a Group > Rugby Union - Mens > Join Group
3. Click on one of the below membership options depending on which squad you are in.

Performance Membership - £310

This is the membership for performance players who are members of the 1st and 2nd XV squads.

Development Membership - £190

This is the membership for development players who are members of the 3XV, 4XV, 5XV squads.

University of Bristol Rugby Football Club Kit - £30

This membership entitles you to 3 pieces of club kit for the 2023/24 season: Waterproof training jacket, UBRFC Shorts, UBRFC Socks. These pieces of kit will then be handed out by our Kit Secretaries at a training session.



Social Media

Instagram - @unibristolrfc

Twitter - @unibristolrfc

Facebook - @unibristolrfc

Youtube - Univeristy of Bristol RFC

WELCOME WEEK

18TH-22ND SEPT

BEFORE WELCOME WEEK:

Register for the club here:

<https://forms.gle/n2duNR8siQjmq1X19>

Wednesday 20th September – UBRFC Maroon v Royal Navy U23s 20:00 KO
Coombe Dingle – FREE ENTRY – Must for all future players.

Friday 22nd September – Welcome Fair
Come and visit us to sign up for the Give it a Go Session.

Saturday 23th September – Give it a Go Session
12-3 : You will be emailed a 1 hour slot where you can come try out for UBRFC.
On this session everyone will be selected for a side.
Following your session there will be a presentation by Olly Slym

Sunday 24th September – Welcome Drinks
7pm Kings Arms BS8 2XZ – Come meet the committee and coaches for a very informal night to ask questions and get to know each other.

Monday 25th September – Selection Emails
Emails will be released informing you of your selection to which team

Friday 29th September – First Sessions for those not in Performance Squads



WELCOME WEEK THE NAVY ARE COMING...

FREE
ENTRY

COOMBE
DINGLE



Sport

20.09.23
KO 2000



SOCIAL POST



Socials are a large part of rugby and at UBRFC this is no different it is a chance for the club to come together and celebrate the days rugby and meet new friends.

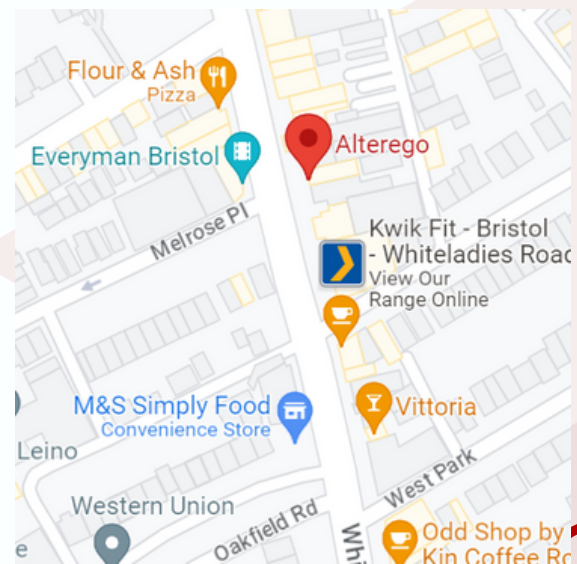
Our main socials are Wednesday Evenings at our go to venue Alterego on Whiteladies Road (Map Below) however there are other events throughout the year including Welcome Drinks, Christmas Dinner, Winter Ball, Exam Party and non alcohol socials with meet ups in coffee shops etc.

On Wednesday nights we head to Fishies a nightclub event at Gravity. Make sure you get tickets as they sell out Fast!

Another huge part of the club is our tours which took us to Madagascar in 2023 and looking to be Argentina in 2024 followed by the Lions Tour in Australia in 2025. It is important we create memories on and off the field.



Alterego
BS8 2NT



FROM THE COMMITTEE



My names Ryan Webb and I am delighted to announce I am the Club Captain for the 23/24 season for the University of Bristol Mens Rugby Union. Everyone here at UBRFC wishes you a warm welcome into one of the oldest rugby clubs in the world and largest sport society within the university.

Founded in 1876 and with 140 current members, and an extensive alumni network, joining UBRFC makes you a part of a prestigious wider community and is more than just pulling on a shirt every week. Every time you step on the pitch, you represent 130 years of clubmen, joining many notable alumni mentioned by Mark Hoskins as well as most recently former England Sevens Tom Mitchell, former Bristol Bears Dave Attwood and Sam Jeffries.

As a club our vision remains the same; to be an internationally recognised University Rugby Club; educating and inspiring Student athletes to connect, lead and excel on and off the field. We're here to help you train, compete and achieve your sporting goals during your time at Bristol. As one of the top 10 universities for sporting achievement in the UK, we have a dedicated team of coaches and support staff to help you to reach your full sporting potential.

Everyone here at UBRFC is always on hand to help with any questions or queries you may have on both university life or university rugby so please do not hesitate to contact anyone. We wish you all good luck to the start of life at both University of Bristol and UBRFC and we look forward to seeing you all soon.

FACTS?

- The club is a committee led club, where all decisions go through the committee.
- We have roles that cover socials, business, intramural, health and well being, alumni and freshers.
- In your first year should you need any help or advice get in touch with your freshers reps.

THE COMMITTEE



MATT "KASS" KASSIR
VICE-CAPTIAN



RYAN "WEBBY" WEBB
CLUB CAPTAIN



ARCHIE LANG
VICE-CAPTAIN



EWAN VENERUS
FRESHERS SEC



HUGO BERNIE
FRESHERS SEC



WILL GRIFFITHS
1876 SEC



WILL BROWNE
SOCIAL SEC



NICK "CASH"
SOCIAL SEC



TOM ALLEN
TRESEASUR



CALLUM ERSKINE
SOCIAL MEDIA



GEORGE DAY
HEALTH AND WELLBEING



AIDAN DAVIES
INTAMURAL

THE COMMITTEE



ELLIOT WILKINS
BUSINESS SEC



PADDY HUMPHREY
BUSINESS SEC



HARRY ISSACS
KIT SEC



OLIVER SAXON
KIT SEC

LEAGUE STRUCTURE

The University rugby season starts in Welcome Week and will continue, in some cases through the Easter depending on cup competitions and play off matches. There is also an opportunity to play 7s after Easter before exams start in May. The 1st, 2nd, 3rd and 4th teams play BUCS fixtures every Wednesday afternoon. Our 5XV will compete in a league outside BUCS on Wednesdays and weekends against other local universities including Bath, Hartpury, UWE and Cardiff Met to name a few.

In addition to BUCS fixtures we have our 1876 Maroon side that play outside of the BUCS leagues and can contain any player in the club. The fixtures the team plays are invitation friendlies both home and away with an emphasis on prestige and hospitality. Players are selected by the 1st XV Captain and will be invited into the side with a visit from the Captain offering the player the chance to be in the side.

LADS-LADS-LADS

TOGETHER STRONGER

What is Lads Lads Lads?

Lads Lads Lads is a support arm of UBRFC that organises weekly coffee catch up for anyone to come and chat anything but rugby. Lads Lads Lads also runs a email address that allows anyone to email (anonmous if they wish) to share any anything they want to.

When do you meet?

The support group will meet once a week and is open to anyone associated with the club current or alumni. The location, day and time will be shared on our social media channels on the Monday of each week starting from Welcome Week and running until end of the summer term.

What is the cost?

There is no cost and the coffee/tea/soft drinks have been sponsored by a local company.

How do I email?

The Lads Lads Lads email account is open 24/7 and any message will be responded within 72 hours. You can use this email to offload any feeling, thoughts or issues you may have or support you may need.

Email : UBRFClads@outlook.com

WELCOME TO A PART OF HISTORY

