



# The Pally Post

Newsletter of the Palmyra Rugby Union Club Est. 1934

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

No 1 - 2010

## CLUB PRESIDENT'S MESSAGE

With the Super 14 season kicking off this week it's a sure sign that club rugby is just around the corner; I can smell the linament already!

From the Committee's perspective, we are looking to build on the successes of 2009 in every department and take it to the next level. Considerable effort has been put in by the Committee over the summer to plan for the 2010 season and in most areas we are better placed than last year. It is hoped that we can continue to develop the "one club" philosophy and have an even greater overlap of involvement between the junior and senior ranks

We are blessed with a great parent group with our juniors and a hard-working team of volunteers that are the machinery behind our great club, ensuring that all of our teams can focus on training and playing. We can always use more volunteers so if you have a passion for the game and can offer some time or expertise, please make yourself known to a Committee member. To all of those volunteers, supporters and sponsors, I thank you in advance of what is to come as the club enters its 76th year.

A number of new sponsors have come on board this year, notably Solahart, Taylor Woodings - Chartered Accountants, Bankwest and Flight Centre; please support them when you can.

2010 has a good feeling. Go Pally!

**Kim Short**  
President

## VICE PRESIDENT - JUNIORS WELCOME

Junior Rugby Season 2010 is almost upon us. I look forward to greeting both returning and new members at the Club's Registration Day (9:30 to 1:30 Saturday 20 February). I expect that player numbers will increase at Palmyra in 2010 as they did in 2009, and I encourage all of you to come down to register on the day so that we can get our team nominations right and ensure that there is a team for all players wanting to play rugby in 2010.

We have a strong club:

- a good body of volunteers (Committee, Coaches, Managers and those who just pitch in to make things work),
- players who conduct themselves well, both on and off the field and,
- parents/spectators who support these players throughout the season.

We welcome volunteers, and I hope that even more of you will step up in 2010 to support your child's club by helping with coaching, team management or as a sponsor. There will be opportunities at Registration Day to register your interest in volunteer roles.

Go Pally in 2010!

**Michael Mullins**  
Vice President- Juniors

## 2010 COMMITTEE

Your Committee members are as follows:

<b>President</b>	Kim Short
<b>Vice President (Seniors)</b>	Don Galbraith
<b>Vice President (Juniors)</b>	Michael Mullins
<b>Secretary</b>	Chris Ward
<b>Registrar</b>	Steve Moran
<b>Treasurer</b>	Dougal Hughes
<b>Committee Members</b>	Tim Barling Rob Salotti Mal Siddons

## Junior Sub Committee

Chairperson	Michael Mullins
Secretary	Michael Speldewinde
Treasurer	Kylie Legg
Registrar	Sam Cullen
Committee Members	Scott Chesterton Jason Cullen Michael Mallis Neil Montgomery Quentin Pugh Lavina Short Christiane Spiess Dennis Strydom Anne Ward

## REGISTRATION DAY

Registration Day for all players will be on Saturday 20<sup>th</sup> February from 9:30am to 1:30pm at Tompkins Park, Alfred Cove.

If you cannot attend on the day due to other commitments would you please register with the following persons before 20<sup>th</sup> February:

Juniors (Under 6 to Under 16) – Samantha Cullen (cullenfamily@inet.net.au)

Seniors (Under 18 and up) – Steve Moran (wcs1@iprimus.com.au)

It is important that we have all registrations concluded by the end of February as Rugby WA requires team nominations and fees to be paid.

Bring a friend and let's make 2010 a massive year for Pally. We would like to break the 300 mark with our junior numbers and to have a full complement of senior teams including two Colts teams (U18 and U20).

Note: There will be cricket games on at Tompkins Park on the day so parking will be more restricted than normal. Some overflow parking will be made available to assist.

### Seniors Fees

Senior Players	\$150
Social Members	\$30
Premium Members	\$180

### Junior Fees – Treasurer's Message

Welcome to our returning members and a big welcome to our new members for 2010,

I'd like to introduce myself as the new Treasurer for the juniors and would also like to send a huge thank you on behalf of the club to Christiane Spiess for her contribution to the role over the past 7 years. Christiane's smiling face will still be seen regularly at the club though while she helps me find my feet in the role!

Registration fees for the 2010 season are as follows:

UNDER 6's - 10's	\$125
UNDER 11's -12's	\$140
UNDER 13's - 16's	\$150

Payment options are via CASH, CHEQUE or CREDIT CARD.

To register on Registration Day there are three steps:

1. Parent / guardian to sign paperwork
2. Photo taken of player
3. Pay registration

Any new players to the club will also need to bring Proof of Age, such as a Birth Certificate, which will be scanned and returned immediately to you.

Keen to play with Palmyra in 2010 but can't attend Registration Day? Please discuss other arrangements with our Registrar, Samantha Cullen via email cullenfamily@inet.net.au, telephone 9317 8872 or mobile 0407 195 355.

Please let me know if you have any other queries in regards to fees or payment of fees.

**Kylie Legg**  
Club Treasurer  
0416-229-089

## JUNIOR CLUB MERCHANDISE

Items available for sale on Registration Day

Playing shorts @ \$25 and socks @ \$10, all sizes

There will also be available the Lightweight training jackets and track pants at half the regular price. At these prices for example, a new under 6 player could have a full Paly tracksuit for just \$20!

Also we will have a limited number of our very durable training shirts for \$27 and Polos in adult sizes for half price....\$15!

A number of shorts in various shades of blue and mix of sizes will be on sale for use as training shorts only for \$5/pair !!

Payment can be made with registration, and we accept cheques and cash and credit card.

## BOOT RECYCLING STALL

The Juniors will have a boot recycling stall running on registration day.

Here's how it works.:-

- Bring a pair of boots to donate and you can upgrade to a pair in the pool for a nominal cost.
- If you haven't got any to donate you can still purchase a pair.

All donations of boots accepted with no obligation to buy. All proceeds to the club for playing and training equipment.

## JUNIOR PRE-SEASON TRAINING



That's right, time to start getting ready for games in 2010! First up will be training sessions for our Under 16 and Under 15 players, with training sessions run by our new Coaching Coordinator every Tuesday between 5:30 and 6:30pm starting 23 February at Tompkins Park.

Training sessions for Under 6 to Under 14 players are expected to start in March and will be advised at Registration Day on Saturday 20 February.

## SENIOR PRE-SEASON TRAINING

**Seniors (Under 18 and up)** – has already started. Each Tuesday and Thursday from 6.30pm sharp to 8.00pm at Tompkins Park.

### KEY DATES

Key dates in the first half of the season to diarise:

Date	Event
Thu 18 Feb	Seniors players BBQ
<b>Sat 20 Feb</b> 9.30am -1.30pm	<b>Registration Day</b> at Tompkins Park (all players)
Mon 8 Mar 6.30pm	Smart Rugby Course at Tompkins Park (all coaches)
Thu 11 March	Seniors players BBQ
Sat 13 March	Rugby WA 10's Tournament (seniors)
Sun 21 & Wed 24 Mar	15s Regional Trials
Sat 27 March	Senior trial vs Kalamunda and evening Sundowner
Sat 10 April	1 <sup>st</sup> Competition game (seniors) – at home vs Nedlands
Sat 17 & 24 April	Grading Games 11s to 14s at Britannia
Sat 1 May	1 <sup>st</sup> Competition Game (juniors)
Thurs 6 May	Kickstart Programme (coaches of junior 6s to 12s) at Tompkins Park
Sun 13 & Wed 16 June	14s Regional Trials
Sun 20 & Wed 23 June	16s Regional Trials

## CLUB WEBSITE

Our club website [www.palmyrarugby.com.au](http://www.palmyrarugby.com.au) is undergoing refinement and will be one of our primary communication tools going forward. We would encourage all of our members to regularly check the website for club news and event details.

## SOCIAL MEMBERSHIPS

Our social membership package has been reviewed and presents very good value.

The cost for 2010 is \$30 and for that outlay each member will receive a unique key tag, Pally Stubby Holder, fridge magnet, sticker, 20% discount on all alcoholic purchases at Tompkins Park and the pleasure of being a member of the best rugby club this side of Sydney!

It hoped that the majority of our supporters will become Social Members and will be regulars down at Tompkins Park during the season.

## UPDATED LOGO

The club logo has been refined as part of a re-branding process designed to both modernise and standardise the artwork and colours.

All new club stationery, merchandise and clothing will incorporate the new logo. We are keen to promote the "palm trees" as a strong part of our brand and the palm tree image will remain a feature of items such as our Hoodies and training shirts.

## BREAKFAST AT TOMPKINS PARK

If you are looking for a new venue for breakfast or coffee with friends overlooking the river or a place to go after a walking or cycling along the river, try our clubrooms at Tompkins Park where breakfast is being served on Saturdays and Sundays through to the end of February.

## MEMBERS BUSINESS DIRECTORY

If club members (including parents of junior players) have businesses that they would like to advertise on the club website we are preparing a Business Directory.

For a fee of \$200 we will place the business name, type of business and contact details on our website.

If you are interested contact Kim Short on [kim@projectdirectors.com.au](mailto:kim@projectdirectors.com.au)

## **BUSINESS PARTNERS**

Palmyra Rugby Club has formed a business partnership with the following firms:

**Bankwest** – The club will receive a commission for any home loan referred to Bankwest by a member and / or supporter of the Palmyra Rugby Club. As well as getting a very competitive finance arrangement you will be assisting the club as well. Please call either Peter Waldron or Stacy Bell-McCarthy on 0418 921 874 and mention the club.

**Flight Centre, Booragoon** – The club will receive a commission for any travel booked through Flight Centre at Garden City. Please contact Simon Harrison on 9464 3233 or simon.harrison@flightcentre.com.au and mention that you're with Pally for a good deal on your next trip interstate or overseas.

We would welcome hearing from any other business that wish to partner with the club for mutual benefit.

## **WANTED - EMPLOYMENT FOR PLAYERS**

To remain competitive in our senior grades it is essential that we recruit new players to complement our local players. A number of new players are arriving from interstate and NZ in February and March and require employment.

If any of our members or parents of our juniors have businesses that require staff or know of employment opportunities would you please contact Kim Short on 0417 172 909. Your assistance in this regard will be most appreciated. Jobs in the construction, warehousing and retail industries are generally what we are targeting but any work within the Perth metropolitan area is good.

## **CLUB SPONSORS**

Confirmed 2010 Sponsors to date are:

**Project Directors Australia**, project managers – contact Kim Short (0417 172 909)

**Solahart**, solar hot water units – contact either Jay Gillett (0412 400 768) or Mal Siddons (0418 955 330)

**Taylor Woodings**, chartered accountants – contact Mike Ryan (9321 8533)

**Bankwest**, personal and business finance – contact Don Galbraith (0417 987 957)

We are actively seeking additional sponsors so if you have a business that would like to play a part in Palmyra Rugby Club this year please contact Kim Short or any of the Committee members.

Please support our sponsors when you can as their generosity provides the oil that keeps the Pally machinery humming.

## **WEIGHTS ROOM UPGRADE**

The club has recently invested a sizable sum of money to upgrade the weights room.

The facilities are available for all of our financial members and for those who have registered with Andrew Denovan, our Strength and Conditioning Coach who will prepare a weights programme for each individual.

Teenage boys will need their parent's permission before using the weights.

## **JUNIOR COACHING COORDINATOR**

Bernard Blanch has taken on the Coaching Coordinator's role at Palmyra Juniors in 2010. Bernard will work with the Club Committee and coaches to improve the level of rugby knowledge and skills across the Club.

Bernard has a wealth of experience to draw upon, both as a player and as a coach of junior rugby players, to help our coaches and our players lift their game in 2010. Bernard played (as no.12) at West Harbour (Sydney) from 1990 to 1993, has coached since 1994 (community rugby and school teams, as well as the WA U15 State Team in 2007) and has Level 2 Coaching accreditation.

Bernard will be at Registration Day and will also meet coaches at a coaches meeting expected to be held in mid March.

## **RUGBYWA JUNIOR ACADEMY**

Congratulations to Johnny Van der Wielen and Nicholas Ward from the 15s who have been selected



as members of RugbyWA Junior Academy. The boys have been attending 4 x 2 hours session per week at RugbyWA headquarters at Perry Lakes since November.

This will continue into the playing season. Johnny and Nicholas both started at Palmyra in the 9s and were members of last season's 14s grand final team.

The RugbyWA Junior Academy caters for identified players from 14 - 18 years of age and is aimed at preparing them for higher representative honours through not only State teams but the JGS (Junior Gold Squad) and Emirates Western Force Academy.

## **JUNIOR MEMBERSHIP PROTECTION OFFICER**

Michael Mallis is the Juniors Membership Protection Officer. This role is a nationwide requirement for community groups working with children. Michael has undergone a four week training course with the department of sport and Recreation in order to fulfill this role.

Brief description of the position:

The Member Protection Officer is the first point of call in the Club for any enquiries, concerns or complaints about harassment and abuse. The officer provides confidential information and moral support to the person with the concern or who is alleging harassment.

The Member Protection officer plays an integral and significant role to the successful implementation and success of Member Protection within the Club.

The primary functions of the role are to:

- Listen to complaints and concerns from members and visitors.
- Provide support for all members.
- Provide information and options for member behaviour (not advice).
- Be accessible and approachable to all Club members.
- Mediate complaints at a formal and informal level.
- Maintain confidentiality for all Club members.
- Support and provide information to Club Judiciary Panel.
- Carry out unbiased investigations and make reasonable recommendations.

This Member Protection Policy (Policy) aims to ensure the ARU's core values, good reputation and positive behaviours and attitudes are maintained. It assists us in ensuring that every person involved in rugby is treated with respect and dignity, and is safe and protected from abuse. This Policy also ensures that everyone involved in rugby is aware of his or her legal and ethical rights and responsibilities.

The Policy supports the ARU's commitment to eliminating Discrimination, Harassment, Child Abuse and other forms of inappropriate behaviour from rugby. As part of this commitment, the Rugby Bodies will take disciplinary action against any person or organisation bound by this Policy if they breach it.

- This Policy applies to the following, whether they are in a paid or unpaid/voluntary capacity:
- Individuals sitting on boards, committees and sub-committees;
- Employees and volunteers;
- Support personnel (e.g. managers, physiotherapists, psychologists, masseurs, sport trainers);
- Coaches and assistant coaches;
- Athletes and players;
- Referees and other officials;
- Members, including life members;
- Member Unions;
- Affiliated Unions and associated organisations;
- Rugby Bodies;
- Any other person or organisation that is a member of or affiliated to any Rugby Body;
- Parents, guardians, spectators and sponsors to the full extent that is possible.

## **THE FORCE PHOTOSHOOT**



Jaymon Legg from the Under 11's had the opportunity to quiz James O'Connor on his match secrets at the Western Force 2010 team photo shoot. Jaymon represented Palmyra Juniors and can

soon be seen with other club juniors in the front row of Rugby WA's promotional advertising.

## **2010 JUNIOR COACH AND MANAGER NOMINATIONS NOW OPEN**

If you would like to coach or manage a junior team this season please register your interest with Michael Mullins [mtmullins@bigpond.com](mailto:mtmullins@bigpond.com) . Nominations will be taken to the Junior Committee for endorsement.

## **JUNIOR SPONSORSHIP PACKAGES**

A number of new sponsorship packages will be this season. A range of packages will be available for individuals and businesses wishing to support the club.

See the Sponsorship Table at Registration Day for more details.

## COACHING AND REFEREEING COURSE DATES

Please email Michael Mullins at [mtmullins@bigpond.com](mailto:mtmullins@bigpond.com) if you are interested in attending any of these courses.

U6-U12 : Each team in these age groups must have at least one coach who, as a minimum, has attended a Coaching Kids Rugby or a Refereeing Kids Rugby Course (formerly Junior Player Pathway), or Foundation Course. Also teams, listed first in the Under 6 – 10 age groups, must provide a suitably qualified referee for each game.

U13-U16 : Each team in these age groups must have a coach who holds a current Foundation or higher (Level 1,2 or 3) coaching accreditation, or have attended or be enrolled on, and participate by mid- season (30 June), a Foundation Coaching Course.

<b>Training Courses</b>	
<b>Foundation</b>	
Cottesloe - Harvey Field	SUN 21st Feb
RugbyWA	SUN 14th Mar
Mandurah - Coote Reserve	SUN 28th Mar
Joondalup - Arena	SUN 18th Apr
ARKS - John Dunn Oval	SUN 2nd May
Nedlands - Ch. Court Reserve	SUN 16th May
<b>Smart Rugby</b>	
University - McGillivray Oval	WED 24th Feb
Wanneroo- Kingsway Reserve	WED 3rd Mar
Palmyra - Tompkins Park	MON 8th Mar
Kalamunda - Hartfield Park	WED 24th Mar
Wests - Rosalie Park	MON 12th Apr
Midland - Farral Oval	WED 21st Apr
North Coast - Kingsbridge Oval	WED 5th May
Rockingham - Lark Hill	MON 10th May
Katanning	SAT 5th Jun
<b>Referee (AR=Touch Judge)</b>	
Pre-season Seminar	SAT 20th Mar
Level 2 Course - RWA	S/S 20/21st Feb
Level 1 Referee Coaching - RWA	SUN 9th May
AR Course - Rugby WA	MON 22nd Mar
AR Course - Rugby WA	MON 29th Mar
Refereeing Kids Rugby - Britannia	SAT 17th Apr
AR Course - Britannia	SAT 24th Apr
AR Course - Rugby WA	MON 3rd May
<b>Coaching</b>	
Level 2 Course	F/S/S 5/6/7th Mar
<b>Coaching Kids Rugby/Kickstarts</b>	
Perth Bayswater	4th Mar
ARKS	9th Mar
Nedlands	11th Mar
Joondalup	16th Mar
North Coast	18th Mar
Mandurah	23rd Mar
Wanneroo	24th Mar
Rockingham	25th Mar
Wests Subiaco	1st Apr
University	20th Apr
Associates	22nd Apr
Midland	27th Apr
Kalamunda	28th Apr
Cottesloe	29th Apr
Southern Lions	4th May
Palmyra	6th May