



Brighton College
Rugby Programme
Season 2008/09



August 2008

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16 Depart Italy Pre-Season Training	17
18	19	20	21 Return from Italy	22	23	24
25	26	27	28 Term Starts	29	30 House Matches 9.30 am (NG) KCS Wimbledon 1 st XV, 2 nd XV 2.30pm (h) (HG)	31



September 2008

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>1 1:45pm - 2:25pm Fitness 1st, 2nd XVs & U16 4pm - 5pm Fitness U15 & U14 4pm - 5pm Senior Weight Training</p>	2	<p>3 3.15pm - 5pm: Senior Weight Training</p>	4	<p>5 1:45pm - 2:25pm Team Run Through 1st & 2nd XVs, U16s, U15s, U14s</p>	<p>6 v Reigate 1st, 2nd XVs (h) 2.30 16 A, B (h) 2.30 15 A, B (a) 10.30 14 A, B (a) 10.30</p>	<p>7 South of England Festival Under 15s Depart 8am</p>
<p>8 1:45pm - 2:25pm Fitness 1st, 2nd XVs & U16 4pm - 5pm Fitness U15 & U14 4pm - 5pm Senior Weight Training</p>	9	<p>10 3.15pm - 5pm: Senior Weight Training</p>	11	<p>12 1:45pm - 2:25pm Team Run Through 1st & 2nd XVs, U16s, U15s, U14s</p>	<p>13 v Cranleigh 1st, 2nd, 3rd XVs (a) 2.30 16 A, B, C (h) 2.30 15 A, B, C (a) 2.30 14 A, B, C (h) 2.30 (4th XV ?)</p>	14
<p>15 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U15 & U14 4pm - 5pm Senior Weight Training</p>	16	<p>17 3.15pm - 5pm: Senior Weight Training</p>	18	<p>19 1:45pm - 2:25pm Team Run Through 1st XV U16 U15 U14</p>	<p>20 Open Morning v Dulwich 1st, 2nd, 3rd XVs (h) 2.30 16 A, B, C (a) 3.00 15 A, B, C (h) 2.30 14 A, B, C (a) 3.00</p>	21
<p>22 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U15 & U14 4pm - 5pm Senior Weight Training</p>	23	<p>24 3.15pm - 5pm: Senior Weight Training</p>	25	<p>26 1:45pm - 2:25pm Team Run Through 1st XV U16 U15 U14</p>	<p>27 v Portsmouth 1st, 2nd XVs (a) 11.00 16 A, B (h) 11.00 15 A, B (a) 11.00 14 A, B (h) 11.00 v Seaford 3rd XV, U16 C (a) 2.30</p>	28
<p>29 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U15 & U14 4pm - 5pm Senior Weight Training</p>	30					

**October 2008**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 3.15pm - 5pm: Senior Weight Training	2	3 1:45pm - 2:25pm Team Run Through 1st XV U16 U15 U14	4 v St John's 1 st , 2 nd , 3 rd , 4 th XVs (a) 2.30 16 A, B, C (h) 2.30 15 A, B, C (h) 2.30 14 A, B, C (a) 2.30	5
6 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U15 & U14 4pm - 5pm Senior Weight Training	7	8 3.15pm - 5pm: Senior Weight Training Sussex U18 v Surrey 7pm - Brighton RFC	9	10 1:45pm - 2:25pm Team Run Through 1st XV U16 U15 U14	11 v RGS Guildford 1 st , 2 nd , 3 rd XVs (h) 2.30 16 A, B, C (a) 2.30 15 A, B, C (h) 10.30 14 A, B, C (a) 10.30	12
13 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U15 & U14 4pm - 5pm Senior Weight Training	14	15 3.15pm - 5pm: Senior Weight Training	16	17 1:45pm - 2:25pm Team Run Through 1st XV U16 U15 U14 1st XV depart National Festival	18 National Festival 1st XV v Christs Hospital 2 nd , 3 rd XVs (a) 1.00 16 A, B (a) 1.00 15 A, B (h) 1.00 14 A, B (h) 1.00	19 Sussex U16 v Hants (h) 1st XV return national festival
20 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U15 & U14 4pm - 5pm Senior Weight Training Harlequins EPDG	21 House XC Seniors 2.15 Juniors 11.15	22 HT Starts Sussex U16 v Surrey (a)	23 HT Staff Inset	24 HT	25 HT	26 HT Sussex U18 v Hants (h)
27 HT	28 HT	29 HT Sussex U18 v Kent (a)	30 HT	31 HT		

**November 2008**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 HT	2 HT Sussex U16 v Kent (h)
3 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U15 & U14 4pm - 5pm Senior Weight Training	4	5 3.15pm - 5pm: Senior Weight Training	6	7 1:45pm - 2:25pm Team Run Through 1st XV U16 U15 U14	8 v Epsom 1 st , 2 nd , 3 rd XVs (h) 2.30 4 th XV (a) 2.30 16 A, B, C (a) 2.30 15 A, B, C (a) 2.30 14 A, B, C (h) 2.30	9
10 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U15 & U14 4pm - 5pm Senior Weight Training	11	12 3.15pm - 5pm: Senior Weight Training	13	14 1:45pm - 2:25pm Team Run Through 1st XV U16 U15 U14	15 v Chichester 1 st XV (a) 10.30 16 A (h) 10.30 15 A (h) 10.30 14 A (a) 10.30 v St Bede's 2 nd XV (a) 10.30 16 B, 15 B (h) 10.30	16 Sussex U16 v Herts (a)
17 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U15 & U14 4pm - 5pm Senior Weight Training	18 v Warden Park 15 A, 14 A (h) 2.30	19 3.15pm - 5pm: Senior Weight Training	20 v Warden Park 16 A (h) 2.30	21 1:45pm - 2:25pm Team Run Through 1st XV U16 U15 U14	22 v Worth 1 st , 2 nd , 3 rd XVs (h) 2.30 16 A, B, C (a) 2.30 15 A, B, C (h) 2.30 14 A, B, C (a) 2.30	23 U18 Div Trial (1)
24 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U15 & U14 4pm - 5pm Senior Weight Training	25	26 3.15pm - 5pm: Senior Weight Training	27	28 1:45pm - 2:25pm Team Run Through 1st XV U16 U15 U14	29 v John Fisher 1 st , 2 nd , 3 rd XVs (a) 2.30 16 A, B, C (h) 2.30 15 A, B, C (a) 10.30 14 A, B, C (h) 10.30	30 U18 Div Trial (2) U16 Div Trial (1)

Brighton College **Rugby Programme** Season 2008/09



December 2008

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U15 & U14 4pm – 5pm Senior Weight Training	2	3 3.15pm - 5pm: Senior Weight Training	4	5 1:45pm - 2:25pm Team Run Through 1st XV U16 U15 U14	6 v Eastbourne 1 st , 2 nd , 3 rd XVs (h) 2.30 16 A, B, C (a) 2.30 15 A, B, C (a) 2.30 14 A, B, C (h) 2.30	7 U16 Div Trial (2)
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



January 2009

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5 Term Starts 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U15 & U14 4pm - 5pm Senior Weight Training	6	7 3.15pm - 5pm: Senior Weight Training	8	9 1:45pm - 2:25pm Team Run Through 1st XV U16 U15 U14	10 v St Olaves 1 st XV, U15 (H) 10.30 U16, U14 (A) 10.30 8 am Depart	11
12 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U15 & U14 4pm - 5pm Senior Weight Training	13 v Shoreham College (tbc) U15 B (A) 2.30	14 3.15pm - 5pm: Senior Weight Training	15	16 1:45pm - 2:25pm Team Run Through 1st XV U16 U15 U14	17 v Campion 1 st XV, U15 (A) 11 am U16, U14 (H) 11 am 8am Depart	18
19 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U15 & U14 4pm - 5pm Senior Weight Training	20 v Warden Park (tbc) U15 (H) 2.30 U14 (A) 2.30	21 3.15pm - 5pm: Senior Weight Training	23	23 1:45pm - 2:25pm Team Run Through 1st XV U16 U15 U14	24 v Glynn 1 st XV, U15 (A) 10.30 U16, U14 (H) 10.30 8am Depart	25
26 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U15 & U14 4pm - 5pm Senior Weight Training	27	28 3.15pm - 5pm: Senior Weight Training	29 v Lancing College (tbc) U14, U15 (H) 4.30 2nd XV (A) 2.15 U16 (A) 3.30	30	31 v Wimbledon College 1 st XV, U16 (A) 10.30 U15, U14 (H) 10.30 8 am Depart	

Brighton College **Rugby Programme** Season 2008/09



February 2009

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 U17 Sussex v Middlesex (a)
2 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U15 & U14 4pm - 5pm Senior Weight Training	3 v St Bede's (tbc) U15, U14 (H) 2.30	4 3.15pm - 5pm: Senior Weight Training	5 v St Bede's (tbc) 1st XV, U16 (A) 2.30	6 1:45pm - 2:25pm Team Run Through 1st XV U16 U15 U14	7 Open Morning v Whitgift 1st XV, U16 (H) 2.30 U15, U14 (A) 10.30	8
9 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U15 & U14 4pm - 5pm Senior Weight Training	10	11 3.15pm - 5pm: Senior Weight Training	12 Half Term Starts	13 HT Staff Inset	14 HT	15 HT
16 HT	17 HT	18 HT	19 HT	20 HT	21 HT	22 HT
23 School Starts 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U15 & U14 4pm - 5pm Senior Weight Training U16 Sussex Training	24	25 3.15pm - 5pm: Senior Weight Training	26	27 1:45pm - 2:25pm Team Run Through 1st XV U16 U15 U14	28	



Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 U18 Sussex 7s 12pm – Christ’s Hospital U16 RGS Guilford 7s All Day U15 Sussex v Middlesex (h)
2 U15 Sussex 7s 12.30 Start 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U14 4pm – 5pm Senior Weight Training	3	4 U18 Surrey 7s All Day 3.15pm - 5pm: Senior Weight Training	5 U15 John Fisher 7s All Day	6 1:45pm - 2:25pm Team Run Through 1st XV U16 U15 U14	7	8 U18 Worth 7s All Day All England U16 7s All Day U14 Q E Barnet 7s All Day
9 1:45pm - 2:25pm Fitness 1st XV & U16 4pm - 5pm Fitness U15 & U14 4pm – 5pm Senior Weight Training	10	11 U14 County Cup Final AM Only 3.15pm - 5pm: Senior Weight Training	12	13	14 U15 Embley Park 7s All Day	15 U14 Reigate GS 7s All Day
16	17	18 U15 Sussex v Surrey (h)	19	20 Term Ends	21	22
23 U16 National 7s All Day	24 U18 National 7s All Day U16 National 7s (Provisional)	25 U18 National 7s (Provisional)	26	27	28 1st XV – Sedbergh, Depart	29 1st XV Sedbergh
30 1st XV – Sedbergh, Return	31					

March 2009