



UNI - NORTH'S OWLS RUGBY CLUB CANBERRA 2004

THE RUGBY CLUB THAT SERVES THE AUSTRALIAN NATIONAL
UNIVERSITY, UNIVERSITY OF CANBERRA AND THE NORTH CANBERRA
AREA

www.unirugby.com



Owls graphics courtesy of



Owls Club Manual 2004

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Here we go again!

Welcome to the Owls in 2004. This handbook has been produced as a handy reference guide to help you make the most of the year, and contains everything you need to know regarding the on and off field activities of the club.

There are about one hundred fully professional players in Australia - we cater for the other 250,000. We know that you have many commitments to juggle and take that into account when running the club. This is a players' club. What you put into it will determine what you get out of it.

This is the "year of feedback" for us - we will do everything in our power to provide you with a professional level of feedback to ensure your rugby improves so that you play at the best of your ability.

The following box has been copied from page 12 and has been repeated up front, as it is that important:

IMPORTANT NOTE ON "RESERVING UP" - IF YOU ONLY READ ONE THING IN THIS BOOK PLEASE MAKE IT THIS SECTION!

This is a very traditional thing that is part of club rugby - other than for the lowest grade, there ARE NO fresh reserves, so you don't have to be a genius to realise that if a player above you gets injured, you need to be ready to run on in that higher grade. We take this aspect of the club very seriously, and would advise you not to "go missing" when the coach above wants you to run on. Just have a think how upset you'd be if you were forced to finish a close game with less than 15 players as no-one stayed around to reserve.

If you are unavoidably required to leave after your game, this needs to be clearly stated in the unavailability book as well.

On the positive side, you have nothing to lose by playing in the higher grade, which counts as that grade on your stats (a good way of boosting your games played), and it also shows your talents to the higher coaches - many a player has become a permanent starter in a higher grade due to coming on as a reserve one week.

What we're about...

Whilst our core business is putting seven or more competitive rugby teams on the paddock every Saturday, we'd like to think that the club is established to provide players with a network that offers support, both on and off field. We do this in a number of ways:

- We understand the plight of a student and other young players. The transition from secondary school to University or work is huge. Having "been there, done that", we know that a typical student has many commitments including study, exam preparation, financial struggles, part time work, girlfriend/boyfriend/both hassles, residential campus commitments etc.
 - Rather than compete against those commitments, we support all our student players in having as rounded a university and/or rugby experience as they can. All we ask is that our players communicate with us so that there are no surprises and contribute to the overall success of the club;
 - Our "Player Enhancement Programme" (PEP) provides additional assistance to our players - the PEP is made up of three components - the "Academic Bursary Scheme", "Ready To Play" (RTP) and "Player Progression Programme (PPP)". The bursary scheme assists academic high achiever students with their university costs, the RTP offers players professional strength and fitness programs, whereas the PPP provides a structured program of life skills development opportunities that draw on the experiences of past and present members of the club. These schemes are exciting for the club, and are explained later in this handbook. You will also receive details of these schemes as part of your player pack;
- Our stated objective is to provide affordable, enjoyable and challenging rugby at all levels;
- The club ethos is to be a club that encourages players of all temperaments, backgrounds and playing abilities to combine in a cohesive structure. We use the "Mini-Teams" concept to ensure that players associate vertically within the club as well as within their normal team units;
- Whilst we promote participation over elitism, the Club provides a rugby pathway for those with higher playing, coaching and administrative aspirations. We have achieved this a number of times in recent years, including Julian Huxley (Brumbies/Reds), Sam Burton Taylor (Gordon 1st grade captain), Tim Lenevez (Eastwood 1st grade), Laurie Fisher (Brumbies assistant coach), Bill Millard (Australian 7s coach) and Nick Leah (Brumbies Academy coach);
- We have an extensive network beyond compare in Canberra to assist members in pursuing career opportunities. There are not many professional firms in Canberra that do not have an ex-player or supporter of the club. Again, the Academic Bursary Scheme and PPP will link the current players with the network;

- The club makes a real effort to be an extended family atmosphere where all members are supported, respected and feel part of the club for life. We include our social members in this statement. The club needs a great band of social members to move forward;
- We strive to be a professional rugby environment with an extensive and professional support structure, including quality coaching, medical, physiotherapy, massage, strength and conditioning and administration functions;
- We now offer our club members the opportunity to make a difference for the Wallabies of the future by contributing to the resurgence of the Norths Junior Owls; and
- Crucially and not to be underestimated, we provide a link to every university rugby club on the planet.

Club Ethos

- Our defining ethos is work rate and teamwork
- We are at all times totally disciplined on the field - it is part of our club culture
- We must be the hardest, most ruthless club in ACT Rugby, but the most disciplined
- We must have the best defensive record in the Competition - Attack in defence!
- We always work through the Captain if we are unhappy with the refereeing
- We support the Captain's decisions at all times on the field
- We treasure the ball like gold
- We accept criticism positively as a means toward improving our performance
- We look to maintain possession under pressure and not take the weak option and just kick out
- All criticism must be constructive and seek to solve problems, not create them
- We show extreme urgency in our defensive alignment
- We display patience and persistence in working toward short and long term onfield goals
- We are each responsible & accountable for our individual performances & collectively for the club performance
- We respond quickly and positively to communication from our team mates, especially from those in a supporting role
- We treat injuries promptly and effectively to maximise our opportunity to participate in all training sessions and games
- We always read play based on defensive alignment cues as opposed to where we are on the field
- We always make contact with the coach prior to training if injured or unable to attend
- We show respect and sensitivity towards all members of the club & develop a unity & loyalty to each other and the Club
- We are always 'switched on' at training
- We are always ready at the set time, (this includes strapping done etc)
- We are each contributors at training - talk
- We all know the calls and the moves
- The way we train reflects the way we play - accuracy
- High skill levels
- Intensity & speed
- Communication, poise & humour
- We are prepared to do that little bit extra (**whatever it takes**)
- We enjoy any success we have, as a club

Uni and Norths coalition explained

The Universities Rugby Club Canberra Inc is an amalgamation in 1998 of the former UC Killer Bees and the ANU Rugby Clubs. In 2001 Norths Rugby Club ceded from the ACTRU Premier Division and elected to form a coalition with Uni. Although not a legal merger, the coalition is a happy and active one where the Norths Junior Owls are provided with coaching and administrative resources from the senior club ranks. Over time, a resurgence of the junior ranks will realise players progressing through to the senior club. The Owls logo recognises the junior and senior clubs operating as one big club. The logo, launched in 2003, has quickly become well known in all rugby circles in Canberra and beyond.

Website

www.unirugby.com is our easy to remember website. In here you'll be kept up-to-date with all that's going on in the club. Check it out!

Club Captain - Jason "Plugga" Smith

Plugga is your representative to the senior football committee. If you are unhappy or concerned about selections, coaching methods or anything else, Plugga has the authority to put forward your case to the committee, without fear of recrimination for the player involved. Plugga also sits on the selection committee at all selection meetings, and is there to provide input on players' recent performances and potential.

Plugga also has integral links with each grade captain, both for the on-field enthusiasm of players, and especially to ensure the off-field vibe is maintained.

As we have a new intake of players every year, the Club Captain's reign is from March to March. Therefore, elections for Club Captain will be held at training in March.

Club goal

One of the first roles of the incoming Club Captain is to gather the entire club together to set the 2004 club goal. At this meeting, the club ethos above is also examined. The goal and ethos will be the benchmark for the club to achieve in the coming season, and will be both football and social focussed.

From the Head Coach - Ian Fowler

Welcome to Uni-Norths - 2004

2004 is going to be a watershed year for the club and you all have a part to play. We have established our Owls identity and have put in the hard work over the off season. We have the most exciting crop of new players in the history of the club and we have the fittest and strongest group of returning players, thanks to the PEP. These factors will manifest themselves in far greater depth of talent and less injuries. Competition for places in all sides will be high and our goal of producing semi final teams will flow through.

Can you see why I'm excited?!?!?!?

Along with a list of talented players, Uni Norths also welcomes some new members to the coaching team. Bob Hitchcock joins the group as a coach mentor, a role that will benefit all coaches as we strive to improve individually, and keep all grades along the same path. Bob brings a wealth of coaching experience, having coached at club, provincial and international levels. *[Ed. And copped a mention for John Eales' first senior National rep coach as the Emerging Wallabies coach in Ealesy's book!]*

John Cattle has accepted the 2nd Grade position and will still continue in his role as the Scrum Doctor. Jeremy Wilcox' role in the group has been extended to include 1st and 2nd grade specialist coaching. Dave Barratt and Dave Purser add new blood to the team in Colts (asst to Bursto) and 3rd grade respectively. Both of these guys are past players and I look forward to their input. Dennis Mitchell has taken on a very broad coaching portfolio that sees him heading 4th grade, along with an extended role in many other areas across all grades. His role is extremely important for our development and depth, as you will all see soon enough.

Ben Burston returns, along with Dave Barrett, to try and take Colts the next step to a premiership after an impressive debut season. Bursto will also be involved in a specialist role across the higher grades. Bill Stefaniak will take 5ths to another title. Pat Coffey, our newest rep coach, has taken the reigns for the womens side - this is their year! Rick Kimberley, Dave Williams, Frank Pereira and Dave "Mystery" Roberts are taking a sabbatical year off from coaching but I'm sure we will still see plenty of them around the club.

The coaching and support staff across all grades will be the best prepared and most enthusiastic group to have ever coached at the Club. We will be insisting that players are also the best prepared and enthusiastic group of players. I

believe that this combination will allow all players to develop into better footballers over the course of the season and enable us to reach our goal of having all Uni-Norths sides reach the finals.

Make sure you contribute

Cheers

Ian Fowler
Head Coach

From the Club Captain - Jason "Plugga" Smith

G' day Everyone,

Welcome back to all the Owls from last year or earlier and a huge welcome to all our new players, I am sure you will soon discover that you have landed at the ACT's friendliest club.

I would like to take this opportunity to briefly describe the Club Captains role. The Club Captain is basically the players representative to things like the committee, selection panel, coaches and anywhere else the players should have a voice.

The Club Captain is voted for by all the players in about March, so you will all get to have your input into who it is that represents you, the players, for the upcoming season.

My biggest ask of you in the early part of the season is to get fully involved in everything the club has to offer and to make it as easy as possible for others to get involved as well. The easiest way to do this is to get out and introduce yourself to any new team/club mates you see at training, remember these are the people you will be playing, training, toiling, laughing, drinking and winning with during the season so why not start the relationship right now.

Owls on Tour

The big news to come out of the off-season as far as the off-field side of things is concerned is the announcement of an **Owls Overseas Tour**.

While details are still being sorted out we are looking at touring North America (USA & Canada) at the conclusion of the 2005 season. I will shortly be calling for anyone interested in helping out with the organisation and we will start getting the details sorted out and begin fundraising. You will definitely be hearing more about this tour throughout the year.

See you all on the paddock or at the bar real soon,

Plugga

Insurance

ARU Injury Insurance Scheme

You will be provided with a brochure from the ARU insurers. The policy applies to all players who play in Australian Rugby senior competitions.

Whilst the high-end (serious injuries) coverage is acceptable, the low-end cover is appalling. An example of this is in the event that you injure an ankle or a shoulder and need 5 physio sessions at \$40 each for rehabilitation. The ARU policy has a \$250 excess, so in that example, you would not have any reimbursement under that scheme. If you had private extras cover (refer below), you would get reimbursed approx \$150 of that \$200 depending on the insurer.

PLEASE READ THIS PARAGRAPH CAREFULLY: A KEY REQUIREMENT OF THE ARU SCHEME IS TO REPORT ALL INJURIES TO THE INSURER WITHIN 30 DAYS OF GETTING INJURED, EVEN IF YOU DON'T KNOW WHETHER YOU WILL REQUIRE EXPENSES FOR THE INJURY. A SPORTS TRAINER WILL PROVIDE YOU WITH A 1800 NUMBER TO CALL, THEN THE INSURER WILL RECORD YOUR INJURY AND PROVIDE YOU WITH AN INJURY FORM.

IT IS YOUR RESPONSIBILITY TO ENSURE THAT THE FORM IS RETURNED TO THE INSURER WITHIN THE 30 DAYS, OR YOU ARE IN DANGER OF BEING DENIED COVERAGE.

THERE IS NO PROBLEM IN REGISTERING AN INJURY THEN NOT REQUIRING REIMBURSEMENT - IF IN DOUBT SEND IN A FORM!

PLEASE ALSO NOTE THAT THE CLUB CANNOT AFFORD TO "TOP UP" THE COVERAGE TO COVER ALL COSTS - YOU NEED TO DECIDE WHETHER TO INSURE YOURSELF PRIVATELY IN CASE YOU GET INJURED, OR TO TAKE THE RISK FOR A POTENTIALLY COSTLY LESSON.

Sports Union Insurance

Note that at the time of writing, the Sports Unions have discontinued their insurance for clubs. This is a different situation to past years. Please note it appears that you can either claim through private insurance OR the ARU policy ONLY.

Private health insurance/ambulance cover

Rugby is a physical sport - it is reasonable to expect that you may need to visit a physio at some stage during the season. We cannot recommend highly enough that you consider taking up private health insurance, at least to the "extras" level. These policies usually provide reimbursement for an agreed rate for physio, dental (sometimes mouthguards), optical, and even things like sports shoes and gym fees. The extras fees are a minimal investment per week. For full time students, you may still be covered under your parents' policy; please check with them.

Even if you don't have any private health insurance, please at least get 100% ambulance cover. Ambulances are notoriously expensive (around \$25 per km) and under the ARU policy and allowing for the high excess, you may not be able to claim. Ambulance cover is very cheap (around \$25 a year) and is the minimum cover you should have for participating in a contact sport. **IT COSTS \$200 TO GET FROM ANU NORTH TO CANBERRA HOSPITAL!**

Please consider at least the "extras" policies from at least these health insurance providers. They only cost a few dollars a week, usually deduct the 30% premium rebate at the premium payment stage. In addition, all of these policies include 100% ambulance cover and most do not have an excess component, but do have annual limits.

As an example of how effective the new arrangements are, our preferred physios, *The Sports Medicine Centre* (refer details below) processes your claim on the spot with your insurer's card, and you only pay the difference.

Insurer	URL for information
Peak Body	http://www.ahia.org.au/
Medibank Private (1 st choice extras)	http://www.medibank.com.au/productandservices/extrascover/firstchoiceextras.asp
HCF (extras)	http://www.hcf.com.au/
Westfund (ancillary cover)	http://www.westfund.com.au/primary/tables.htm#ancillary
Manchester Unity (extras)	http://www.manchesterunity.com.au/2choices/ch_xtras.html
HBA (extras cover)	http://www.hba.com.au/health/health.nsf/Content/HBA+NSW+-+Menu+-+Products+Extras
NIB (Quality extras)	http://www.nib.com.au/products_covers_quality_extras.asp
NRMA Health (extras cover)	http://www.nrma.com.au/pub/nrma/health/extras_cover.shtml
MBF (extras cover)	http://www.mbf.com.au/member/healthcover/singles/extras/whatscovered.html

Physiotherapy

If you require ongoing physiotherapy services, and are a financial member of the Club, a letter of introduction can be provided by one of the trainers to entitle you to discounted rates at the Club's recommended provider:

The Sports Medicine Centre
 McKay Gardens Professional Centre
 McKay Street Turner
 Ph: 6247 7033
 or
 Tuggeranong Indoor Sports Centre
 Athlon Drive/Cowlshaw St Tuggeranong
 ph 6293 3413

Owls Senior Football Committee Contact Details

Position	Name	Email	Mobile/work	Home
President	Rod Whithear	rod.whithear@finance.gov.au	0411 257 647	
Vice Pres (Admin)	Ben McDonald	bmcDonald@act.dbglaw.com.au	0402 225 423	
Vice Pres (Rugby)	Andrew McPhillips	anmcPhillips@deloitte.com.au	0414 895 244	6242 4654
Treasurer	Simon Lasscock	simon@coxbiz.com.au	6288 0901	6249 8110
Secretary	Will Glenwright	william.glenwright@ausport.gov.au		
Asst Treas	Tim Westphal			
Asst Sec	Ange Shepherd	angela.shepherd@guild.org.au		
Registrar	Ange Paech	angelapaech@yahoo.com.au		
Asst Registrar	Jim Bradley	N/a	N/a	6231 9876
Club Captain	Jason Smith	jason.smith@ato.gov.au		
Social Secretary	Carl O'Sullivan	carosullivan@deloitte.com.au	0414 250 113	6242 4654
ANU Student Rep				
UC Student Reps	Aleem Khalfan Huw Blood Kristine Nitsche	huwblood@hotmail.com k.nitsche@student.canberra.edu.au		
Marketing and Media Officer	Lauren Wallace			
Player welfare manager and game day controller	Dennis Mitchell	Dennis.mitchell@countryenergy.com.au	6214 9535	
Webmaster	Scott Dunn	Scott.dunn@dotars.gov.au		

Football Committee meetings

All Club committee meetings are open to members of the club to observe and make comments on business being discussed. If you would like an item included on a meeting agenda, please email the club secretary, Will Glenwright, on the email address above.

For information, meetings in 2003 will be held on the following Mondays, at 7pm. You are also invited to the Junior meetings, held at 6pm on the same dates.

19 th January	26 th April	26 th July	25 th October
23 rd February	24 th May	23 rd August	22 nd November
22 nd March	28 th June	27 th September	No meeting December

Club Administration details

Club postal address: GPO Box 1452, Canberra City ACT 2601
 Cheques payable to: Universities Rugby Club Canberra
 Club email: owls@unirugby.com
 Head Coach email: ian.fowler@unirugby.com
 Injury tracking: injuries@unirugby.com
 Club website: www.unirugby.com
 Club mailing list: uninorths@coollist.com (refer instructions in this handbook to join)
 Club Rugby Development Manager: TBA Email: development@unirugby.com

Owls Senior Coaches and Managers contact details

Position	Name	Email	Mobile/work	Home
1 st grade and Club Head coach	Ian Fowler	fowler@advsol.com.au	0407 009 066	6247 4895
1 st grade asst coach	Jeremy Wilcox	jjwilcox@bigpond.com	0417 680 810	
1 st grade manager				
Reserve grade coach	John Cattle	jcattle@walthorn.com.au	0422 437 969	
Reserve grade manager	Chris Perry	chris.perry@rsmi.com.au	0411 884 749	
Colts coach	Ben Burston	bburston@treasury.gov.au	0410 494 721	6231 8127
Colts asst coach	Dave Barratt	David.barratt@brs.gov.au		
Colts manager				
3 rd grade coach	Dave Purser	Dave.purser@defence.gov.au	0408 206 212	6258 4280
3 rd grade manager				
4 th grade coach	Dennis Mitchell *	Dennis.Mitchell@countryenergy.com.au	0408 885 726	6288 8468
4 th grade manager				
5 th grade manager	Bill Stefaniak	stefaniak@act.gov.au	0417 464 706	6205 0112
Womens coach	Pat Coffey	Patrick.coffey@act.gov.au		
Womens manager	Kel Sutherland		0402 308 924	
Strength and Conditioning	Grant Duthie	Grant.duthie@ausport.gov.au		
Club skills coaches	Russell Ingram Dave McMullin	roingram@ozemail.com.au drhcmullin@hotmail.com	0414 425 970	6248 7405
Support staff				
Physio	Graeme Backen and staff at SMC	Refer details below	Refer below	
Head Trainer	Dave Vincent			
Sports Trainer	Andrew McPhillips	anmcphillips@deloitte.com.au	0414 895 244	6242 4654
Sports Trainer	Mick Hogden	MHogden@exceed.com.au	0414 724 308	
Sports Trainer	Mark Matheson	math_mark@austarmetro.com.au	0438 800 643	
Sports Trainer/Medical records	Karmin Whybrow	nimrak1@yahoo.com	0414 974 732	
Game Day Controller	Dennis Mitchell	Dennis.Mitchell@countryenergy.com.au	0408 885 726	6288 8468

Club Rugby Development

Club Rugby Development Manager (RDM) - To be advised

Rod McDonald (aka "Bega") has left us for greener Sydney pastures - we wish him well in his future endeavours and thank him for his tireless efforts with the Owls.

The process to find a replacement for Bega has commenced and we anticipate having a new Rugby Development Manager on board by the commencement of pre-season training in early February.

Whilst the RDM's main focus is on the senior development arm of the club, we realise the importance of junior development in our area and commit significant resources to it.

Campus development

The single most critical aspect of the club is our presence and development on both university campuses. Our aim is to be the obvious choice for rugby players at both universities. The RDM is in constant contact with the campus reps at both ANU (to be appointed by the senior football committee) and UC (Aleem Khalfan, Huw Blood and Kristine Nitsche) as well as our playing residents at the colleges in ANU and on Ressies at UC.

We are always looking to boost our presence on campus - if you have any ideas or would like to assist in any way, please email development@unirugby.com.

Primary School Coaching

Norths Junior Owls are responsible for 15 primary schools in the North Canberra area. We aim to put every child in our area through a basic coaching course during school hours. Each program is four weeks long. The RDM will need volunteers to coach in the schools throughout the year. Volunteers will have their expenses paid for. This is our major form of development - these 5 to 12 year olds will form the basis of the Club in future years and it is vital we look after them today.

Saturday Juniors

Norths Junior Owls will compete in the ACTJRU competition in a number of age groups. Where possible we would like to use current players as coaches of these teams. The commitment will be for Saturday mornings and Wednesday afternoons if you are coaching the older children. This is a very rewarding experience, and you never know what field of work one of the parents may be in.

Norths Junior 7s

This is one of the major fundraisers for the Norths Junior Owls and certainly the main marketing event. Held in September, it is the only junior 7s competition in Canberra and attracts teams from all over the country. We will need volunteers on the day to ensure the smooth running of the day.

Mini-teams

This concept was launched in 2003 with limited success, but will be modified and enhanced for 2004. Mini teams allow players to better integrate vertically through the club, outside team structures. A light-hearted competition is conducted throughout the season, with suitable prizes for the winning team.

Unavailability book

In the main change room at ANU North Oval (and on the table at UC in pre-season), there is a diary for you to enter when you are unavailable. This is a vital mechanism as teams are selected straight after 1st grade on a Saturday, and if you haven't put your unavailability in the book, you will be selected in a side. This book is used for trainings as well. This allows coaches to tailor for less than a full squad at training. Please be considerate and put your unavailability in the book as early as you know.

It should be remembered that in a club of 250 people, we can't remember who normally lives in Canberra during vacation breaks etc. if you are going home during the holidays, your unavailability including vacation contact details need to be put in the book as well.

Pre-season program - 2004

As you can see by the calendar below, we are having a short, sharp, pre-season, so full commitment is required by all players from the word go. In our favour this year, O-week is a week earlier at both Unis.

Date and time	Venue	Details	Comments
Tuesday 3 February 6.15pm (and every Thursday and Tuesday night)	Uni of Canberra #1 Oval	Pre-season starts	Bring joggers and swimming goggles.
Saturday 6 th March	Uni of Canberra	Trials (#1 of 3) vs Queanbeyan	Brumbies are playing at Canberra Stadium 7.00pm
Saturday 13 th March	TBA	Trials (#2 of 3) vs TBA	
Saturday 20 th March to Sunday 21 st March	Tuross (South Coast)	Pre-season camp	Cost will be minimal and subsidised; a great way to start the year off ALL PLAYERS EXPECTED TO ATTEND
Saturday 27 th March	Griffith Oval	Trials (#3 of 3) vs Easts	GRADING DINNER - VENUE TBA
Saturday 3 rd April	Phillip District Oval	Round 1 of competition vs Royals (away)	

Training will revert to ANU North Oval when cricket finishes - you will be advised of the changeover date.

Competition draw for all grades - 2004

(Home = no shading, Away = grey shading)

Grade	3 Apr	17 Apr	24 Apr	1 May	8 May	15 May	22 May
1 st	Royals	Tugg	East	Qbn	West	Illaw	Gung
Reserve	Royals	Tugg	East	Qbn	West	BYE	Gung
Colts	Royals	Tugg	East	Qbn	West	Illaw	Gung
3 rd	Royals	Tugg	East	Qbn	West	BYE	Gung
4 th	Royals	Tugg	East	Qbn	West	BYE	Gung
5 th	Still being finalised and will be advised in February.						
Women	Still being finalised and will be advised in February.						

Note: No games Easter (10 April)

Round 1

Grade	29 May	5 Jun	12 Jun	19 Jun	26 Jun	3 Jul	10 Jul
1 st	Royals	Tugg	East	Qbn	West	BYE	Gung
Reserve	Royals	Tugg	East	Qbn	West	BYE	Gung
Colts	Royals	Tugg	East	Qbn	West	BYE	Gung
3 rd	Royals	Tugg	East	Qbn	West	BYE	Gung
4 th	Royals	Tugg	East	Qbn	West	BYE	Gung

Round 2
Round 3

Grade	17 Jul	24 Jul	31 Jul	7 Aug	14 Aug	21 Aug	28 Aug	4 Sep	11 & 12 Sep	18 Sep	25 Sep
1 st	Royals	Tugg	East	bled	Qbn	West	BYE	Gung	Semi Finals @ Viking Park	Prelim Finals @ Viking Park	Grand Finals @ Viking Park
Reserve	Royals	Tugg	East	bled	Qbn	West	BYE	Gung			
Colts	Royals	Tugg	East	bled	Qbn	West	BYE	Gung			
3 rd	Royals	Tugg	East	bled	Qbn	West	BYE	Gung			
4 th	Royals	Tugg	East	bled	Qbn	West	BYE	Gung			

Notes:

§ No games Bledisloe Cup (7 AUG)

§ 1st week of semi finals; 1st vs 2nd Saturday, 3rd vs 4th Sunday

Normal kick off times

	#1 Ground	#2 Ground	Additional ground
10.55 am	Under 18s (if applic)	4 th Grade (Premier)	
12.15 pm	Colts (Premier)	3 rd Grade (Premier)	1.30pm Womens (varies)
1.35 pm	Reserve Grade (Premier)		2.30pm 5 th Grade (2 nd Division)
3.00 pm	1 st Grade (Premier)		

Please ensure that you are at your ground an hour prior to the above times to allow time for strapping and a good, unrushed warmup.

- Your manager will advise you if you are required to be at the ground earlier to assist with home game day tasks;
- First half of preceding game: Strapping/massage (if required):
 - To assist trainers, please write your requirements on the board inside the trainers' room (home games) or in the book (away games)
 - Please have a look at the full grade draw for the day. There may be two or more grades being taped together, so please don't leave it too late to get strapped
- Half time of preceding game: Team assembly

IMPORTANT NOTE ON "RESERVING UP" - IF YOU ONLY READ ONE THING IN THIS BOOK PLEASE MAKE IT THIS SECTION!

Welcome to club rugby - other than for the lowest grade, there ARE NO FRESH RESERVES, so you don't have to be a genius to realise that if a player above you in your position gets injured during a game, be ready to run on in that higher grade. We take this aspect of the club very seriously, and would advise you not to "go missing" when the coach above wants you to run on. Just have a think how upset you'd be if you were forced to finish a game with less than 15 players as no-one stayed around to reserve.

If you are unavoidably required to leave after your game, this needs to be clearly stated in the unavailability book as well, IN ADVANCE OF THE GAME ON SATURDAY.

On the positive side, you get to play a higher grade which counts as that grade on your stats, and it also shows your talents to the higher coaches - many a player has become a permanent starter in a higher grade due to reserving one week.

Normal training times

Please note that training for all grades starts at **6.15pm SHARP** on Tuesdays and Thursdays. Training is designed to be dynamic (short and sharp), so ensure you are punctual. Let your coach or manager know if you are to be late or absent for training.

Please also note the following additional information for training.

Position Specific Skills sessions (PSS)

On ANU North #1 (closest to the sheds), PSS sessions are organised by the coaching staff, from **5.45 to 6.15pm**:

- § Goal kicking practice. There is sufficient space behind the dead ball line to have goal kickers kicking to each other from both sides of the posts
- § Scrum-half/ Fly-half passing skills
- § Kicking technique
- § High ball receipts
- § Lineout throws
- § Any other PSS as required and in consultation with coaches and players. Please request assistance where you need help.

Touch

On ANU North #2 (furthest from sheds), you are welcome to warm up with a game of touch with your clubmates not undertaking PSS sessions, again from **5.45 to 6.15pm**.

Taping/massage etc

To enable you to be ready for training for a 6.15 start, please ensure you arrive early for taping/rub downs etc. Trainers will arrive before **5.45pm** and will tape until **6.15pm**.

Injury clinic

If you are injured and aren't training that night, please come to training and update the trainers on your progress, from **6.20pm to 7.00pm on Tuesdays**. After this time, if you are in a rehabilitation stage, a trainer will assist you with this. If you are injured, please come with a towel, goggles and swimmers in the event that a hydro rehabilitation session may be prescribed for you that night. The club will provide flotation aids where required.

Injured players assistance

If you are injured, we still want you to be involved with the club. We have a multitude of player feedback tasks that you can assist with, including taking stats to assist the coaches, and player tracking videoing. This feedback is valuable to players and coaches and will be greatly appreciated.

“Hot and Colds”

Hot and cold facilities will be provided at ANU North Oval for after training, and at all home and away games. Although sometimes uncomfortable, this is a vital part of your recovery, so please try to have hot and colds (even if only under the shower) as often as you can after training (both organised team sessions and after weights etc) and after games.

Wet weather

All trainings are ON, even when the radio says that all ovals are closed. In the event that all ovals are closed, we have a number of indoor options; please come prepared to all wet weather nights with runners, a towel and swimmers. We will still meet at ANU North at 6.15pm regardless of the weather (or Uni of Canberra in pre-season).

Performance Enhancement Program (PEP)

We have developed a holistic approach to University rugby, under the auspices of the “Owls PEP”. After some refinements, the PEP of 2004 is a vastly improved package for our players.

The three elements of the PEP are now explained - the ABS, RTP and PPP. Please excuse all the three letter acronyms - if you're new to Canberra, you'll get used to them shortly!

Academic Bursary Scheme (ABS)

The Academic Bursary Scheme is designed to harness the unchallenged competitive advantage of the club's professional network and alumni to assist excellent students with their University commitments whilst they play for the Owls.

The ABS is a structured student support program, both financial and non-financial, to assist their transition into the professional environment after University. The step up to University life is a significant one. The transition out of University into the professional workplace is even greater. Using our collective experience, we take an inexperienced student and assist them through their entire University journey.

Each year a number of players at the club are awarded an ABS, whereby the player is linked with a bursar whose professional network is directly linked to that player's degree.

Ready To Play (RTP)

We recognise that the commitments facing a student are many and varied. Part-time work, study, a heavy social programme (especially our on-campus residents) and rugby all take their toll. Rather than fight this, we have recognised that we will have a limited amount of face to face time to focus on rugby each week. To supplement that, we have adopted a “ready to play” attitude. Key features of “ready to play” are:

- ü Correct lifting technique taught for key strength training exercises, with full year periodisation plans supplied to all participants.
- ü Regular testing, to allow a player to monitor their own progress.
- ü Seminars conducted at various times using AIS staff on subjects such as nutrition, hydration and stretching/flexibility.
- ü Top-class training facility access has been arranged to allow players to train at no cost.
- ü The “Tour de Owls” is a fun yet beneficial competition, whereby the players making the most progress are recognised.

Player Progression Program (PPP)

The Owls are proud to boast alumni from almost every field of study. The intention of the PPP is to harness their experience to benefit current students still undertaking studies, and crucially in securing work after graduation.

The program consists of a number of structured “life-skills” sessions that are intended to assist the younger members of the club with their transition into the workforce. The sessions are open to all members of the club and all guest presenters give up their time with enthusiasm to assist the current Owls player base. It should be noted that none of the sessions have anything to do with Rugby.

Player protocols

Odd Jobs

Each manager will assign jobs to players at training on Thursday night. If you have been assigned a job you will be expected to help out. It isn't hard work but your assistance is invaluable with the running of match day. DENNIS MITCHELL IS OUR MATCH DAY CONTROLLER - DENNIS MAY CO-OPT YOU INTO HELPING ON HOME DAYS - PLEASE ASSIST WHERE ASKED AND OFFER YOUR HELP IF YOU HAVE A CHANCE. As we are a players' club, your help will enable us to present a professional game atmosphere. Thanks in advance.

Attire

We want to present a professional (but not formal) appearance at games. All players are asked to wear neat casual wear to the game. This can be a tracksuit if you wish and all grounds, both home and away, have change room and showering facilities, so feel free to attend in your after game clothes to get changed into playing gear. Please endeavour to "fly the flag" with Club clothing wherever the weather allows it.

After game attire will be the Club polo shirt or polar fleece, neat casual pants like jeans, chinos or dress pants (does not include tracksuit pants).

After Match Functions

After every home game we will be at our after game venue from 5.30pm to 7pm for the after match function. An announcement is imminent on our after game venue. All players are expected to attend. You, your partner, family and friends are very welcome for the presentation function - dinner is provided.

After all away matches we will go to the home club's venue for the after match function. Again all players are expected to attend. All ACTRU clubs are making a concerted effort to lift the after game attendances. We pride ourselves on outnumbering the opposition at all after game venues, whether we are home or away. AS THIS IS ONE AREA THAT SETS CLUB RUGBY APART, please help us to keep up this tradition.

Responsible use of alcohol

One of the requirements of being affiliated with both ANU and UC is that we abide by their respective responsible use of alcohol policies. To this end, if you do not drink, no member of this club will pressure you in any way to change. Please enjoy yourself, but don't make an idiot of yourself.

If you have had too much to drink, please do not under any circumstances drive home. We look after each other, and have people who live on campus, near Civic, in Kingston and near every away game venue. JUST ASK to stay the night on their couch. Everyone will say yes. Failing that, one of the coaches or committee will lend you a cab fare to get home.

We do not want any alcohol related tragedies.

Social Calendar 2004

Date	Event	Location	Comments
27 March 7.30pm	Grading Dinner	TBA	Very affordable - compulsory attendance
1 May	Sponsors and Old Boys Day	ANU North Oval	
26 June 7.00pm	Players' dinner	TBA	Formerly known as the Gentlemen's dinner and NOBS dinner
17 July	Club Ball	Mystery Venue	Theme ball - theme to be advised shortly
7 August	Bledisloe Cup and Cruise	Sydney	
1 October	Presentation Night		
December	Christmas Party and Bowls Day	Canberra North Bowling Club	

Note that depending on the completion date for the clubrooms, some of the above functions may be relocated. Sufficient notice of any changes will be made on the Club noticeboard and on Coollist.

The Club is proud of its social exuberance. Please put the above dates in your diaries and support the social program. Please contact the Club's social director, Carl O'Sullivan, if you have any ideas for other social events.

Ground locations

ADFA: Northcott Drive, Campbell

ANU NORTH: Barry Drive, Turner

ARANDA: Banambila Street

BANKS: Tregellis Cres

BERRIDALE: Cnr Myack & Mary Streets

BOMBALA: Wellington Street

BONYTHON: Barr Smith Crescent

BOOROWA: (Showground) Ballyryan Street

CAMPESE OVAL: (Taylor Park) Yass Road, QUEANBEYAN

CANBERRA HIGH: Bowman Street, Macquarie

CONDER (Seniors): Heidleberg St

CONDER (Juniors): Cnr Box Hill and Tom Roberts Avenues

COOMA (Rotary Park): Murray Street

COOMA (Showground): Cromwell Street

CROOKWELL (Memorial Oval): Robertson Street

DARAMALAN COLLEGE: Morphett Street, Dickson

DICKSON: Antill Street

DOWNER: Cnr Bonython & Melba Streets

ERINDALE: McBryde Crescent, Wanniasa

GARRAN: Kitchener Street

GORDON: Heidleberg St

GOWRIE: Castleton Crescent

GRAMMAR MAIN: Monaro Cres, Red Hill

GRAMMAR P & F 1 & 2: Flinders Way, Red Hill

GRAMMAR PREP: Mugga Way, Red Hill

GOULBURN: Addison Street

GRIFFITH: Captain Cook Cres (EASTS)

HALL: Gladstone Street

JAMISON: Catchpole Street, Macquarie (WESTS)

JINDABYNE: Park Road

KAMBAH 1: Chirnsdale Crescent

KAMBAH 2: Springbett Street

KIPPAX 1: Harwicke Crescent

KIPPAX (others): Moyes Crescent

MARIST COLLEGE: Marr Street, Pearce

MAWSON: Beasley Street

MELBA: Verbruggen Street

NICHOLLS: Gungahlin Drive (GUNG EAGLES)

NORTH CURTIN: Cnr Dunstan & McCulloch Streets

O'CONNOR: Pedder Street (off Macarthur Ave)

PALMERSTON: Kosciusko Ave

PHILLIP DISTRICT: Yamba Drive & Kitchener Street (ROYALS)

QUEANBEYAN (Campese Field): Yass Road

RADFORD COLLEGE: College Street, Bruce

REID: Limestone Avenue

RIVETT: Bangalay Crescent

RMC: Portsea Oval, Hopkins Drive, Duntroon

ST EDMUNDS COLLEGE: Canberra Avenue, Griffith

TARALGA: Taralga Showground, Bannaby Street

TRINITY COLLEGE (Goulburn): Clinton Street, Goulburn

UNIVERSITY OF CANBERRA: Allawoona Street (off Ginninderra Drv),

Bruce

VIKING PARK: McBryde Crescent, Wanniasa (TUGG & CANB VIKINGS)

WRIGHT PARK: Ellerton Street, Queanbeyan

YASS (Victoria Park): Laidlaw Street (over bridge, thru main street)

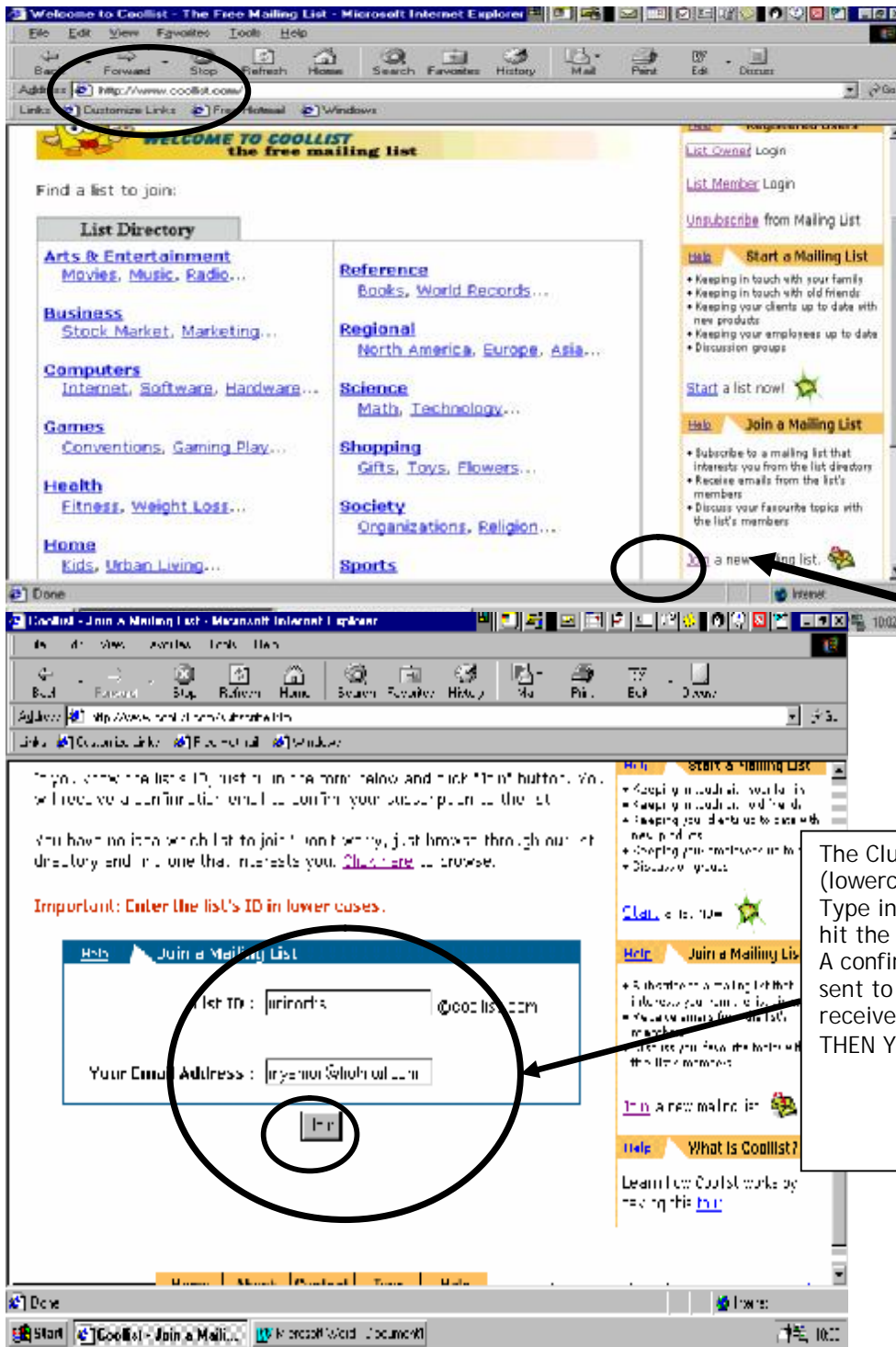
YASS (Walker Park): Yeo Street

YASS (O'Connor Park): Left off Laidlaw St (opposite Vic Park)

Coollist

The main point of contact between the Club and players is now by email. The Coollist mailing list is the best way for the Club to contact you with late changes and important news. It is used for Club business only, is delivered in text format only, and is filtered by an administrator so no inappropriate material such as jokes will be posted onto it.

Please take the 30 seconds required to join Coollist, and read your emails regularly for any urgent announcements. While training is never cancelled, an example may be the situation where we need to train indoors and you may need to bring runners to a different location.



www.coollist.com
 Scroll down homepage until you see Join a new list
 Click on this

The Clubs list ID is uninorths (lowercase)
 Type in your email address and hit the JOIN button.
 A confirmation email will be sent to you for to agree to receive emails.
THEN YOU'RE AWAY

Medical Arrangements

What do I do if I get injured?

In the event that you are injured, the first thing you should do is DO NOT PANIC.

On game day, a sports trainer will be supervising your game and will be there as soon as he/she can. Sports trainers have an agreement with referees to stop a game from continuing as required. At training, a trainer will be called to come over and see you.

The next step is to have your injury treated, either on the ground or in the change-rooms, depending on the injury. The trainer will walk you through a set routine where they will determine with you whether you are able to return to play/training. AS A PLAYER, YOU HAVE THE FINAL CALL ON WHETHER YOU RETURN TO PLAY/TRAINING.

In the event that you are not able to play/train, you will be taken off the field and further tests carried out on you in the rooms. At this stage, you may be referred to hospital, a physio, given ice treatment, or other treatment as required.

IF YOU ARE UNABLE TO TRAIN/PLAY, YOU WILL BE GIVEN A CARD WITH A REFERENCE NUMBER AND SOME BASIC DETAILS WILL BE RECORDED. FOR FOLLOW UP AND REHABILITATION, AND ALSO TO LIAISE WITH DOCTORS AND PHYSIOS.

The most important person for you to keep in contact with is your manager.

Subscriptions

Unfortunately, in this day and age, the Club is very expensive to run. We require all our players to pay a subscription fee every year. It should be noted that subscriptions in no way cover the real costs of putting our teams on the paddock, but are a subsidy only. We have pressures to maximise our other fundraising efforts including sponsorship. For ANU and UC students, subs remain at \$66, and for non-students \$176. Members of the ANU or UC sports unions only need to pay the student rate.

It would be appreciated if your subs could be paid up as early in the season as possible, to assist with the cashflow of the club. Simon Lasscock (Treasurer) is able to offer you a progressive payment plan for your subs. The club also now accepts Bankcard/Matcard/Visa.

To give you an idea of the costs that your subscriptions subsidise, please consider the following analysis. You will note above that non-students have to pay \$110 more. It is a requirement that all of our players must either be students or sports union members for the Club to be affiliated with the universities. The Club passes this directly to the relevant sports union as their membership fees. Therefore, the club collects \$66 from all players, which are used to subsidise costs including:

- ACTRU affiliation fees are \$1,100 per team. We have 7-8 teams. This equates to about \$70 per player;
- ARU insurance is \$2,000 per team in 2004. Again, across 7-8 teams, this equates to about \$120-\$130 per player;
- The Club provides playing jerseys for all teams at \$1,400 a set;
- Shorts and socks are provided to all players who pay their subs. They cost \$22 per player;
- Strapping and other medical costs. While none of the sports trainers are paid for giving up their time, tape and other supplies cost anywhere between \$5,000 and \$9,000 a year depending on injuries, and vastly more when we can secure the services of a physio and/or doctor. So, without the physio/doctor, that's somewhere between \$40 and \$70 per player, per year;
 - *"But I never need to get strapped or see the physio"....you mightn't now, but who knows what will happen in a contact sport...*

As you can see, these costs add up to approximately and conservatively, \$250 per player per year before we kick a ball.

Thank you in advance.

KIT!!!

A wise man once said "Its not about who wins or loses, its who ends up with the most kit!!!"

At the continual request of many of our players, we have expanded our off field merchandising. All of the items feature the newly badged "OWLS" logo. All of the items are offered to players at extremely competitive prices, in recognition of the free advertising the Club receives from you wearing the new kit. These items make great Mother's Day presents!

Club song

We don't play for adoration
We don't play for victory
We just play for recreation
Mighty Uni-Norths are we
Balls to _____ (insert opponent's name)
Balls to _____ (insert opponent's name)
We won't play you anymore
We won't play you anymore
Why? ----- Cause!

Weeeeeeeeeeeeeeeeeeeee're aaaaaaaaaaaaaaaaaaaaaaaaaaaaa (Stretched out)

Jolly mob of fellows
And each one is a star
And if you want to join us
You'll find us at the Bar
And if you want to join us
You'll find that we're a force
Cos we are the boys of the mighty Uni Norths
Should old acquaintance be forgot
Keep your eyes on the mighty Owls
Uni Norths Uni Norths U---NI---NORTHS





www.unirugby.com