

Cheltenham Civil Service RFC Training Programme - 2021/22

	Week 1			Week 2			Week 3			Week 4	
April	Tue 6th Apr	Thu 8th Apr	Sat 10th Apr	Tue 13th Apr	Thu 15th Apr	Sat 17th Apr	Tue 20th Apr	Thu 22nd Apr	Sat 24th Apr	Tue 27th Apr	Thu 29th Apr
10:00-12:00											
19:00-19:30	Touch Rugby	7s Touch Rugby		Touch Rugby	7s Touch Rugby		Touch Rugby	7s Touch Rugby		Touch Rugby	7s Touch Rugby
19:30-20:00	RR	RR		RR	RR		RR	RR		RR	RR
20:00-20:30											

	Week 4		Week 5		Week 6		Week 7		Week 8	
May	Sat 1st May	Tue 4th May	Thu 6th May	Sat 8th May	Tue 11th May	Thu 13th May	Sat 15th May	Tue 18th May	Thu 20th May	Sat 22nd May
10:00-12:00										
19:00-19:30		Fitness Assessment		Optional Social Session 1 - TBC	S&C Session PS	S&C Session PS		S&C Session PS	S&C Session PS	Optional Social Session 2 - TBC
19:30-20:00		PS/PM/AH	Touch (with rules)		Touch (with rules)	Touch (with rules)		Touch (with rules)	Touch (with rules)	Touch (with rules)
20:00-20:30		PS/PM/AH	PS/PM/AH	DH/GH	PS/PM/AH	PS/PM/AH		PS/PM/AH	PS/PM/AH	GMH/MB

	Week 9			Week 10			Week 11			Week 12		Week 13
June	Tue 1st Jun	Thu 3rd Jun	Sat 5th Jun	Tue 8th Jun	Thu 10th Jun	Sat 12th Jun	Tue 15th Jun	Thu 17th Jun	Sat 19th Jun	Tue 22nd Jun	Thu 24th Jun	Sat 26th Jun
10:00-12:00												
19:00-19:30	Fitness Assessment	S&C Session PS	Optional Social Session 3 - TBC	S&C Session PS	Mini 7s Touch Competition (with BBQ?)		Run up Cleve Hill (with beers at top)	S&C Session PS	Optional Social Session 4 - TBC	S&C Session PS	Running Lines	British & Irish Lions vs Japan
19:30-20:00	PS/PM/AH	Touch (with rules)	Touch (with rules)	Handling Drills				Touch (with rules)	Handling Drills			Game Plan
20:00-20:30	Touch (with rules)	PS/PM/AH	AG/TW	PS/PM/AH	PS/PM/AH		PS/PM/AH	PS/PM/AH	1c/FF	PS/PM/AH	Touch (with rules)	PS/PM/AH

	Week 13			Week 14			Week 15			Week 16			Week 17		
July	Thu 1st Jul	Sat 3rd Jul	Tue 6th Jul	Wed 7th Jul	Thu 8th Jul	Sat 10th Jul	Tue 13th Jul	Wed 14th Jul	Thu 15th Jul	Sat 17th Jul	Tue 20th Jul	Thu 22nd Jul	Sat 24th Jul	Tue 27th Jul	Thu 29th Jul
10:00-12:00															
19:00-19:30	Fitness Assessment	DHL Stormers vs British & Irish Lions	S&C Session PS	SA Invitation XV vs British & Irish Lions		Call C Sharks vs British & Irish Lions	S&C Session PS	South Africa A vs British & Irish Lions	Game Plan	Vodacom Bulls vs British & Irish Lions	Handling Drills PS/PM/AH	Touch (with rules) PS/PM/AH	South Africa vs British & Irish Lions - Test 1	Team Defence	Receiving Kick-Offs & Exit Plans PS/PM/AH
19:30-20:00	Optional Social Session 5 - TBC	Set Piece	Set Piece	Mini 7s Competition (with BBQ?)			Handling Drills PS/PM/AH		Optional Social Session 6 - TBC	Set Piece	Set Piece	Kick-Offs PS/PM/AH	South Africa vs British & Irish Lions - Test 2	Optional Social Session 7 - TBC	Optional Social Session 7 - TBC
20:00-20:30	Captain's Run RR	EC/JS	B AH F PM				PS/PM/AH	PS/PM/AH	Captain's Run RR	WM/L	B AH F PM	Captain's Run RR	Set Piece B AH F PM	Set Piece B AH F PM	Captain's Run RR

	Week 18			Week 19			Week 20			Week 21			Week 22	
August	Tue 3rd Aug	Thu 5th Aug	Sat 7th Aug	Tue 10th Aug	Thu 12th Aug	Sat 14th Aug	Tue 17th Aug	Thu 19th Aug	Sat 21st Aug	Tue 24th Aug	Thu 26th Aug	Sat 28th Aug	Tue 31st Aug	
10:00-12:00														
19:00-19:30	Backs Defence B PS F PS/PM	Receiving Kick-Offs PS/PM/AH	South Africa vs British & Irish Lions - Test 3	Full Pitch 19v15 Game PS/PM/AH	S&C Session TBC	Optional Social Session 8 - TBC	Team Defence PS/PM/AH	Receiving Kick-Offs PS/PM/AH	Pre-season Friendly 1	Video Review PS/PM/AH	Touch (with rules)		S&C Session PS	
19:30-20:00	Set Piece B AH F PM	Set Piece B AH F PM	Captain's Run RR		Captain's Run RR	J/TD	Set Piece B AH F PM	Captain's Run RR		Breakdown PS/PM/AH	PS/PM/AH	Captain's Run RR	Team Defence RR	
20:00-20:30														

	Week 22		Week 23		Week 24		Week 25		Week 26	
September	Thu 2nd Sep	Sat 4th Sep	Tue 7th Sep	Thu 9th Sep	Sat 11th Sep	Tue 14th Sep	Thu 16th Sep	Sat 18th Sep	Tue 21st Sep	Thu 23rd Sep
10:00-12:00										
19:00-19:30	Receiving Kick-Offs PS/PM/AH	Pre-season Friendly 2	Video Review PS/PM/AH	Touch (with rules) PS/PM/AH	Wadworth Gloucestershire 2 North League Fixture 1	Breakdown PS/PM/AH	TBC PS/PM/AH	Wadworth Gloucestershire 2 North League Fixture 2	Video Review PS/PM/AH	Defending Lineouts PS/PM/AH
19:30-20:00	Set Piece B AH F PM	Set Piece B AH F PM	Set Piece B AH F PM	Captain's Run RR			Captain's Run RR		TBC PS/PM/AH	Backs Defence B PS F PS/PM
20:00-20:30	RR								PS/PM/AH	Captain's Run RR

	Week 26			Week 27			Week 28			Week 29			Week 30	
October	Tue 2nd Oct	Thu 5th Oct	Sat 7th Oct	Tue 10th Oct	Thu 12th Oct	Sat 14th Oct	Tue 17th Oct	Thu 19th Oct	Sat 21st Oct	Tue 24th Oct	Thu 26th Oct	Sat 28th Oct	Tue 30th Oct	
10:00-12:00														
19:00-19:30														
19:30-20:00														
20:00-20:30														

	Week 31			Week 32			Week 33			Week 34		Week 35	
November	Tue 2nd Nov	Thu 4th Nov	Sat 6th Nov	Tue 9th Nov	Thu 11th Nov	Sat 13th Nov	Tue 16th Nov	Thu 18th Nov	Sat 20th Nov	Tue 23rd Nov	Thu 25th Nov	Sat 27th Nov	Tue 30th Nov
10:00-12:00													
19:00-19:30													
19:30-20:00													
20:00-20:30													

	Week 35		Week 36		Week 37		Week 38		Week 39	
December	Tue 2nd Dec	Sat 4th Dec	Tue 7th Dec	Thu 9th Dec	Sat 11th Dec	Tue 14th Dec	Thu 16th Dec	Sat 18th Dec	Tue 21st Dec	Thu 23rd Dec
10:00-12:00										
19:00-19:30										
19:30-20:00										
20:00-20:30										

- Key**
- Off-season
 - On-season
 - Intro - CACSSA
 - Pitch - CACSSA
 - Bar - CACSSA
 - Contact Session
 - Future
 - Optional
 - Backs
 - F Forwards
- Coaches**
- PS Paul Stickler (Head Coach)
 - PM Paul Mortensen (Forwards Coach)
 - AM Adrian Hughes (Backs Coach)
 - PB Paul Bartlett (Defence Coach)
 - CJ Cameron James (Skills Coach)
 - MB Math Branton (TBC - Strength & Conditioning)
- Players**
- RR Ross Ruck
 - DH Dan Harvey
 - GH Guy Howe
 - GM Gaz Hodkin
 - OW Ollie Wilton
 - MB Matt Baker
 - AG Angus Guthrie
 - LS Liam Stretton
 - IC Ian Cole
 - WM Will Markey
 - IL Isaac Lewis
 - EC Ed Cook
 - JS Jon Stickler
 - RHR Rhys Ruck
 - TD Tim Davies
 - JJ Joey Jones
 - JL Joe Lucas