



Innovative • Productive • Safe

Nedlands

Rugby Union Football Club

Est. 1932



Player Handbook

2017

www.nedlandsrugby.com.au

PRESIDENTS MESSAGE

Hello to all players both returning and new for the 2017 rugby season. I hope you had a great off-season break and that you're full of energy and enthusiasm for the season ahead.

Nedlands enjoyed another positive season in 2016 with 3 teams making the Finals series. We had narrow loses in the Grand Finals for the Premier Grade and for Third Grade. Victory came for the U20 Colts taking out their Div 2 Grand Final beating Rockingham.

I am very excited about our prospects for the 2017 season. In Premier Grade we have Tony Ball returning to the position of Head Coach. Tony was a former Neddies premier grade player and Premier Grade Coach from 2008-2013, collecting two. We welcome Dean Carlisle back to Nedlands following his two-year stint as Joondalup Head Coach. Dean will be Premier Grade Assistant Coach. Aussie Bob Sommerville returns to coach Reserve Grade ably supported by David McKnight, a former premierships winning coach of Premier Grade. The future of premier grade is again in the capable hands of former Samoan RWC player Leo Falaniko who will coach the U20 Colts. Steve McCullough can't stay away and will lead the regular finalist 3rd grade team. Bill Allen rounds out the coaching staff taking on the 4th grade team once again.

I also have two exciting announcements for 2017. First up, a Women's side will be playing at the club once again and will be coached by Louise Smith, a former Neddies player herself. Secondly, we are developing our coaching depth by having four ex-players join the premier and reserves grade coaching squads in the expectation they will move into senior coaching roles within the club in the not too distant future.

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. We support our mates at Nedlands and you will be expected to do the same. I am looking forward to a great season for Nedlands in 2017. I wish you all the very best and hope you achieve the rugby goals you have set for yourself. I anticipate working together to achieve those goals and to maintain our proud and successful history.

GO NEDDIES!!

Peter Malcolm
President
Nedlands Rugby Union Football Club



Welcome Message VP Rugby

A big welcome to all players for what will be a memorable season 2017 at the Nedlands Rugby Club. I still feel lucky to be part of a club that continues to build on a fine tradition and history of success by providing new opportunities for players and coaches to realise their goals in the great game.

It is an exciting time to be part of rugby in WA with well-established pathways in place for players to move through the ranks at Nedlands and on to a career in professional rugby. Nedlands has been well represented in the Perth Spirit, the Future Force and Western Force showing that playing for Nedlands is a positive move for your rugby career.

A special measure of Nedlands is that we have been able to provide the development for players aspiring to higher honours without losing sight of the core foundations of rugby – fun, camaraderie, challenge and enjoyment for all. As with all worthwhile endeavours the more you put in to the club the more you will gain as a player and a person.

We become a more complete club in 2017 with the return of women's rugby to the foreshore after a long hiatus. I am sure any players from our last women's team will be grateful for the improvement in facilities since then!

I urge all players to do the right thing by registering early, paying your subs, committing to training and together making this the best rugby season of your life thus far. We have a strong coaching and off-field support team ready and willing to do their best to make your playing experience special. Let's get it going.

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:

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

Vice Presidents - VP Rugby On-Field and 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.

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.

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.

Executive Board Members - 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.

Junior President - 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.

How can players be heard?

The first port of call for playing members should be the **Club Captain (CC)**. The CC's job is to make sure that every player in the team is functioning to the best of their abilities and that morale and general enjoyment is maintained to the highest level. The CC 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.

Team Support

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

Martin FitzSimons – VP Rugby On-Field

David Hugo – VP Club Development

SECRETARY

Jan MacPherson

TREASURER

Lisa Melvin

EXECUTIVE BOARD MEMBERS

Jim Garvey - EBM Clubhouse

Phil Hobbs – EBM Rugby Support

JUNIOR CLUB PRESIDENT

Josh Mylne

CLUB CAPTAIN

Shane Hemi

SPONSORSHIP MANAGER

Dave Allport

PLAYER REGISTRAR

Jim Garvey

1ST GRADE COACHES

Tony Ball

Dean Carlisle

Sam Rarasea

RECRUITMENT MANAGER

Richard Naylor

CLUBHOUSE MANAGER

Garry Ash

BAR MANAGER

Gordene Tuhoro

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 Clubrooms for a minimum of 2 hours post game (both home and away fixtures) to develop camaraderie and friendships within and outside the Club, until 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 friends/partners 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 in the 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

2017 SEASON FEE STRUCTURE

Registration fees payable by all Players for the 2017 rugby season will be as follows:

Fee Payable	Seniors	U19 Colts
ARU National Participation Registration Fee	\$33.75	\$33.75
ARU National Participation Insurance Levy	\$65.00	\$65.00
Rugby WA Competition Levy	\$21.25	\$21.25
Nedlands RUFC Subscription Fee	\$275.00	\$30.00
Total 2017 Registration Fee	\$395.00	\$150.00

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

Nedlands RUFC in 2017 are again in the mid-range for Premier rugby clubs in Perth

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).

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 a very resounding **NO**. As you can see from the 2014, 2015 and 2016 AGM figures below, Nedlands suffers a very large net loss putting our 5x teams onto the field.

	2014	2015	2016
Player attributed Income & Subscriptions	41,593	35,445	25,545
Less Non-Discretionary Spending (ARU & RWA charges, Insurance, Ground Costs, etc)	44,188	31,521	34,160
Less Discretionary Spending (Balls, Equipment, Clothing, Physios, Recruitment, etc)	56,571	56,636	42,964
Net Loss	59,166	52,712	51,579

So while we have managed to reduce our on-field costs, we still have 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.

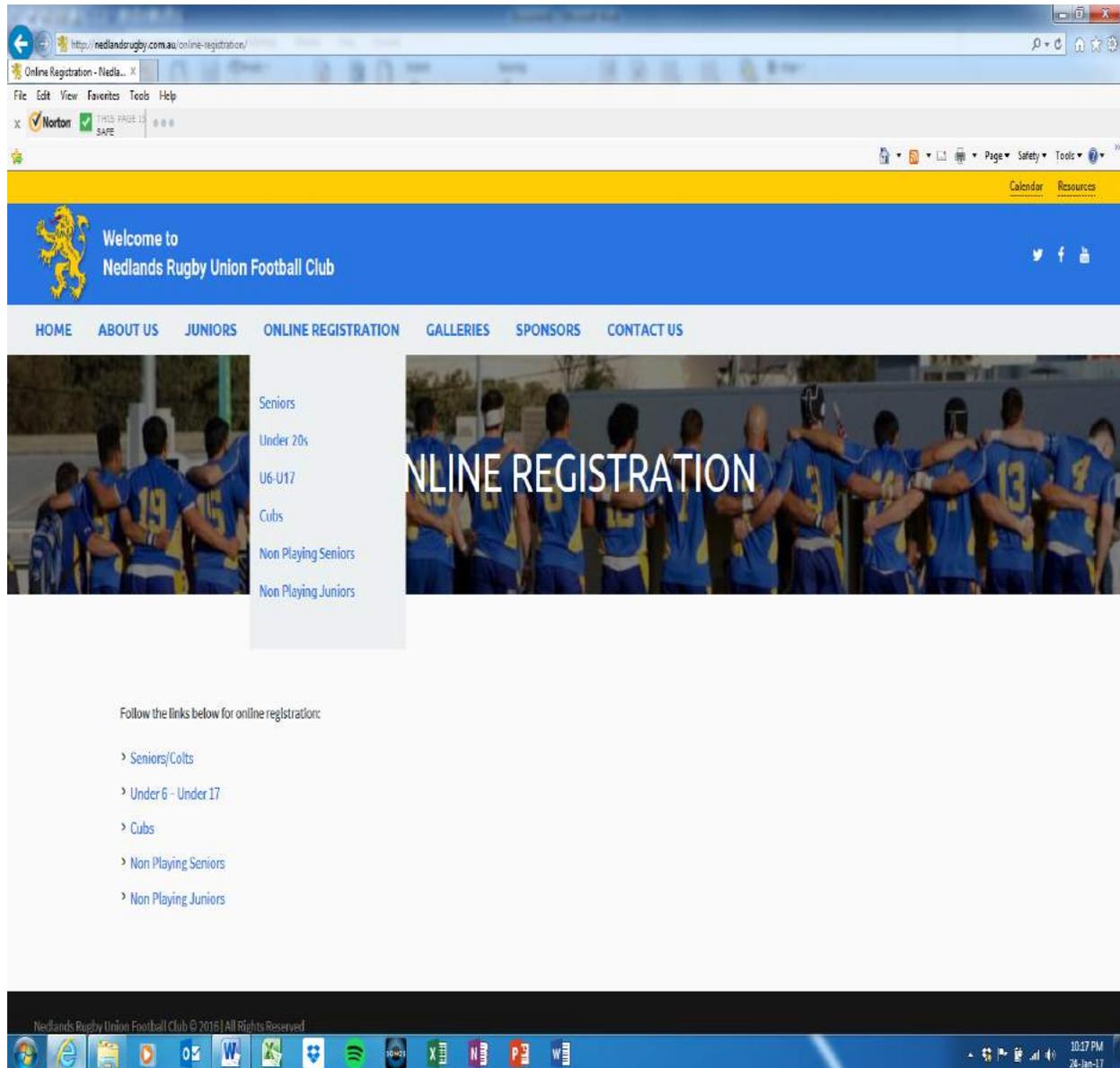
As a player how can you help?

- 
- Pay subs on time.
 - Enjoy drinks and food from the bar and canteen.
 - Invite friends and family to join us at Nedlands.
 - Let the sponsorship manager know about people you know who could sponsor Nedlands.
 - Support and actively participate in Nedlands social media.
 - Support functions, provide ideas for social functions, and bring friends along to social functions.

2017 Online Registration Process

Go to the Nedlands RUFU website at www.nedlandsrugby.com.au

Click on the 'ONLINE REGISTRATION' tab and select SENIOR MENS, SENIOR WOMENS, U2 COLTS or NON-PLAYING MEMBER.



The screenshot shows a web browser window displaying the Nedlands Rugby Union Football Club website. The browser's address bar shows the URL <http://nedlandsrugby.com.au/online-registration/>. The website has a blue header with the club's logo and the text "Welcome to Nedlands Rugby Union Football Club". Below the header is a navigation menu with the following items: HOME, ABOUT US, JUNIORS, ONLINE REGISTRATION, GALLERIES, SPONSORS, and CONTACT US. The "ONLINE REGISTRATION" menu item is highlighted, and a dropdown menu is visible with the following options: Seniors, Under 20s, U6-U17, Cubs, Non Playing Seniors, and Non Playing Juniors. Below the navigation menu is a large banner image of a rugby team in blue and yellow jerseys, with the text "ONLINE REGISTRATION" overlaid. At the bottom of the page, there is a footer with the text "Nedlands Rugby Union Football Club © 2016 | All Rights Reserved". The Windows taskbar at the bottom of the screenshot shows the time as 10:27 PM on 24-Jan-17.

Follow the links below for online registration:

- > Seniors/Colts
- > Under 6 - Under 17
- > Cubs
- > Non Playing Seniors
- > Non Playing Juniors

After clicking on one of the 4x sign-in options, you will then be re-directed to the ARU's RUGBYLINK website.

The RUGBYLINK welcome page lists the products for sale under the selection. If this is the correct selection for you then click on 'GET STARTED'. If not, go back to the Neddies web page and select the correct sign-in option.



Welcome

On behalf of the Nedlands RUFC, welcome to the 2017 SENIOR MENS Registration portal.

Thank you so much for joining Neddies and playing at this wonderful club. We're going to have a fantastic 2017 so I look forward to seeing you on the field.

Best Regards,
Peter Malcolm
President Nedlands RUFC

A summary of your available purchase options are listed below.

Registration Products

Nedlands RUFC 2017 SENIOR MENS Subscriptions

2017 Annual Subscription Fees for SENIOR MEN Players - Full Payment

Nedlands RUFC 2017 SENIOR MENS Subscriptions (Payment Plan-1st Installment)

2017 Annual Subscription Fees for SENIOR MEN Players - Payment Plan 1st Installment (due 25-Mar-17)

Other Products

Nedlands RUFC 2017 SENIOR MENS Subscriptions (Payment Plan-2nd Installment)

2017 Annual Subscription Fees for SENIOR MEN Players - Payment Plan 2nd Installment - due 01-May-2017

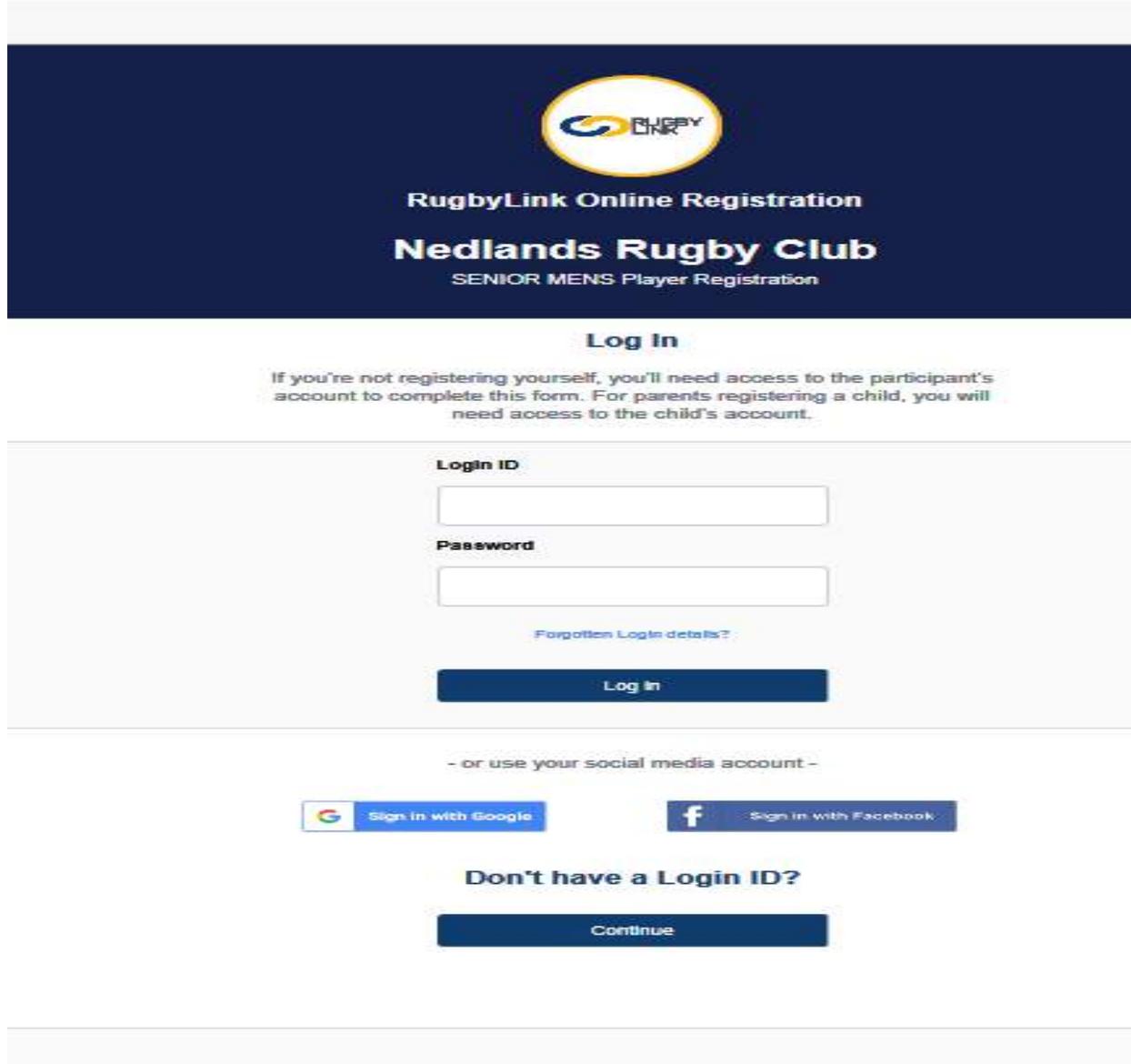
Payments



You can pay online at the checkout using secure online credit card payments.

[Get started](#)

Enter the LOGIN ID and the PASSWORD that was emailed to you (go to Item #10 below) and select 'LOG ON'.




RugbyLink Online Registration
Nedlands Rugby Club
SENIOR MENS Player Registration

Log In

If you're not registering yourself, you'll need access to the participant's account to complete this form. For parents registering a child, you will need access to the child's account.

Login ID

Password

[Forgotten Login details?](#)

Log in

- or use your social media account -

 **Sign in with Google**  **Sign in with Facebook**

Don't have a Login ID?

Continue

If you can't remember your LOGIN ID or PASSWORD, or you are a New Participant (and need to create a new account) then select 'CONTINUE' under the words 'Don't have a Login ID'.

Enter First Name, Last Name, Email Address and DOB in the sections requested, then select SEARCH.



The screenshot shows the 'Participant Search' section of the RugbyLink Online Registration page for Nedlands Rugby Club. At the top, there is a dark blue header with the RugbyLink logo and the text 'RugbyLink Online Registration', 'Nedlands Rugby Club', and 'SENIOR MENS Player Registration'. Below the header, the section is titled 'Participant Search' and includes the instruction 'We first need to check for an existing record.' The form contains four input fields: 'First Name', 'Last Name', 'Email Address', and 'Date of Birth' (with a placeholder 'DD-MM-YYYY'). A blue 'Search' button is located at the bottom of the form.

If you have been registered in RUGBYLINK before then a record of Clubs you have been registered to will be displayed. Select 'FORGOT PASSWORD' for a new Password to be generated, and which will be sent to the email address nominated in RUGBYLINK.



The screenshot shows the 'Search results' section of the RugbyLink Online Registration page for Nedlands Rugby Club. At the top, there is a dark blue header with the RugbyLink logo and the text 'RugbyLink Online Registration', 'Nedlands Rugby Club', and 'SENIOR MENS Player Registration'. Below the header, the section is titled 'Search results' and includes the instruction 'The details you have entered match the following record(s):'. A search result card is displayed, featuring a profile icon and the following information: 'Malcolm, Peter F', 'b. 1955 ID# 2008348', 'RugbyWA Juniors', 'RugbyWA Competition', 'Inverell RLFC', 'Nedlands JRUFC', 'Nedlands Rugby Club', and a blue link for 'Forgot Password'. Below the search result card, there is a dashed box containing a profile icon and the text 'Can't find what you're looking for?' and 'Create a new account...'.

If NO record is found select 'Create a New Account'. You will be transferred to the page in Item #10 below.

The Registration Product page is displayed next, and you need to select the option that you want to purchase. Once selected click 'CONTINUE'.

RugbyLink Online Registration

Nedlands Rugby Club
SENIOR MENS Player Registration

Let's get started!

Choose your items from the options below to get started.

Registration Products

<input checked="" type="radio"/>	Nedlands RUFC 2017 SENIOR MENS Subscriptions \$370.00 \$395.00 2017 Annual Subscription Fees for SENIOR MEN Players - Full Payment Registration valid from: Jan 1, 2017 to Dec 31, 2017 Open \$ Earlybid
<input type="radio"/>	Nedlands RUFC 2017 SENIOR MENS Subscriptions (Payment Plan-1st Installment) \$275.00 2017 Annual Subscription Fees for SENIOR MEN Players - Payment Plan 1st Installment (due 25-Mar-17) Registration valid from: Jan 1, 2017 to Dec 31, 2017 Open

Other Products

<input type="radio"/>	Nedlands RUFC 2017 SENIOR MENS Subscriptions (Payment Plan-2nd Installment) \$120.00 2017 Annual Subscription Fees for SENIOR MEN Players - Payment Plan 2nd Installment – due 01-May-2017
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[Continue](#)

Enter personal details in the boxes as requested. Once completed select 'CONTINUE' where upon you will be asked to REVIEW the Product and Personal Details and Accept the Registration Terms & Conditions by selecting CONTINUE.

Nedlands Rugby Club

SENIOR MENS Player Registration



Participant Details

First Name*

Middle Name

Last Name*

Gender*

Male Female Undisclosed

Date of Birth*

Email Address*

Home Phone Number

Mobile Phone Number*

Address*

My address cannot be found

Next of Kin / Emergency Contact - Name*

Next of Kin / Emergency Contact - Number*

Other Information

Please enter your Country of Birth*

From there you will be taken firstly to the Payment page, and then to the Summary page.

Once at the Summary Page select 'PAY NOW' and a confirmation notice will be displayed. Payment has been received and you are now Registered to play rugby at Nedlands.

Are You Protected By Insurance In Case Of Injury?

All Registered, Financial Players Have The Following Protection:

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.*

ARU Rugby Insurance :

Makes payouts in case of death or permanent disability.

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.

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 i.e. 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.

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 – i.e. 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 Lawson (0404931735).

What if You Need To Make a Claim?

Medicare claims are your responsibility. The Club doesn't need to be involved with these.

All ARU Insurance and Injured Players Fund claims should be made through your team manager.

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.

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*.

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.



NEDLANDS RUGBY UNION CLUB INC

Injured Players Fund Policy

2017

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 tips...

Nutrition needs of participants in sport are 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.

Nervous

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.

AFTER SPORT

High Carbohydrate

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

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

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

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

NEDLANDS RUGBY 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 with 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

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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