



The Pally Post

Newsletter of the Palmyra Rugby Union Club 75th Est. 1934

www.palmyrarugby.com.au

No 3 – 2010

CLUB PRESIDENT'S MESSAGE

We're now past the halfway mark of the season and heading into the home straight.

Sickness, injuries and the winter weather are all taking their toll on player numbers throughout the grades and it is a real test of the clubs' depth and the players' character to finish the season off strongly. Despite this annual occurrence, the club is again well placed in a number of junior and senior teams to compete in the finals series.

The remaining home games for the seniors are:

24 July vs. Perth-Bayswater,

31 July vs. University, and

14 August vs. Cottesloe.

Junior games re-commence this Saturday, 24 July after the school holiday break.

Some other dates for the diary:

Thu 29 July – Bankwest Players Dinner

Sat 31 July – Casino Night at Tompkins park

Fri 10 Sept – Senior Presentation Night

Sun 12 Sept – Junior Presentation Day

On 27 June, a mid-season review was held into how the club has been functioning this season and with a view to identifying areas where improvements can be implemented. Thank you to the members who attended and contributed.

The review covered all areas of the clubs operations and resulted in some excellent ideas being documented for the Committee to consider. Some of those included strategies to improve player recruitment and retention, further develop coaching resources, increase the number of women in the club, and improve the social side of the club and to provide a better strength and conditioning programme for our upper teenage players.

Palmyra Rugby Club is fortunate in the number of volunteers it has to administer the club's affairs. That said, we are looking to build on our volunteer base to ensure that the clubs development can be accelerated. If you have particular skills that you can offer I'd love to hear from you as planning for 2011 is already underway.

Go Pally!

Kim Short
President



BANKWEST PLAYER'S DINNER

The annual player's dinner is on again on Thursday 29th July. This year the evening is sponsored by Bankwest so we ask that all players wear their Bankwest training shirt to the dinner. Pizzas and drinks will be served to each team following training. As we have 340 players we will be doing the evening in three shifts. We ask that each team eats, cleans up and vacates their table for the next sitting.

6:00pm – Under 6, 7, 8, 9

6:30pm – Under 10, 11, 14

7:00 pm – Under 12, 13, 15, 16

Please remember – boots off at the door!

THURSDAY EVENING MEALS

Meals are still being served at 6.30pm for the juniors and at 8.30pm for the seniors in the club each Thursday evening for the good value price of \$6 per person. Come and socialize with other club members and avoid the washing up.

CASINO NIGHT – SATURDAY 31 JULY



The Palmyra Rugby Club are planning a **Casino Royale Night** with a James Bond 007 theme on **Saturday 31st July** in the **Riverview Room at Tompkins Park**. It will be a fun and entertaining evening involving games using gambling chips, supplied on the night, and cabaret acts including Jacque Taylor. A flyer announcing the event is attached. The Casino Royale night will follow the matches against University at Tompkins Park and the Bledisloe Cup match on the big screen.

Tickets for the event cost \$30 and include a free drink, some snacks and your special gambling coupons. Tickets are available from Chris Ward and George Sutherland in the clubrooms on training nights starting tomorrow, Tuesday 20th July as well as during the Perth Bayswater match on Saturday 24th.

We are also on the hunt for prizes and merchandise to exchange for the gambling chips on the evening, so please raise this with your contacts as these items will greatly assist our fundraising and enhance the evening we have. Prizes could include rugby merchandise, donations and gift vouchers from restaurants, beauty salons, hotels and gyms – you name it. The prizes will be auctioned towards the end of the night, to be paid for with your winning chips. Chris Ward, PRUC Secretary or Kim Short will be happy to collect prizes as you acquire them. Contact Chris at cbward@iinet.net.au or reply to this email.

We look forward to you, your family and friends being involved in this social event and assisting the club with some fundraising while enjoying a great evening. We urge you to purchase your tickets as soon as possible.

CHILDREN'S BOOKS ON RUGBY

Local man, Mike James has written a series of eight children's books about a young boy 'Bootsie' who plays rugby union. The first book in the series is out now and can be ordered through his website www.bootsiebooks.com

Not many children's books about rugby are available so they may be of interest.

OFF SEASON TRAINING PROGRAMME FOR UPPER TEENS

The club is in the planning phase of an off-season (notionally November to April) Strength and Conditioning programme for boys in the Under 16, 18 and 20 age groups. Consultation is being held with experienced coaches about the programme content and more details will be released shortly.

TEAM PHOTOS

Junior team photos will be taken in the Tompkins Park clubrooms during Thursday trainings on 12th and 19th August. Team managers will inform each team of their timeslot closer to the date. Remember to wear your kit including Palmyra socks and shorts. There will be a mirror available for the backs to do their hair.

Senior Team Photos – it is anticipated that these will be taken prior to the games at Tompkins Park on 31 July. Arrangements are being finalised over the next few days.

REGIONAL CHAMPIONSHIPS – 14s & 16s

The 14s and 16s junior regional championships were played in the school holidays with Palmyra well represented in the South teams.

Patrick Byrne and Liam Becker played for the 14s. After one win for both North and South and a draw in the final game South won the championship on a count back.

Tommy Foster and Moses Duffy played for the 16s and Carl Huxtable, the Palmyra 15s Gold coach, coached South. North ran out winners in a closely fought championship. Congratulations to Tommy who has been selected in the 16s state squad.

WA STATE 15s



(l- r Luke, Aran, Nicholas and Johnny)

The state 15s competed in the NSW Regional Championships in Sydney during the schools holidays. Pally had four boys on tour - Luke Connolly, Aran Speldewinde, Johnny van der Wielen and Nicholas Ward.

The team finished third from six teams with wins over ACT, south metro Sydney, a draw vs. NSW Country and a narrow defeat to runners up north metro Sydney. Congratulations to Johnny, who captained the team, played every minute of the tour games and was voted player's player.



STATE SCHOOLBOYS

WA fielded a team in both the Division 1 and Division 2 Australian Schoolboys Championships held in the school holidays. Adam Negri played in the Division 2 championships in Geelong where the team had three wins from four games. Daniel Westerduin represented Pally in the Division 1 team in Brisbane where they came up against some very talented teams.

Two WA boys made it to the Australian Schoolboys teams which is a fantastic effort. Congratulations to both Adam and Daniel for their achievements and we look forward to seeing them both playing in the senior ranks at Palmyra in the years to come.

WANTED: SINGAPORE 7'S TOUR CO-ORDINATOR

The Singapore Cricket Club (SCC) Invitational Sevens Rugby Tournament will be held from 5th - 7th November this year. Palmyra Rugby Union Club has a proud history of participating in this prestigious rugby tournament spanning almost 30 years.

The club requires an individual to assume the role of Tour Co-ordinator to ensure the success of the 2010 tour to Singapore. The role reports to the Club's Committee and includes the following responsibilities:

- Primary point of contact for Singapore Cricket Club Tournament organisers.
- Facilitation of Coach and Player Selection process
- Co-ordination of travel arrangements
- Procurement of team and supporter uniforms
- Co-ordination of fund raising initiatives
- Management of tour funds
- Communication with tour participants and sponsors

It is anticipated that the Tour Co-ordinator will form a sub-committee to assist him or her to complete the tasks involved. A number of experienced individuals within the Club have already indicated a willingness to be involved.

Individuals wishing to assume the role of Singapore Sevens Tour Co-ordinator should contact Club President, Kim Short no later than 30 July (kim@projectdirectors.com.au).

All Pally supporters should consider coming on this trip. It's a fun long weekend. More details out soon.

QUIZ NIGHT

The Juniors Quiz Night held on May 28th was again a huge success with \$5000 raised on the night. These funds will be used for coaching development and some new tackle suits.

The winning table was from the 12's age group. They only missed out on three questions, but now know that stalagmites grow up not down. A big thank you to all the team managers who organized the tables and also to the families and businesses who donated prizes for the night. Please support the businesses listed below that support the club.

QUIZ NIGHT SPONSORS

Attadale Hardware – Davis Road, Attadale

Attadale Liquor Barons – Davis Road, Attadale

Bunnings Melville

Canterbury - Carillon City, Perth Ph: 94852055

CMPS - Crane and Machinery Parts and Services
Welshpool cmps.com.au

Concrete Blonde – Hair and Beauty
30 Gibson St, Mount Pleasant Ph: 9364 6626

Legends Bar - Hislop Rd Attadale

Microsoft Australia

PANOS Safety - Norma Road, Myaree
www.panossafety.com.au

Peter Holmes Celebrity Auctions
www.celebrityauctions.biz

Phil Hawkins

Robyn's Salon – Winthrop Ph: 9332 3116

Rugby WA - www.rugbywa.com.au

Select Fresh - Canning Vale www.selectfresh.com.au

Traditional South African Biltong – Robyn Schlemmer
Ph: 0401 252 425

Zebra African Steakhouse – 1 Point Walter Rd, Bicton
Ph: 9319 1414

3 Drops Winery – Mt Barker www.3drops.com

Cullen Family Speldewinde Family

Montgomery Family Spiess-Terry Family

Short Family Ward Family

100 CLUB UPDATE

Thanks for all our 100 Club Members – I hope you are enjoying the season. As always, I thank you for your ongoing support.

Congratulations to our \$100 weekly winners :

Round 1 Winner - Hooper Psanoudakis

Round 2 Winner - Kynan Chesterton

Round 3 Winner - Taylor and Sam Leggett

Round 4 Winner - Cameron and Elliot Knox

Round 5 Winner - Kay Family

Round 6 Winner - Daniel Panton

Round 7 Winner - Marie Brown

Round 8 Winner - Isa Abdullah

Round 9 Winner - Brad Vale

The draw begins again this weekend (Round 10) after a short break during school holidays.

Dennis Strydom (Junior Sponsorship Officer)

CLUB SPONSORS

Please support the following club sponsors without whom we couldn't function:

Project Directors Australia, Project and Development 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 either Philip Barton (0400 201 909) or Stacy Bell-McCarthy (0418 921 874) and mention the club for a special deal on home mortgages and personal loans.

Flight Centre, Melville Plaza

– contact Simon Harrison on 6465 1200 or simon.harrison@flightcentre.com.au and mention that you're with Pally for a good deal on your next trip interstate or overseas.

Note that Simon was previously at Flight Centre Booragoon and has relocated to Melville Plaza.