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# Nedlands Rugby Union Football Club

Est. 1932



## Player Handbook

2016

[www.nedlandsrugby.com.au](http://www.nedlandsrugby.com.au)

# PRESIDENTS MESSAGE

Hello to all players both returning and new for the 2016 rugby season. I hope you had a great off-season break and that you're full of energy and enthusiasm for the season ahead.

As returning players will confirm, we had a fantastic year as a club in 2015 with all 5 teams making the Finals series, and winning Grand Finals in the Premier Grade, Reserve Grade and U19 Colts, as well as the Senior Club Championship for a second time in a row.

The Premier Grade were standout Minor Premiers in 2015 going on to win their GF against Wests 39-27, the Reserve Grade beat Associates in a close game 20-19, and the Colts took down undefeated Joondalup 17-12. And while I'd love to bask in the glory of a magnificent season longer, the achievements of 2015 are now well behind us now as we look forward to a new season.

I am once again very excited about our prospects, especially as the Club has maintained just about all of the coaching staff appointed for the 2015 season. In Premier Grade we have Luke Doherty returning as our Head Coach, supported once again by Tommy Fearn, who is a past Nedlands Premier Grade Player and Coach, and will be our Coaching Co-ordinator for 2016. In the Reserve Grade Aussie Bob Somerville returns as the Head Coach, with Dave McKnight, a past Director of Rugby and a former Premier Grade coach at Nedlands backing up in support once again. Our U20 Colts will be coached by former Samoan test and three time RWC player Lio Falaniko which is a big coup for the Club. In Third grade Chris Soe will once again be leading the boys, as will Bill Allen in 4<sup>th</sup> grade. So once again Neddies has an impressive line-up of coaches which we expect will once again transfer into the same awesome on-field performances as the 2015 season.

We have an excellent team on the Board of Management as well, and already the amount of work your Board and Coaches have put into preparations for this season is incredible. We're here to make sure you guys have every opportunity to be a success on the field, so if you have questions or need a hand then just ask.

To those players who are new to Nedlands, we welcome you to the club. I believe you'll find the men and women who form our club to be both friendly and supportive of new comers, and I am proud you have chosen to join us. You will have to meet some very high standards at Nedlands but you will be encouraged by your team mates who will help you. We support our mates at this club and you will be expected to do the same.

I for one am looking forward to a great season for Nedlands in 2016. I wish you all the very best for the 2016 season and hope you achieve the rugby goals you have set for yourself for this year. We've got some high expectations at this club, so let's work together to achieve those goals and maintain our proud and successful history.

GO NEDDIES!!

Peter Malcolm  
President  
Nedlands Rugby Union Football Club



## **Welcome Message VP Rugby**

It is a pleasure to welcome you to season 2016 at the Nedlands Rugby Club. After an amazing World Cup, and as we build to the Rio Olympics, there is a level of excitement and a focus on the great game of rugby that I hope we can harness to drive another rewarding year at the Foreshore.

Thanks to some great work off the field during the off season by your Board of Management, Nedlands is once again in a great position to meet the needs of all our players for fun, development, camaraderie and a sense of belonging to something significant. The strengths of Nedlands are our history, a culture of success and the commitment of so many to support the playing group at the club.

As a player you can be confident of getting what you want to out of playing rugby if you are prepared to commit. The coaching group at Nedlands in 2015 and again in 2016 is second to none and will be a strength in building teams that play attractive rugby, are successful and allow the individual player to realise his goals in the game. I invite you to share your rugby experience this year with family and friends by inviting them down to our wonderful facility on the banks of the Swan River. A key factor in our most successful years has been the social connection at the club that is at its best when we all contribute to having a good time.

All the necessary support structures and roles have been put in place to share the load of running the Nedlands machine and an important part of that is communication between all parts of the club. The organisation chart included elsewhere shows the people you can contact if you need help or would like to express a grievance.

The club webpage <http://nedlandsrugby.com.au> is our primary source of communication for news and information relating to playing.

Our reputation has been built on the determination and courage of players past and 2016 provides another opportunity to add your piece to the legacy. We will be ready when the whistle signals the start of another great year of rugby in 2016, so bring it on!

**Marty Fitzsimons – VP Rugby On- Field**

# WHO'S WHO & WHAT'S WHAT AT NEDLANDS

The **Nedlands RUFC Board of Management** is comprised of the following positions:

The **Club President** is responsible for the leadership of the Club as a whole and represents the Club to RugbyWA, our business partners, sponsors, supporters and general public.

Nedlands has two **Vice Presidents**, the **VP Rugby On-Field** and the **VP Club Development**. The VP Rugby On-Field is responsible for the management and co-ordination of rugby activities on-field, and is the point of contact for the Director of Rugby, the Coaches, the Team Managers and Player Recruitment. VP Club Development is in charge of the Media, Website & IT matters, and co-ordinating Neddies official Supporters group, The Third Half.

The **Secretary** is the chief administrator of the Club and handles all correspondence, membership files, insurance and management as well as records of meetings and official business. They are in charge of getting all relevant information out to the right people, by email, newsletter or the website. They are also the custodian of membership and contacts database, so if you change your address or email or phone number, remember to tell the Secretary so messages aren't lost.

The **Treasurer** keeps the Club's finances in order and is primarily responsible for handling all accounts, making sure budgets are met, and generally to keep us on track to remaining a profitable and successful Club.

Neddies has two **Executive Board Members**, the **EBM Clubhouse** and **EBM Rugby Support**. The EBM Clubhouse oversees all the activities that make up the efficient management of the clubhouse, including the bar operations, catering and event management, maintenance of the clubhouse, and cleaning services. EBM Rugby Support is in charge of those activities that make playing our game possible, such as Player Registration, Match Day co-ordination, Equipment & Merchandising, the Injured Players Fund and Tour Management.

Finally, our **Junior President** is responsible for the operation of the Nedlands Juniors, and ensuring that the future players in our Senior grades learn to love and enjoy our wonderful game in a supportive and nurturing environment.

The first port of call for playing members should be the **Club Captain**. His job is to make sure that every player in the team is functioning to the best of his abilities and that morale and general enjoyment is maintained to the highest level. He is also responsible for collecting fines, a list of which can be found in 'Player Rules & Expectations'.

A strong Club is a growing Club and the **Recruitment Manager** is in charge of finding new members. If you know of any potential players that need encouragement to find their boots then speak to the Recruitment Manager.

No team can succeed without a **Coach** and the supporting **Team Managers** and at Neddies we seek out the best coaches we can. The team Coaches will develop coaching plans, game strategies and talent identification. They are also looking to develop new and innovative coaching and training methods to assist with player performance and physical and mental well being.

Overseeing the Coaches is our **Director of Rugby** who co-ordinates the coaching message and methods through all grades of the Club, and ensures the best coaching techniques and plans are shared by all teams within the Club.

# NEDLANDS RUGBY UNION FOOTBALL CLUB

## PATRON

**Richard Vaughan**

## PRESIDENT

**Peter Malcolm**

## VICE PRESIDENTS

**Marty Fitzsimons – VP Rugby On-Field**

**Ken Read – VP Club Development**

## SECRETARY

**Jan MacPherson**

## TREASURER

**Lori MacPherson**

## EXECUTIVE BOARD MEMBERS

**Peter Blackburn - EBM Clubhouse**

**Phil Hobbs – EBM Rugby Support**

## JUNIOR CLUB PRESIDENT

**Josh Mylne**

## CLUB CAPTAIN

**Joe Ritchie**

## SPONSORSHIP MANAGER

**Dave Allport**

## PLAYER REGISTRAR

**Vacant**

## CLUBHOUSE MANAGER

**Garry Ash**

## COACHING CO-ORDINATOR

**Tommy Fearn**

## 1<sup>ST</sup> GRADE COACHES

**Luke Doherty**

**Tommy Fearn**

## RECRUITMENT MANAGER

**Murray McLean**

## BAR MANAGER

**Peter Blackburn**

**NEDLANDS RUGBY UNION FOOTBALL CLUB INC**

Charles Court Reserve, 181 Broadway, Nedlands WA 6009

[www.nedlandsrugby.com.au](http://www.nedlandsrugby.com.au)

# Player Rules & Expectations

Players must always remember that their individual actions reflect on the Nedlands Rugby Club as a whole. As a result, the Club expects its members to adhere to the ARU Expectations of Behaviour Guidelines and the Club Rules

## **Nedlands Club Charter**

### **Player Responsibilities – Your Commitment to the Club**

- Ensure payment of all registration fees on time, and if experiencing difficulty with payment speak to the Club about developing a staggered payment plan.
- To attend two training sessions per week unless otherwise specified.
- To always inform coaching staff if unavailable for games or training in a timely fashion.
- If injured an attempt should still be made to attend at least 1 training session per week, Tuesday if possible (rehabilitation programs and physiotherapy at the Club should be attended where injury permits).
- Attend Clubrooms after training on Thursday night for at least 1 drink, does not have to be alcoholic.
- Stay until finish of President's address on Thursday nights after training.
- Stay at Club rooms for a minimum of 2 hours post game (both home and away fixtures) to develop camaraderie and friendships within and outside the Club, this entail to the end of the Post Match Presentation.
- Club functions – players should make a consolidated effort to attend any functions at the Club.
- Players should also make an effort to bring along girlfriends/wives/friends to appropriate functions.
- Players should make themselves available for volunteer and mentoring tasks when required.
- Assist wherever possible with the development of Juniors and Colts within the Club, and recognise the importance of both of these to the future of the Club.
- Promote a positive attitude towards the game on and off the field.
- Respect our own premises and those of other clubs by cleaning up all our rubbish and maintaining a neat and tidy facility and environment. ***DON'T LEAVE IT FOR SOMEONE ELSE***

### **Club Responsibilities – The Clubs Commitment to You**

- Provide an enjoyable, social environment for all players to participate in.
- Provide all players with access to up-to-date coaching and training methods to ensure every player is given the opportunity to improve and develop their skills.
- Provide at least one suitably qualified coach for all senior teams.
- Ensure there is adequate communication to all players, especially with regards to team selection (see NRUFC Selection policy).
- Provide all players, via the coaches, with feedback on their performance as required and ensure each player is aware of their role team.
- Provide an avenue for all players to voice any queries, complaints and suggestions via Club Captain and Team Representation.
- Ensure all teams are run as a well organised unit with suitable management in place.
- Provide players with access to all facilities including Change rooms, Clubrooms and bar.
- Provide players with access to suitable rehabilitation programs to be completed during training if full training cannot be performed.
- Will NOT make excessive demands on players with regards to game time on Saturday. A player should only play more than one game if there is an unexpected injury on the day.



## NEDLANDS RUGBY UNION CLUB INC

### 2016 SEASON FEE STRUCTURE

Registration fees payable by all Players for the 2016 rugby season will be as follows:

Fee Payable	Seniors	U19 Colts
ARU National Participation Registration Fee	\$33.00	\$33.00
ARU National Participation Insurance Levy	\$60.00	\$60.00
Rugby WA Competition Levy	\$22.00	\$22.00
Nedlands RUFC Subscription Fee	\$280.00	\$160.00
<b>Total 2016 Registration Fee</b>	<b>\$395.00</b>	<b>\$275.00</b>

A couple of points worth noting about the 2016 fees are:

1. The Total Registration Fee increase for 2014 fees was due entirely to ARU increases when applied to an individual rather than on a team basis, and remains the same for 2016.
2. Nedlands RUFC in 2016 are again in the mid-range for Premier rugby clubs in Perth, same as 2015.
3. Rugby registration fees are still some of the cheapest of all sports played in WA. For example, fees for Hockey were \$550+, for Volleyball they are \$555, and for Rugby League fees are in excess of \$400 per season.

### REGISTRATION PROCESS

As first introduced in 2015, players no longer register at the Club by signing a form and paying subs directly to the Club. Players will now register online through **RugbyLink** located on the ARU website ([www.rugby.com.au](http://www.rugby.com.au)).

- Players register online with relevant personal details.
- Part of the registration process will be payment of the 2016 Registration Fees stated above. RugbyLink will accept credit or debit card payments.
- The Nedlands Subscription Fee will be distributed automatically to the Club bank account once the 2016 Registration Fees are paid by the player.
- Players will **NOT** be insured unless they are entered into RugbyLink and have paid the 2016 Registration Fees.
- Nedlands prefer a one-off Full Payment of fees when you register online.
- Nedlands realise that not every player can pay their subs in one payment, so a part payment scheme will be made available on-line. There will not be any off-line option. A laptop will be setup at the Club for players to register online throughout the season.
- Because of large financial liabilities and penalties to a Club for non registration and non payment of fees, a strict **No Pay No Play** will be adopted this year. Essentially, if your name does not appear on the ARU registration list then you can't take the field.

## Do your Subs cover the Costs of Running the Club?

The answer to that question is the same as we demonstrated in 2015 - a very resounding **NO**. As you can see from the 2014 and 2015 AGM figures below, Nedlands suffers a very large net loss putting our 5x teams onto the field.

	<b>2014</b>	<b>2015</b>
Player attributed Income & Subscriptions	41,593	35,445
Less Non-Discretionary Spending (ARU & RWA charges, Insurance, Ground Costs, etc)	44,188	31,521
Less Discretionary Spending (Balls, Equipment, Clothing, Physios, Recruitment, etc)	56,571	56,636
<b>Net Loss</b>	<b>59,166</b>	<b>52,712</b>

So while we have managed to reduce our on-field costs in 2015 compared to 2014, we are still having to cover a substantial shortfall in income for our teams to take the field each season.

At Neddies we have always made a concerted effort to keep our subs and other charges as low as possible and therefore affordable to all players. We rely heavily on Sponsors, Fund Raising Lunches, Bar Takings, Catered Functions, Clubhouse Hire and other fund raising activities to balance out our costs, and it is a continual battle to rein in costs and increase income.

Neddies can only continue to remain the successful club it currently is if all players and supporters do their bit to help the club financially. This why we continually urge all players to pay your Subs, support our Sponsors, and get involved in all the club activities – this is the only way that we can keep Nedlands a successful and profitable Club.

Neddies provides huge financial support to our players on an annual basis, so please support your Club so we can keep up the good work.



# **Are You Protected By Insurance In Case Of Injury?**

## **All Registered, Financial Players Have The Following Protection:**

1. Medicare : Covers the cost of treatment in an emergency department of a public hospital, and a *portion* of the cost of a visit to a doctor, X-rays, operations and hospitalisation in a public hospital and any necessary medicines. Does not cover physiotherapy. *You must be registered with Medicare and have a Medicare card to be eligible for these benefits.*
2. ARU Rugby Insurance :
  - a. Makes payouts in case of death or permanent disability.
  - b. Covers 80% of non-Medicare medical expenses (after reimbursement from your private health fund if you have one), including ambulance, physiotherapy, pharmacy, dentistry. There is a \$100 excess (except ambulance), and the maximum benefit payable is \$3,000.
  - c. For wage and salary earners whose employer will not pay you if you're not at work, a weekly benefit of 80% of gross income up to a maximum of \$300 per week for 52 weeks. There is a 28 day excess ie you won't be paid anything until you've been off work for 28 days.You will receive a brochure from the ARU which gives details of this policy.
3. Nedlands RUFC has an injured players fund, which can make *limited* payouts to players to help with rent, food etc in cases of *extreme* hardship.

*Note : 2 and 3 above only apply to registered, financial players – ie those who have paid their subs.*

*If you think you need more protection than the above, e g more income protection insurance, it is your responsibility. For advice contact BUPA, sponsor Rick Wolozny at Trident Insurance Brokers on 92028000, or see the Club's insurance officer Chris Lowson (0404931735).*

## **What if You Need To Make a Claim?**

1. Medicare claims are your responsibility. The Club doesn't need to be involved with these.
2. All ARU Insurance and Injured Players Fund claims should be made through your team manager.
  - a. If the injury is serious (a head or neck injury that requires medical treatment, or any injury that results in you being admitted to hospital), they must complete and submit an ARU Serious Injury Report within 48 hours. These injuries must also be noted on the team-sheet.
  - b. If you are going to make a claim on the ARU policy, your manager will get a signed claim form from the Club's Insurance Officer (Chris), and you must complete this and send it, along with your doctor's report and any other necessary documentation, to the address on the form. Once you have the form, its completion and submission must be done within 28 days, and *is your responsibility*.
3. If you want to make a claim on the Injured Players Fund, give all relevant details (injury, how long affected, how affected, why you need assistance) to your manager, who will convey them to Chris on your behalf.

For all insurance / injured players fund information contact Chris Lowson (0404931735 / 94487345) or at [chrislan99@yahoo.com](mailto:chrislan99@yahoo.com) .



## NEDLANDS RUGBY UNION CLUB INC

### Injured Players Fund Policy 2016

The Club's Injured Players Fund exists to help players experiencing severe financial hardship following an injury. It should not be seen as a substitute for income protection insurance.

Payment from the fund will only be made under the following conditions:

- A request form for injured players must be completed and submitted to the IPF Coordinator (Chris Lawson) through your team manager.
- Players must be registered with and financial members of the Nedlands Rugby Union football Club.
- The injury must have occurred while playing or training for rugby with the Club.
- Payments are made to assist in the purchase of consumables or rental assistance only
- No payment will be paid to assist in medical costs from the fund. These costs can be met by the ARU Insurance and private health insurance.
- Money for the IPF is raised through the weekly Chase the Ace, Parking Fees and the occasional Saturday raffle. **Please support these whenever possible.**

**NRUFC Injured Players Fund Committee**  
**Chris Lawson (0404931735)**

# Sample Training Program

Courtesy of: Lio Falaniko – 2016 U20 Colts Coach

Accredited Personal Trainer  
Accredited Rugby Coach (NZRU Level 2)  
Former Samoan International (3x RWC)

## Weekly Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	C1	C2	W2	W1	Rest	W1	Rest
Evening	W1	C5	C3	C4	Rest	C2	Rest

## Cardio Training

- C1 45 mins jog at long steady pace
- C2 16 x 200m sprint  
12 x 150m sprint  
10 x 50m sprint  
20 x 20m sprint
- C3 40 mins Fartlek run (2 mins sprint, 2 mins slow)
- C4 Speed skills (ladder and hurdles or cones)
- C5 Touch rugby and rugby skills

## Strength Training (W1)

4 – 5 sets x 6 – 12 reps

Barbell flat bench press

Dumbbell shoulder press

Ezy bar or Barbell biceps curl

Barbell squat

Dumbbell walking lunges

Leg press

## Muscle Endurance (W2)

40 mins continuously – 21, 17, 12, 9, 5 reps

Barbell front squat & overhead press

Snatch kettle bell swing

Spew (burpees & pull up)

Legs on bench decline push up

Hanging leg raises (core)

No rest between sets ... sip of water & carry on

Nutrition needs of participants in sport is of great importance to their overall health, growth, development and sporting performance.

The following helpful hints and practical nutrition ideas have been provided for you to increase performance in the sport of Rugby.

## **BEFORE SPORT**

### **High Carbohydrate**

A high carb meal will top-up your muscle fuel (glycogen) I.e. healthy carbs such as bread, cereal and pasta as opposed to coke and lollies (complex versus simple carbs).

### **Low Fat**

Low fat meals digest quickly and will not weigh you down. Low in fat means more room for carbs.

### **Give it time to digest**

Allow 1-4 hours to digest before sport. Running based sports usually need a longer waiting time.

## **AFTER SPORT**

### **High Carbohydrate**

The body is ready to replace the muscle fuel you used during sport. Give it the right fuel

Try a liquid meal instead of solids, for example fruit smoothies, fruit juice, sports drinks (e.g Gatorade) in moderation or Sustagen Sport.

### **High Fluid**

Plenty of fluid before sport minimises dehydration. Water is the best choice.

### **Feel comfortable, not too full**

A bloated feeling won't make you "light on your feet"

### **High Fluid**

Drink plenty of fluid after sport to replace fluids lost through sweating. Keep drinking until you pass clear urine

**Nervous**

# SAMPLE PRE-GAME/TRAINING EATING IDEAS

## Evening Meal Pre Game Menu

- Vegetable/Noodle soup
- Pasta or rice (steamed)
  - Vegetable sauce
  - Seafood sauce
  - Lean meat sauce
- Fruit Salad
- Sorbet
- Low fat Yoghurt

## Breakfast Pre Game Ideas

- Breakfast cereal with reduced fat milk and fruit
- Porridge with reduced fat milk and fruit juice
- Muffins or crumpets with honey/jam /syrup
- Toast with honey/jam/ syrup/Vegemite
- Baked beans on toast

## Smart Snacks

Fresh Fruit

Low Fat Yoghurt or Smoothie

Dried fruit and nuts

Pita bread

Low fat muffins

Wholegrain fruit toast

Vegetable sticks with low fat dip

**Note:** It important to drink fluids before during and after the game, **Water** is the best choice!!

A sports drink at halftime is OK if you require an energy boost as you can digest the carbs quickly.

# **NEDLANDS RUGBY UNION FOOTBALL CLUB CODE OF CONDUCT**

This Code of Conduct ('the Club Code') should be read in conjunction with the constitution of Nedlands Rugby Union Club ('the Club') the Club Disciplinary procedure, the Rugby WA Code of Conduct ('the WA Code') and the Australian Rugby Union Code ('The ARU Code') (together 'the Codes').

The Codes must be agreed to and abided by the following:-

- all players affiliated or representing the Club
- all members affiliated with the Club
- coaches and officials
- supporters/volunteers/club affiliated spectators

All players, members, coaches, officials, supporters, volunteers and spectators must not at any time act in a manner which is detrimental and would bring disrepute to the interests, welfare or image of the Club, its members, sponsors and rugby community.

Any act which falls into the above category will not be tolerated or condoned by the Club. This includes any of the following:-

- Violence on or off the field including at any Club Functions or sponsored events.
- Any unsportsmanlike behaviour.
- Abuse directed towards referees, touch judges or any appointed officials of the Club or Rugby WA.
- Abuse directed towards players, coaches, supporters, volunteers and spectators.
- Racial discrimination or racial vilification.
- Any other behaviour deemed by the Club's Management Committee to be in breach of the Code.

## **General:-**

- Players must at all times play within the spirit and guidelines of the Codes as stipulated by RugbyWA and the International and Australian Rugby Union Boards.
- All players must abide by the rulings of all officials and ensure compliance to any directions given by the same.
- All members must abide by the standards and policies as stipulated within our Club which is a family orientated Club.
- All players, members, coaches, officials, supporters, volunteers and spectators must conduct themselves in a manner which is credible to the game and the Club at all times. Foul language, disrespect and misbehaviour will not be tolerated.

- All members are encouraged to fully support the Club, participate in Club activities and the Club's efforts to achieve its aims and objectives.
- All members are expected to exhibit a friendly attitude towards all other clubs and affiliated members within Rugby WA. This is the spirit of rugby union as we know it.
- The Codes apply to all Club matches, training, social events if officially or unofficially representing the Club at anytime or whenever wearing Club jerseys or other Club merchandise.

#### **Enforcement of the Code:-**

- All members, and in particular senior members, should aid in the enforcement of the Code by either warning a person that they are acting in a way which could be perceived as a breach of the Code or if a person is uncomfortable with this role they should see the Club President, or a Club Committee member who will carry out the function. Delegation of your enforcement role does not remove responsibility not to breach, not to encourage nor to condone breaches of the Code.
- Non compliance with the Code may result in the person responsible being required to appear before the Disciplinary Committee of the Club. Those responsible for any breach may also be subject to additional action by Rugby WA and/or ARU for breach of the WA Code or ARU Code agreed to by all players, members, coaches, officials supporters and volunteers at the commencement of each season.
- Penalties imposed by the Disciplinary Committee will be based on all the information provided to the Disciplinary Committee and the severity of the breach of the Code. Penalties can range from a warning, fine, requirement to reimburse any physical damage caused, suspension from Club playing or social activities through to the revoking of membership. Such penalties will be confirmed in writing to the relevant person(s) by the Chairman of the Disciplinary Committee within seven calendar days of being imposed by the Disciplinary Committee.
- Penalties imposed by the Disciplinary Committee can be appealed to the full Management Committee of the Club. Any appeal on a decision made by the Disciplinary Committee must be lodged in writing with the Secretary of the Club within seven calendar days of the written notification of their decision.
- Any further appeal may be made in accordance with the constitution of the Club if such permits.
- The Club may to the extent required report to Rugby WA and/or the ARU the details of any Code breaches and action taken by the Club.
- Any action taken by the Club in response to breaches of this Code may be in addition to those imposed by Rugby WA and/or the ARU.



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