

# Hawkhill Herald

## Leith Rugby Club News Sheet

### 2009 / 2010 Fixture List

<u>Day &amp; Date</u>	<u>KO</u>	<u>Home Team</u>		<u>Away Team</u>
Saturday 29th August	15:00hrs	Leith	v	Liberton
Saturday 5th September	NO LEAGUE GAME			
Saturday 12th September	15:00hrs	Leith	v	RDVC
Saturday 19th September	15:00hrs	Dalkeith	v	Leith
Saturday 26th September	15:00hrs	Queensferry	v	Leith
Saturday 03rd October	15:00hrs	Leith	v	Inverleith
Saturday 10th October	15:00hrs	Moray House	v	Leith
Saturday 17th October	15:00hrs	Leith	v	Walkerburn
Saturday 24th October	15:00hrs	Meggatland	v	Leith
Saturday 31st October	14:00hrs	Leith	v	St. Boswells
Saturday 07th November	14:00hrs	Gala YM	v	Leith
Saturday 14th November	14:30hrs	Scotland	v	Fiji
Saturday 21st November	17:15hrs	Scotland	v	Australia
Saturday 28th November	14:30hrs	Scotland	v	Argentina
Saturday 05th December	14:00hrs	Liberton	v	Leith
Saturday 12th December	14:00hrs	RDVC	v	Leith
Saturday 19th December	14:00hrs	Leith	v	Dalkeith
<u>2010</u>				
Saturday 09th January	14:00hrs	Leith	v	Queensferry
Saturday 16th January	14:00hrs	Inverleith	v	Leith
Saturday 23rd January	14:00hrs	Leith	v	Moray House
Saturday 30th January	15:00hrs	Walkerburn	v	Leith
Sunday 07th February	15:00hrs	Scotland	v	France
Saturday 13th February	14:00hrs	Wales	v	Scotland
Saturday 20th February	15:00hrs	Leith	v	Meggatland
Saturday 27th February	14:30hrs	Italy	v	Scotland
Saturday 27th February	15:00hrs	St.Boswells	v	Leith
Saturday 13th March	17:00hrs	Scotland	v	England
Saturday 20th March	17:00hrs	Ireland	v	Scotland
Saturday 27th March	15:00hrs	Leith	v	Gala YM

**LEITH RFC CLUBROOMS WILL BE OPEN**  
**TO SHOW ALL SCOTLAND GAMES**  
**LIVE ON THE BIG SCREEN!**

### **Big News for the Start of Season 2009/10**

Leith Rugby Club are delighted to announce that for the first time in a few years we have a Strip Sponsor for next season. To coincide with this there is an opportunity for anyone wishing to Buy the new style shirt if they wish.

Contact Jim Smith 07731788653

or

Craig Smith 07805281657

for details.

Don't ask me Prices cause I've no got a clue!

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### Coaches Welcome to Season 2009/10

Well Guys that's the Holiday period over. It's time to put away the factor 40 & give the Liver time to recuperate. What better way to shed excess weight & get fit than playing Rugby? But in order to play you have to Train & to help you all out I am inviting you all along to our first pre-season Training session on Saturday 25th July 12 Noon SHARP!

Obviously I look forward to seeing you all again & any new faces are more than welcome to add to our merry band. Last Year we did reasonably well in the League, but we need to make sure that we are ready for the first league game on Saturday 29th August. Once again we will be kicking our season off against Liberton & as most of you will remember they were one of the few teams we failed to defeat last season. So lets all make a concerted effort to get the season off to a winning start by putting the hard work in over the next 7 weeks or so.

So I look forward seeing you all on Saturday 25th August at NOON SHARP. The session is planned to run for Two Hours & weather permitting the BBQ will be fired up by head Chef Tam Bennett.

Cheers, Tam Bennett Head Coach Leith Rugby Club

### Training Times

Saturday 25th July, 1st August & 8th August 2009 12:00hrs - 14:00hrs  
Saturday 15th August 2009 14:00hrs - 16:00hrs until the season starts unless told other wise.  
Tuesday & Thursdays will be 18:30hrs - 20:30hrs

### Note from Jim Smith Team Manager!

Training Sessions will start at the Specified Times. Please turn up in plenty of time to get changed.

Please bring both Training Shoes & Boots to all sessions.

Its up to you to supply Mouth Guards & padding. If you are going to require water during Training please bring a water bottle with you. THE CLUBROOMS WILL NOT ALWAYS BE OPEN during Training Sessions.

The changing rooms will be open half an hour before Training starts.

Please be on the Training Pitch ready to start Training 5 minutes before the Start time.

If you can not make Training please out of courtesy let one of the Coaching Staff know.

Head Coach Tam Bennett 07810055795

Team Manager Jim Smith 07731788653

Eric Jones 07835064993

Brian Archer 07780680345

### FORTH COMING EVENTS

Saturday 5th September Our annual Darts, Dominos & Pool Challenge Night.  
19:30hrs in the Clubrooms.

Can anyone defeat our defending Champions?????

Darts - Craig Jared Smith!

Pool - Keith Aitchy Aitchison!

Dominos - Morag come & have a go if you think your hard enough Place!

Massive (Not!) Prizes on the Night.

£3.00 entry fee.