

University of
BRISTOL
Rugby Football Club



Affiliated to the Rugby Football Union
the University of Bristol Union
the Gloucestershire Rugby Football Union

FIXTURES
2018/19
SEASON

#WeAreBristol
www.ubrxfc.com

President
Bob Reeves

Hon Life Vice-Presidents

Nigel Wray

CLUB SPONSORS



University of BRISTOL

Rugby Football Club

OTHER USEFUL CONTACTS

COOMBE DINGLE SPORTS COMPLEX
0117 962 6718
COOMBE DINGLE ANNEX OFFICE
0117 962 6431
ATHLETIC UNION
0117 954 5874

USEFUL WEBSITES

<http://www.ubrfc.com>
<http://www.rfu.com/>
<https://www.bucs.org.uk>

FOLLOW US ON SOCIAL MEDIA
FOR TEAM UPDATES AND
NEWS!

@UniBristolRFC

University of Bristol RFC (UBRFC) 2018-2019

Contacts, Fixtures and Team Training Programmes

Head Coach: Joe Goodman
07780681392
joe.goodman@bristol.ac.uk

Club Manager: Jack Munday
07455 963032
jack.munday@bristol.ac.uk

UBRFC BUCS SQUAD SUMMARY

	Coach	Captain
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1st XV	Joe Goodman	Ollie Lyons
2nd XV	Shane Claridge	Andrew Duckworth
3rd XV	Simon Martin / Jules Springer	TBC
4th XV	Ryan Pieterston / Rob Groves	Nick Kramers
Physiotherapist	Andy Howse	

UBRFC Management 2018/19

UBRFC Management 2018/19		
Position	Name	Email (@bristol.ac.uk)
President	Bob Reeves	bobreeves@rfu.com
Chairman	Jon Masters	jon.masters@outlook.com
Director of Rugby/Head Coach	Joe Goodman	joe.goodman@bristol.ac.uk
Club Manager	Jack R Munday	jack.munday@bristol.ac.uk
Committee 2018/19		
Club Captain	Hywel Rose	hr17804@my.bristol.ac.uk
Vice Club Captain	Gabriel O'Brien	go17276@my.bristol.ac.uk
Vice Club Captain	Steve Dickson-Tetteh	sd17774@my.bristol.ac.uk
Treasurer	Jamie Quinn	jq17725@my.bristol.ac.uk
Social Sec.	Dan Butterfield	db17682@my.bristol.ac.uk
Webmaster	Alex Brown/Cam Hughes	ab17952@my.bristol.ac.uk
Fresh Sec.	Will de la Haye	
Fresh Sec.	Ben Solomon	
Intramural and X7s Sec.	Ben Davies/Angus Wardlaw	bd17955@bristol.ac.uk
Events Sec.	Hugh Hamilton-Green	hh17035@bristol.ac.uk
Health and Wellbeing Officer	Louis Butler	lb17455@bristol.ac.uk
7s Sec.	Rhodri Skyrme	rs17995@bristol.ac.uk
Coombe Dingle		
Coombe Dingle Reception	44 (0)117 962 6718	

UBRFC PROTOCOLS

1. Behaviour must be acceptable at all times. You are an ambassador of the University of Bristol and the rugby club.
2. Dress Code: Wear the club kit for all matches and observe the after-match dress code (Shirt & tie).
3. If you are unable to play for any reason, your team captain must be informed immediately.
4. For away games, players must arrive at the specified meeting point 15 minutes before departure.
5. Be punctual for training and matches (Lombardi Time).

SELECTION POLICY

1. Selection will be on merit.
2. A commitment to training nights is a considerable factor in a player's favour.
3. If a player is unavailable, he must accept the risk of losing his place.
4. If there are any complaints about selection, please talk to your Captain.

ABOUT TRAINING

1. All players should be ready to train before the scheduled time.
2. Inform your captain in good time, if you are unavailable to train. Have a good reason.

ABOUT MATCHES

1. Wear the proper club kit and look a team.
2. Respect the bus on away trips – no bottles or damage.
3. Respect your team-mates by being sensible and preparing properly the night before a match.
4. Socialise with the opposition in the club bar after matches

COOMBE DINGLE

1. Treat Coombe Dingle – its staff, fields, changing rooms and facilities with respect
2. Dispose of litter (bottles/tape etc) in the bins provided

IF YOU ARE INJURED

1. Injuries sustained on the training field will be dealt with as required.
2. **SERIOUS INJURIES** - Consult your GP
3. Notify your captain immediately. Explain the extent of the injury and how long you will be unavailable.
4. When injured for any length of time, a player should update the club injury document (Contact Louis Butler).

PREVENTION OF INJURY

1. Players must wear mouth guards.
2. Medical supports which you require e.g. ankle/knee supports, should be purchased by you.
3. Get tetanus cover from your GP
4. Players are advised to take out a Personal Accident Insurance Policy.

What is the Code of Conduct?

This Code of Conduct sets out the expected behaviour of university rugby players when participating in any activity, including informal social events, under the name of University of Bristol. It is designed to reduce the risk of harm, injury and nuisance to members and the community in general and ensure the highest possible standards of competition, sportsmanship, fairness, honesty and behaviour in relation to the conduct of all players representing the University of Bristol.

The University of Bristol regard any breach of this Code as a serious matter and may take disciplinary action against an individual, team or club acting in breach of the Code.

General code of conduct (this is a selection)

All players agree to abide by the terms outlined below:

1. Understand the repercussions of any breaches of this Code.
2. Behave in a manner which does not endanger or cause nuisance to others.
3. Act responsibly at all times and to avoid actions which could bring the club, University or sponsors into disrepute.
4. Conduct themselves in a reasonable manner relating to language, noise and behaviour.
5. Compete in a manner of good sportsmanship
6. Treat facilities, staff and students at the University of Bristol and other institutions with the utmost respect.
7. Refrain from any form of harassment of others and respect the rights, dignity and values of others.
8. Not encourage or pressure others into acting against the Code.
9. Not carry out initiation ceremonies as detailed below.
10. Not be unduly intoxicated at any event or activity where such behaviour could be deemed unacceptable or unprofessional.
11. Not to consume alcohol whilst being transported to or from any activity organised under the umbrella of the University.
12. Not act in an unlawful manner.

B. Initiations *

1. The University of Bristol do not permit Initiation Ceremonies*.

2. Social activities such as welcome evenings, team meals, social nights and celebration events that welcome new members and to give a positive first impression of university life are encouraged, providing the following rules are followed:

- a. All activities must be opt-in and have no bearing on the acceptance into the team/squad selection etc.
- b. Peer pressure must not be exerted on individuals.
- c. Activities must not be humiliating, unlawful or degrading to the individual or wider.
- d. Activities must not involve the forced consumption of any fluid/substance.
- e. If activities involve alcohol then non-alcoholic drinks must be made available as an alternative.
- f. Activities must not bring the reputation of University of Bristol or the Rugby Club into question or disrepute.

Club Captains will be held personally responsible for any Initiation Ceremonies that take place and will run the risk of being suspended or expelled from University should any instances occur.

* An initiation ceremony is an event at which members of the club are expected to perform an activity as a means of gaining credibility, status or entry into that club. This peer pressure is normally exerted on first year students or new members and may involve the consumption of alcohol, eating various foods, nudity and behaviour that may be deemed humiliating.

What happens if the Code is breached?

If UBU receives information which indicates an activity may be in breach of this Code it shall, if deemed appropriate, inform the University and will then:

1. Contact the Club in question to obtain further information and to check if any action has or will be taken.
2. Investigate the alleged breach, and if satisfied that a breach may have occurred, refer the matter to the UBU Disciplinary Committee, which consists of the appropriate Vice President (Sport & Health or Activities), Vice-Chair of the appropriate Executive Committee, Activities & Participation Manager, SEH Sports Development Manager and, if appropriate, a representative of University staff.
3. Convene a meeting of the UBU Disciplinary Committee, make a ruling on the breach and issue punishments befitting the severity of the breach of the Code.
4. Where it is believed the University's, disciplinary procedures may have been broken the incident will be referred to the University.
5. In some cases, incidents may be reported direct to the University, in which case all efforts will be made to report the incident to UBU and inform it of any action taken by the University and any investigation and/or action to be taken by UBU.

Sanctions for breaching the Code

Any breach of this Code of Conduct may result in one or more of the following (please note this is not an exhaustive list):

1. Fine(s) (individual or Club or both)
2. Removal of grant funding and/or the ability to apply for future funding
3. Removal of team(s) or individuals from BUCS Competition
4. Removal of club from BUCS Competition
5. Down-grading of club status e.g. removal of Focus Sport status or moving from the Silver to Bronze tier
6. Disbandment of Club or Expulsion of the individual from the Club or Expulsion of the individual from UBU (preventing the individual from joining other student groups)
7. Individual Disciplinary Proceedings by the University

If an incident occurs at the end of an academic year the sanction(s) may be levied for the following year.

Glossary of terms

Focus Sports – Specific sports have been granted Focus Sport status by SEH to reflect their commitment to high performance, good management and development of the sport. These clubs are offered facility time and paid coaching time.

SEH – the University's Centre for Sport, Exercise and Health.

Tiering – Sports clubs are placed in one of three tiers - bronze, silver or gold - based on their size, professionalism, development and opportunities provided. The tier affects the maximum grant available to a club.

BRITISH UNIVERSITIES & COLLEGES (BUCS) LEAGUE PROGRAMME

University of Bristol RFC 1st xv

BUCS Rugby Union - Premier Men's South A

<i>Date</i>	<i>Opposition</i>	<i>Venue</i>
OCTOBER		
03 - 18:00	UWE 1	H
10 - TBC	Bath 2	A
17 - 17:00	Cardiff Met 2	H
24 - 14:00	Exeter 2	A
31 - 18:00	USW 1	A
NOVEMBER		
07 - 17:00	Hartpury 2	H
14 - 19:00	Swansea 1	H
21 - 16:30	UWE 1	A
28 - 13:00	Bath 2	H
DECEMBER		
05 - TBC	Cardiff Met 2	A
JANUARY		
30 - TBC	USW 1	H
FEBRUARY		
06 - TBC	Hartpury 2	A
13 - TBC	Swansea 1	A
20 - TBC	Exeter 2	H

For TBC Kick-off times,
please check our website
WWW.UBRFC.COM

University of Bristol RFC 2nd XV

BUCS Rugby Union - Western 2B

<i>Date</i>	<i>Opposition</i>	<i>Venue</i>
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OCTOBER

10 - 14:15	Cardiff Met 4	H
17 - TBC	Aberystyth 1	A
24 - 13:00	Swansea 3	H
31 - TBC	Cardiff 4	A

NOVEMBER

14 - 14:15	Swansea 2	H
21 - 19:30	Conference Cup Game	H
28 - TBC	Cardiff Met 4	A

DECEMBER

05 - 15:00	Aberystwyth 1	H
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JANUARY

30 - TBC	Swansea 3	A
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FEBRUARY

13 - TBC	Cardiff 4	H
27 - TBC	Swansea 2	A

University of Bristol RFC 3rd XV

BUCS Rugby Union - Western 2A

<i>Date</i>	<i>Opposition</i>	<i>Venue</i>
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OCTOBER

10 - 13:00	Royal Agricultural Uni 1	H
17 - TBC	Bath 4	A
24 - TBC	Exeter 5	H
31 - 14:15	Gloucestershire 2	H

NOVEMBER

14 - 14:00	Exeter 4	A
21 - TBC	Conference Cup Game	H
28 - 14:00	Royal Agricultural Uni 1	A

DECEMBER

05 - 17:00	Bath 4	H
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JANUARY

30 - 14:00	Exeter 5	A
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FEBRUARY

13 - 13:30	Gloucestershire 2	A
27 - TBC	Exeter 4	TBC

University of Bristol RFC 4th XV

BUCS Rugby Union - Western 3B

<i>Date</i>	<i>Opposition</i>	<i>Venue</i>
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OCTOBER

10 - 2:30	Cardiff 5 (Medics)	H
17 - 14:00	Swansea 4	A
24 - 14:00	Bath Spa 1	A
31 - 14:15	Trinity St David	H

NOVEMBER

07 - 15:00	Exeter 5 (Conference Cup)	H
14 - TBC	Hartpury 4	A
28 - TBC	Cardiff 5 (Medics)	A

DECEMBER

05 - 14:15	Swansea 4	H
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JANUARY

30 - TBC	Bath Spa 1	H
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FEBRUARY

13 - TBC	Trinity St David	A
27 - TBC	Hartpury 4	H

SIX NATIONS CHAMPIONSHIP

FIXTURES 2019

Round 1

Friday 1st February -	France v Wales	19:00
Saturday 2nd February -	Scotland v Italy	14:15
	Ireland v England	16:45

Round 2

Saturday 9th February -	Scotland v Ireland	14:15
	Italy v Wales	16:45
Sunday 10th February -	England v France	15:00

Round 3

Saturday 23rd February -	France v Scotland	14:15
	Wales v England	16:45
Sunday 24th February -	Italy v Ireland	15:00

Round 4

Saturday 9th March -	Scotland v Wales	14:15
	England v Italy	16:45
Sunday 10th March	Ireland v France	15:00

Round 5

Saturday 6th March	Italy v France	12:30
	Wales v Ireland	14:45
	England v Scotland	17:00

MOTIVATION COMES FROM YOU

Your desire to succeed in your own personal goals in rugby will grow if you set yourself attainable, realistic goals. The characteristics of highly motivated players are these:

1. **Determination** to achieve goals & overcome adversity
2. **Self-control** (calmness in a critical situation)
3. **Concentration** (focusing on what is important)
4. **Responsibility** for their actions (they need no excuses)

GROUND ADDRESS

Tel: 0117 962 6718

