

Eastern Daily Press Sport



Miracle worker Claudio admits the emotion got to him

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■ Tom, left, and Ben Youngs back at Holt RFC. Photo: MARK BULLIMORE

Youngs is hopeful of England return

RUGBY UNION

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Forcing his way back into the England squad will be a major focus for Tom Youngs when he steps up his recovery from back surgery this summer.

The Leicester Tigers forward was back home in Norfolk along with younger brother Ben to officially open a new £500,000 extension to the clubhouse at Holt RFC, where they both played as juniors.

The 29-year-old hooker had his Aviva Premiership season brought to an early end by minor surgery on a back problem, following hot on the heels of missing out on the England squad for the Six

Eddie Jones tells Norfolk forward how he can improve after injury

well. I've just started on my rehab again and flying through it to be fair," Youngs said during his return to Bridge Road.

"I'll be fit for pre-season, for about July time really and then I'll be ready for the beginning of the season.

"It's a shame to miss the back end of the season with the (Premiership) semi-finals and things like that but there you go, that's just what happens sometimes and you've just got to get on with it."

Once that injury issue is overcome the former Gresham's School pupil can set his sights on trying to add to his 28 international caps – and rejoin Ben in the squad which won England's first Grand

"You do refresh your body and mind up," the Cawston-born British & Irish Lions star continued. "I've gone away really thought about my game, what I want to improve and I've had a good conversation with Eddie (Jones) about what I've got to improve on to get back in the England squad.

"So there's always bits you're looking at, you're never the finished article, so I've had a good look at myself and set some new goals for next season and I'm looking forward to executing them next season and getting into pre-season and working really hard."