



University of  
St Andrews | FOUNDED  
1413 |

SAINTS  SPORT



SAINTS

# RUGBY

*PERFORMANCE PROGRAMME*



## **To become a world-renowned rugby programme that encourages all members to be the best they can be.**

This vision focuses on creating the very best environment and upmost enjoyment for our club members. We aim to constantly improve our rugby programme and grow our links internationally. We also aim to work closely with the local community, to integrate with university departments and to host the very best events in the social calendar possible.

The University of St Andrews has developed the most advanced rugby programme in Scotland, which offers student athletes a range of coaching, training and support opportunities, allowing them to excel in both their academic and sporting achievements.

We want to ensure that the club is developing both on and off the field through setting strategic targets to evolve our club and provide the very best experience for our club members during their time in St Andrews. This vision is going to push our club members to be the best they possibly can be and make our club one of the premier destinations for aspiring student athletes globally.

# OUR

# VISION

**Founded in 1858, the University of St Andrews Rugby Football Club is one of the oldest sports clubs at the University and is the sixth oldest rugby club in the world.**

The club is a founder member of the Scottish Rugby Union (SRU) and has been an integral part of the University for 160 years.

In 1871 in the first international between Scotland and England at Raeburn Place, three St Andrews students, A Clunies-Ross, R Munro and J S Thomson represented Scotland, showing the importance of the club at that time.

The club has gone on to produce 23 international rugby players who between them have gained 150 international caps, including four British & Irish Lions and eight players who have represented the Barbarians. The Women's Section of the Rugby Club was founded in 1978 and has consistently been in the top two teams in Scotland over the past ten years.

*"If 'carrying' was initiated at Rugby, 'passing', the great feature of the back game, came from St Andrews."*

– Christopher Nicolson Johnston

# OUR

# HISTORY





**The University of St Andrews has developed one of the best supported rugby programmes in the UK, which caters for all levels of ability, focuses on an athlete-centred approach, development, hard work and enjoyment.**

The club trains up to five times per week focusing on skill development and team preparation, and these sessions are supplemented by sport specific Strength and Conditioning.

We aim to provide the very best support and a comprehensive programme of training and competition to enable our students to harness their full potential and gain the very best rugby experience whilst at St Andrews, including:

- comprehensive weekly training programme
- individual specialist skills coaching
- sport specific Strength & Conditioning
- fitness testing
- video analysis
- team and individual feedback and mentoring
- sports science support (nutrition, hydration, psychology, recovery)
- comprehensive pre-season and mid-season training camps
- leadership and personal development programme
- full time physiotherapy support

**THE**

**PROGRAMME**

The rugby programme currently caters for three men's teams and a women's team that compete on a weekly basis throughout term time.

# STRIVING FOR

# EXCELLENCE

## THE SQUADS

- Three men's teams and one women's team compete in BUCS (British Universities & Colleges Sport) championships.
- The Men's and Women's 1st XV's compete in the BUCS Trophy; a UK wide knockout competition.
- St Andrews also competes in the Women's National Development League, run by Scottish Rugby.
- Additional friendly matches are also arranged for all squads at various times of the season.

The Men's 1st XV continue to be one of the top performing teams at St Andrews, having won BUCS Scottish Division 1 in 2013-2014 and 2014-2015 and Scottish Varsity Matches in 2013, 2014, 2015 and 2016.

With four teams taking to the field every week in the BUCS championships, as well as twice weekly training and gym sessions, on top of an extremely active social set up, Saints Rugby is one of the biggest sports clubs at St Andrews.





# CREATING

**The University continues to invest in making sport central to the student experience, providing the infrastructure and opportunity for everyone to participate and tailored support for those who strive for excellence.**

We pride ourselves on our students' ability to excel both in their academic and sporting endeavours and encourage and support high performance athletes, both on a team and individual basis.

## **PRE-SEASON TRAINING**

Pre-season camp takes place annually in late August to prepare our student athletes and teams for the upcoming year of rugby. The training camp is noted by our first year students as one of the best things about coming to St Andrews in their first year due to the ability to instantly meet new friends and team mates, as well as getting to know what life in St Andrews is like before the remaining student population return for their studies.

# WINNERS

**DIRECTOR OF RUGBY**  
**Scott Lawson**

**The University's appointment of a Director of Rugby was the first of its kind in Scottish University Sport. Scott Lawson is the only full time Director of Rugby at a Scottish University and the only full time Director in Scotland (outside of the professional game).**

Scott was appointed Director of Rugby at the University of St Andrews after an extensive international career playing for Scotland. He joined the University from Newcastle Falcons, bringing a wealth of experience playing Premiership rugby for over a decade.

Scott started his rugby career at Biggar RFC, before earning a professional contract at Glasgow Warriors, spending four seasons playing in the Pro12 before a move to the Premiership, spending a season with Sale before moving to Gloucester Rugby for four years. He is a vastly experienced former Scotland international with 47 caps, which include a try-scoring performance in his team's opening match of the 2007 Rugby World Cup while also appearing in the 2011 tournament.

In addition to his playing commitments with Newcastle Falcons, Scott was Director of Rugby at National Two North Club Tynedale RFC, having previously been an Elite Specialist Skills Coach with Scottish Rugby. He has recently joined the Scotland U20 coaching team for the upcoming Six Nations and Junior World Cup.

**THE**

**DIRECTOR**





# COACHING

**Our coaching team come to St Andrews with a wealth of experience gained at the top of their field and understand the balance between academic and athletic achievement. The club is extremely fortunate to be supported by such dedicated and high-level coaching staff.**

The club has a full time physiotherapist, who is based on-site at the Sports Centre, and a dedicated video analyst. Our two Strength & Conditioning coaches round off a comprehensive off-field support structure for our players.

## COACHING TEAM

Quintan Sanft: UKCC Level 2 Men's Backs Coach

Callum Parsons: UKCC Level 2, Men's 2nd and 3rd XV Coach

Finn Murphy: UKCC Level 2, Mens 3rd XV Coach

Chris Chapman: Video Analyst

Gary Anderson: UKCC Level 2, Women's Joint Lead Coach

Sarah Hogwood: UKCC Level 3 Women's Joint Lead Coach

This highly skilled team of coaches work with the players to ensure the performance of the team is continually developed, but at the heart of the team is the enjoyment of the sport and the opportunity to meet new people and forge lifetime friendships both on and off the pitch.

# TEAM

**The University Sports Centre has recently undergone a major £14 million refurbishment and now provides some of the best sports facilities in Scotland.**

The grass pitches at University Park are renowned across the country as amongst the finest in Scotland. The programme has access to four grass rugby pitches, which are played on all year round and maintained by full-time ground staff.

University Park is also home to a full size World Rugby approved floodlit 3G synthetic pitch, which is used as a training facility throughout the year and a venue for a series of regular evening matches.

The high standard of both our grass pitches and facilities have been praised by many professionals who have visited St Andrews, including the Scotland Rugby Squad, Ulster Rugby, Gloucester Rugby, Wigan Warriors, Glasgow Warriors and Edinburgh Rugby.

The Rugby Club has dedicated slots in the top class Performance Suite throughout the week, with sessions run by expert Strength and Conditioning accredited coaches who develop sport specific programmes for our athletes.

**OUR**

**FACILITIES**





OUR

# EVENTS

## THE SCOTTISH VARSITY MATCHES

The fixture between the University of St Andrews and the University of Edinburgh, dates back more than 160 years and is the oldest varsity match in the world.

Taking centre stage on the international pitch at BT Murrayfield, this ancient rivalry sees over 10,000 supporters, students, alumni, friends and family attend each year, in what is the showcase event of student rugby in Scotland.

Formed in 1857 and 1858, respectively, Edinburgh University RFC and the University of St Andrews RFC are two of the oldest rugby clubs in the world and both founder members of the Scottish Rugby Union. The annual event, which sees the Men's and Women's 1st XV's competing on the international pitch, is one of the oldest varsity matches in the world, and is believed to predate the annual Oxford versus Cambridge Varsity Match. [www.scottishvarsitymatch.com](http://www.scottishvarsitymatch.com)



## ST ANDREWS RUGBY 7s

Since its inception in 1970, the St Andrews 7-a-side Rugby Tournament has grown to become one of the top 7s tournaments in the Scottish rugby calendar & the largest student run 7s in the UK.

Annually attracting 32 Men's teams and an ever increasing number of Women's teams, players travel from across the world to take part, with many alumni teams often returning to St Andrews to compete. The tournament boasts the draw of high level 7s rugby and a sensational off-pitch experience with a renowned after party catering for 1,500 every year.

**Saints Rugby works closely with external partners to provide more opportunities for local children to play rugby, whilst running several charity campaigns throughout the year to raise thousands of pounds to support local and national causes.**

The Women's section of the club has developed a strong relationship with Active Schools and now regularly sends student volunteers into local secondary schools to coach girls rugby. They have also built a partnership with the Environment Team to host touch rugby sessions on the beach during Green Week, participated in Cycletricity and through their fundraising efforts, have been able to support the Teenage Cancer Trust, Anthony Nolan and Women For Women International.

# COMMUNITY

To help raise awareness of men's health issues, such as prostate cancer, testicular cancer and men's suicide, Saints Rugby runs a Movember campaign each year, culminating in an annual black-tie ball. In 2016 the club raised over £4,000 for the charity and were placed seventh on the national universities fundraising efforts. The Men's section of the club is also proud to support Steve Sims Cavaliers and Wooden Spoon – The Children's Charity



# ENGAGEMENT

# FURTHER



## **VOLUNTEER SOUTH AFRICA PROJECT**

Each year, student coaches from the Rugby Club, team up with members from other sports clubs at the University as part of the Volunteer South Africa project. Spending four to five weeks in Stellenbosch during the summer, the volunteers help deliver PE sessions, sport specific coaching and classroom based sessions in various schools and compounds.



# AFIELD

Throughout the project several cultural experiences are arranged, including visiting Robben Island, climbing Table Mountain and exploring Cape Town's history. More extreme activities, such as shark diving are also available.

## **RUGBY TOUR**

Sports tours provide students with a unique opportunity to travel to some amazing locations around the world and are excellent for fostering friendships amongst teammates. Saints Rugby has a long tradition of touring during the summer months, with recent trips including destinations such as Sweden and Poland (both 2017) or more further afield to Argentina (2010), Malaysia (2016) and South Africa (2014 and 2018).

Providing brilliant team bonding and cultural experiences, touring also gives students the chance to experience other countries, play against renowned club and university sides from across the globe and give back to the rugby community worldwide.

The club fundraises throughout the year in order to make the experience affordable for all members and these trips are widely regarded as a time in which memories that will last a lifetime are made.



# GET IN

# TOUCH

**FIND US ONLINE AT:**

E: [rugby@st-andrews.ac.uk](mailto:rugby@st-andrews.ac.uk)

[www.saints-rugby.com](http://www.saints-rugby.com)

  @UStARugbym/@UStARugbyw

**Scott Lawson**

Director of Rugby

University Sports Centre

St Leonards Road, St Andrews, Fife

KY16 9DY, Scotland

United Kingdom

E: [scott.lawson@st-andrews.ac.uk](mailto:scott.lawson@st-andrews.ac.uk)

T: +44(0)1334 467193

M: +44(0)7836 553815



### Saints Sport

University Sports Centre  
St Leonards Road  
Fife, Scotland, UK  
KY16 9DY

[www.st-andrews.ac.uk/sport](http://www.st-andrews.ac.uk/sport)

**E:** [sport@st-andrews.ac.uk](mailto:sport@st-andrews.ac.uk)

**T:** +44(0)1334 462190



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