Cambuslang Junior Section

Committee Update – August 2025

The season commenced in earnest on 16th August across all junior sections. Great to see all the players back from preschool through to our U18's, although pre-season has been going on within the midi boys' and girls' section since mid-July!

Rugby Right

This comes round again for all coaches, junior coaches' updates will be led by Boany this season. This keeps the process aligned and clear. Last years lesson was too many emails/messages/ going around from different people creating anxiety and unrest amongst the coaching group. Everyone understands the ask, everyone understands the consequences of funding etc. Expectation is, all Rugby Right courses will be completed by the agreed date in the same way it has been since inception of the programme. Boany will be point of contact.

Training

Schedule created and shared with ground team.

Group	Team	Schedule
Midi Boys	U13 + U14 + U15	Wednesday evening
Midi Boys	U16 + U18	Tuesday & Thursday evening
Midi Boys	All teams strength & conditioning	Monday evening
Midi Girls	U14 + U16	Wednesday evening
Midi Girls	U18	Wednesday & Friday evening
Midi Girls	All teams strength & conditioning	Monday evening
Micro	Cubs (4+), P1, P2, P3	Sunday morning
Mini	P4, P5, P6, P7	Sunday morning & Monday evening

Fixtures

Most up to date fixture schedule has been populated and shared with the grounds team. Mini schedule updated across the whole season. Midi fixtures still fluid based on new approach by Scottish rugby to create a two-stage league structure based on locality. Fixtures up to date until October.

Players

Holistically, the section remains strong in terms of numbers across the section and we continue to drive new members through our social channels across the mini section. Main areas of concern in terms of numbers – Boys U13, U14, Girls U14, U18

Boys

U13 player numbers are tight and lack of numbers coming through from schools in the local area. We have engaged with Uddingston who are also light in numbers at this age group with the ambition this will give enough to fulfil fixtures at this age group. Coaching numbers also a concern with only one main coach. Both Barney and Boany will support Ally Menzies mid mid-week until a longer-term plan can be sought.

U14 we will not be operating a team at U14 this season. Despite this being a key focus area to drive numbers last season, we were unsuccessful in yielding any benefit here and enter this season without a team. This has implications of the club playing in National youth league structures in the future based on current criteria.

U15 numbers remain strong with a pool of c29. The teams season has started well with a league win against Clydebank and a very good win against Hawick RFC in a "pre-season friendly". Winning by +50

U16 numbers remains strong with a pool of c28. The team have started well with two pre-season friendly's against GHA and Hawick both fixtures being very competitive and a good level for development. A great win against Hawick 28-25. The league commences Sunday 24th against Cartha.

U18 numbers are tight as a result of some of the cohort requiring "sign" off to play U18 due to their age. We have engaged with Greenock RFC and have around 6/8 players who have joined our squad to ensure that we can fulfil fixtures.
It's been great seeing the U18 supporting the 1stXV training sessions at the start of this season with both squads getting much needed value.
One our key ambitions over the last decade was to create a pathway from P1 to snr rugby, with four (junior alumni) in the current 1st XV squad, and joint training sessions happening with the u18/1st XV, this is a significant moment for the rugby club. Lots of hard work over the years starting to come to fruition for senior rugby at Cambuslang,

Girls Section

U18's

We had four of our U18 girls "capped" for Scotland U18's on the 1st August at the St Andrews Festival of Rugby. Another historical moment for Cambuslang Rugby Club.

Massive congratulations went out to Erin Bothwell, Gemma Gordon, Lucy Symon and Ellen Wood.

The unintended consequence of success at this level lies within our own mid-week training and squad impact. With numbers already at girls U18 on the borderline, c16, six girls at this age group now go through to regional training impacting the effectiveness of sessions for those who remain at the club. This is an area we need to remain very close to. The solution isn't as easy as changing training day!

U16 numbers remain strong with preseason games underway against Ayr.

U14 numbers are not where they need to be, there has been lack of traction for the SOR at Stonelaw at this age group and we need to get under the bonnet of this one. We only have 7 players at this age group.

Club Tidy Up Day

Another great successful day. This reached it 10th Year anniversary this year! The front of the club now looking great for the start of the season. We had around c30 volunteers support the day. We may want to think about doing this Bi Annually.

1st XV Opening Game

We have around 15 P6 players coming along to be guards of honour/mascots at the opening home fixture of the season. Many more of the midi section will be down at the opener.

Catering Cabin

Tom Mooney fed back that the Senior rugby section has been excluded from using the catering cabin and it's seen as a junior section only facility, creating disharmony. Tom also noted there is a perception cabin "under cuts the bar" driving people away from using the club. Both statements are clearly alarming, with perceptions perhaps being built on misinformation. A paper has been pulled together to suggest an operating structure that the wider R&SC can consider in terms of running this facility.