

President's Message

Well. We did it again, for the 3rd week in a row we turned off for 20 minutes in what can only be described as an appalling unacceptable spell where we imploded after leading against a grateful ordinary Ayr team who didn't have to do too much to punish us on the scoreboard and left us no way back this time. The positives we can take from this match are that we actually won the 2nd half which did show that we can play, scrap and match the strong teams in this very competitive League, the 6 changes from the team announced on the Thursday certainly didn't help things but as an excuse...not for me. A win today makes it all go away.

Today we welcome Melrose President Trevor Jackson, his committee and supporters who have made the trip up from the Borders, top of the table Melrose as always will be a real handful this afternoon but I do expect a backlash from our lads, no better opposition than today's visitors to kick start our season. Get behind this young team this afternoon and spur them on.

I also welcome our match officials who will be given the utmost respect this afternoon.

Good luck to our 3rd XV who kick off their campaign today away to Strathmore, have a good day lads.

Last weekend our Juniors played Strathallan at many age group levels with much success, it's a fantastic fixture to have which will be repeated in 3 weeks, we want many more of these please.

Off the field our fabulous new Gym is nearing completion, by the time our next home game comes along it should be ready for action, stick your head in and have a look.

Today's match is sponsored by Shepherd Chartered Surveyors, we welcome Andy Hitchen and his guests for what we hope will be a great afternoon for them. My thanks also go to all our table sponsors, and all others who support our club, your backing is greatly appreciated.

7th November (Currie match) is the date for the fabled Ladies Lunch, tickets are £20 and can be obtained through Emma at the Club Office, why not book a table for your party, keep your eye on the Club Website for further details.

As always I appeal for volunteers to help at your club, there is a role for everyone and any time you can give big or small would be greatly appreciated....just contact myself please.

John Wright
Club President

Adamson's Analysis

Confidence is a great thing in sport; key to success some would say. Just look at any top athlete or team, and they exude confidence. To watch the likes of Roger Federer, the Man Utd team of the late 90s, or Usain Bolt (obviously!), and the confidence is pouring out of them. Where does this confidence come from? Does Federer's Buddhist monk'esque calmness under pressure come from a hereditary gene, or is it drawn from the fact that he has won more majors than any other player, and so in the times of real duress, he can fall back on any number of similar experiences and conjure up a format to succeed. Usain Bolt appears an inherently confident athlete, and although an outgoing person, knows that through training in one of the toughest, and best, environments in the world for a sprinter, aligned with the fact that, bio-mechanically he is built for speed, if he nails his strategy he'll win the race. It also helps massively that the confidence he has for his next race, comes from the fact he's no doubt won his previous 10.

At this juncture, Stirling appear to be lacking in a bit of confidence. The effort of the team each week and in training is always top drawer; the players talk with clarity and passion in team meetings, and the team's style of play is built around the high levels of fitness, handling skills and game understanding that they all have; the only thing that is missing to help build the team's confidence is a few wins under the belt. It's something that everyone associated with the 1st XV is working hard, and expects, to achieve. We're confident it's only a matter of time before we show what we're truly capable of, and so fulfil our own expectations.

Moving on, this past week the 1st XV have undertaken part of their training with the U18s. This is something that will become a regular occurrence throughout the season. Stirling County has a great reputation for its youth and U18 rugby, and pleasingly continues to do so; and with the introduction of the club's new Academy, will go from strength to strength. So, with the senior teams in the club going through a phase of transition at the moment, we want to embrace the work the 1st XV squad does with the U18s, and utilise it moving forward for everyone's benefit. Our U18s are the future of our club, and so we want them to be inspired by working with one of the top teams in Scotland, and so do the hard work so will hopefully play for the 1sts and 2nds in the future. By looking at a number of them in their team run against the 1st XV last week, we're confident this isn't going to be too far away.

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