

Agenda B .. The RUPA Rag



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The Official Newsletter of the Rugby Union Players' Association

BE ONE ☆ BE STRONG

from the sideline

**On 7 December 2002 RUPA
celebrated its third annual Christmas
Luncheon at the Grand Ballroom of
the Wentworth Hotel.**

Over 500 people attended to join members in celebrating the Christmas festival period, raising funds for the ARU Injured Players' Fund and to witness the striking of the inaugural Rugby Medal for Excellence.

Highlights of the day included:

- A bleary eyed Justin Harrison (who had arrived earlier that morning from the UK) welcome Matt Rogers and Wendell Sailor to the rugby fold, along with the return of Pat Howard;



- Phil Kearns and Richard Harry's outrageously funny stitch-up of retiring Wallaby Coach Rod MacQueen;
- John Eales' farewell to Dan Crowley: "Dan Crowley is living proof that no-one is a complete waste of space . . . you can always serve as a bad example.";
- Dan Crowley's riotously funny farewell to John Eales;
- Trevor Allen's presentation of the inaugural Rugby Medal for Excellence to George Gregan.

As all members know, this Medal was voted on by all full-time professional players. The players were asked to assess that player they believed who had excelled both on and off the field in matters such as performance, leadership, consistency, discipline, contribution to grassroots rugby, charitable works, pursuit of vocational skills and general behaviour.

George on winning the Medal said: "It's a surprise, but a pleasant surprise. As a player, receiving this is a very humbling experience. It is special because it is voted on by all the players who are part of the Association."

It's anticipated the Rugby Medal for Excellence will become one of the most prestigious sought after awards in Australian Rugby.

Part of the success of the day lies in the funds being raised for the ARU Injured Players' Fund which benefits players from all levels of the game who suffer serious disability and injury. Once again RUPA was able to raise some \$40,000 on the day which will go to assist those players in need.

To all players who attended, thanks very much, and to all those who didn't, hope to see you there next year.

Finally, on behalf of all members of RUPA, I would like to congratulate Daniel Herbert on his election to the position of President of RUPA on 7 December 2001. As President, Daniel is endowed with the responsibility of chairing RUPA Executive Committee meetings and overseeing the direction and future of RUPA over the next two years.

Tony Dempsey
Chief Executive

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new members

**RUPA welcomes the following players
as members to RUPA for the season
2002:**

Mark Chisholm
Andrew Farley
Richard Graham
Daniel Heenan

Anthony Mathison
Rob McDonald
Tom McVerry
Junior Pelesasa
Michael Tabrett
Ben Tune
Rudi Vedelago
Paul Warwick
Tim Atkinson
Scott Barton
Ben Coutts
Pat Howard
Julian Huxley
Tim McGann
Todd Ollivier
Cameron Pither
Warren Aiken
Tim Aistrophe

Damien Flynn
Matt Henjak
Guy Shepherdson
Shaun Berne
Matt Bowman
Ed Carter
Michael Choromanski
Francis Cullimore
Omar Hassanein
Van Humphries
Simon Kasproicz
Duncan McRae
Patricio Noriega
Paul Sheedy
Des Tuivaii
Tim Clark
Jarrod Heaney
Steve Kefu

when only the best will do

Drugs in Sport - What's New?

Drugs in sport issues were heightened at last year's Sydney Olympics. As usual, debates continued over a range of substances, but the focus was on the supplement which enhances endurance (EPO) Erythropoietin and human growth hormone (hGH).

EPO. There is a belief that this has been present for many years in endurance events such as endurance cycling. Widespread media reports involving the Tour de France event inferred that certain teams had systematically used this substance. The reason being, EPO increases the productivity of red blood cells, the primary oxygen carrier in the blood. This, therefore, allows an increased volume of oxygen to be delivered to different tissues, in particular muscle. Subsequent to this there is a delay in fatigue, an increased endurance time and increased capacity to train at submaximal levels.

This can be a very dangerous drug. Reports of stroke (due to increased blood thickness and blood clotting) are well known, even in younger athletes. Thermoregulation is also a factor - it is easier to overheat....another danger.

Human growth hormone is used to by athletes to increase lean muscle mass which transfers into increased power. Obviously, this is relevant to the rugby player as opposed to EPO which I believe would have a limited role. Major organ failure

with growth hormone use, as well as serious viral infections due to veterinary growth hormone, are well known.

As opposed to anabolic steroids which easily tested, there has been no one test which has been developed for human growth hormone. Having stated this, there have been promising developments with blood sampling which maybe available later this year.

In summary, these are the two "common" new items which appear to be introduced more and more into elite sport. Both are banned in sport and have very limited roles for some medical conditions. The side effects and health risks with both are significant

The testing program for elite Australian rugby union players continues to be regular and consistent. ASDA and Australian Medical Advisors on the IOC Medical Commission remain in the forefront of development in drug testing. the next to come blood sampling.

For any questions about drugs in sport or supplement use I would encourage each player to have a private discussion with their own team physician.

John P Best
Medical Director
Australian Rugby

▲ Un jeu de mains pas vilain

Le troisième ligne centre samoan Feaun'ati ouvre sur Bachop sous les yeux de Murphy, Hog, son capitaine, et O'Reilly.

Heath voit jaune ►

Heath, très mécontent, retourne sur le banc sur carton jaune (57e). M. Di Santis l'accuse d'avoir... poussé en mêlée!

A quand la suppression des mêlées pour en venir au "gratte poule", comme à XIII. Il s'agissait peut-être d'une sanction prémonitoire...

Photos Olivier GOT



Andrew Heath was recently sent off in France for, he claims, pushing too hard in the scrums. Those of us who played with or against Heathy know that this could not have been the case. Heathy was a big believer in Fitz's motto - "you don't get 3 points in the SMH for pushing in scrums". C'mon OX give us a break - what were you really doing to deserve a send off?

beautiful one day ... perfect the next!



Pre season 2002

2001 has seen the retirement of another two Reds and the induction of more young bright faced kids that make the rest of us feel all that much older. With the farewell of the chosen one, the great man, SOJO or however you may have best liked to have remembered Ealesie, has come the reality that we now actually have to talk to the coaches and management staff instead of winging to Ealesie.

That aside pre season 2001/2 has been hot, damn hot. We as players

in our infinite wisdom requested a day off, or at the very least an afternoon off so as to have our weekly round of golf. Smart move boys. There's nothing better than doing games conditioning on a Friday afternoon in 45-degree heat. (All right I exaggerated it was only 41).

As I alluded to earlier the new squad has brought with it a bunch of fresh meat. Over the upcoming months we shall profile our future rock stars.

I don't want to play teachers pet, but I am extremely pleased with the progress of our new young prop

Anthony (Matho "soon to be nine plates") Mathison. He has an extremely bright future. With out defaming him, we have it on good authority (and his friends are the most honorable and forthright members of our community) that Matho was seen to be handing a \$100 at the golden arches with change of 5 cents being returned.

Matho I can honestly say that the author of this story is proud of you, and I'm more than happy to hand you the title of "nine plates ". Just a word of advise. Embrace your new nickname, cherish it, be a well-rounded person, have a laugh at yourself, and trust me; the name won't stick.

I was going to preview our next bright star but this story just couldn't wait

The next is our dipstick of the year award, which goes to Daniel Herbert.

On return from his recent 4WD expedition Daniel had noticed a strange sound coming from his engine. At once he summonsed our in house motoring expert Fletcher Dyson for quick relief to this annoying problem. With the problem quickly resolved Herbie was proud to point out a number of cleaning and repair jobs he had done to his car upon his return. His major difficulty as he explained to Fletch was the 4 litre of oil he purchased from K-Mart and the amount of time that it took to get the oil down the little hole that the dipstick comes out of. Herbie: Garrick will be truly proud of you.

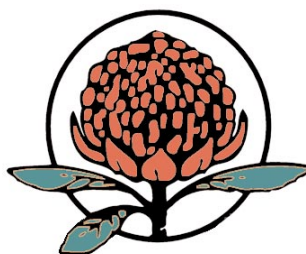
Safe motoring and a safe season to all.



Sam Cordingley (not know as the Rat for nothng) having a quiet one with Daniel Crowley at the RUPA Christmas Luncheon.

Date	Opponent	Venue
23 February	Brumbies	Canberra
2 March	Blues	Brisbane
9 March	Chiefs	Brisbane
17 March	Crusaders	Brisbane
30 March	Hurricanes	Palmerston North
6 April	Stormers	Brisbane
12 April	Bulls	Brisbane
20 April	Cats	Johannesburg
27 April	Sharks	Durban
4 May	Waratahs	Brisbane
11 May	Highlanders	Dunedin

from the Premier State



Pre-season down at Narrabeen with the Waratahs has been full of incidents that require immediate reporting for the sake of all the RUPA members!!.

Prior to christmas the squad was full of young bucks willing to bow at the knees of the king trainer Jas "machine" Weber and prepare themselves for the 2002 Super 12 season. A number of new players in the squad meant that its was going to be interesting for all to figure out where they stood in the pecking order for coach Dwyer and Ella. Jarrod Heany undertook the role of

"the sherriff" with respect to keeping guys on time to meetings, lateness, wrong dress, and other discipline issues. Duncan MaCrae headed up the careers lovers committee and Sam Harris excelled on the management team, going into bat for the players regularly (except Flash). The spinning of the chocky wheel by the sherriff for misconduct was a highlight each week.

The X-mas break was enjoyed by all there were some tense faces upon return on the 7th where skin folds were conducted. Guys were sheepishly disapearing into the room to be measured and either returning with chest puffed out and

proud or low and moving off to the gym for a fat burner. Phil Waugh waited until 2 weeks into training before getting his folds done citing excusessuch as "I had to do weights", "I had a meeting with Russell", "I feel sick and will do them tommorrow", yeah right Dev. With the Wallabies returning to the squad after their x-mas break some interesting results were recorded. Grey raised the bat in the folds for the first time and was obviously out in a good paddock over the festive season. Whittiker strength went missing but was understandable as his beautiful wife Al was yet to hear the timer ping for her bun in the oven. Burke returned with the greatest haircut ever!! Big David Lyons was doing his best to impersonate a proffessional water skier after the amount of time he spent out on his boat over the break.

With the full squad assembled you could see Jas Weber salivating to get a hold of us. Scotty "drop in" Wiesmantel has devised some of the greatest skills drills and warm-ups imaginable and his work ethic is something all the Tahs should aspire to. Some great new characters are in the Tah squad and the new members are leading the way with enthusiasm and effort at training. Milton "shaft" Thaiday, Johno "Marvin" West, Jone "B.A Baracus or S.O.D" Tawake, Francis "pen work" Cullimore, Sam "Cobra" Harris, Jarrod "Meow" Heany, and Marc "oh! I'm injured" Scterbina are making their presence felt on and off the training paddock and are constant sources of entertainment for the boys.

With the first trial coming up on the 2nd Feb vs Country the guys are preparing well. With two trials in New Zealand (Southern Lemon), and our first three rounds of the S12 being overseas and two of them in Africa, the squad will have a tough start to the 2002 season.



Duncan seems to have a spring in his syep after KO'ing Drew Hickey at training. Francis Culimore ... a tie was expected!!!

Date	Opponent	Venue
23 February	Chiefs	Rotorua
2 March	Stormers	Cape Town
9 March	Bulls	Pretoria
16 March	Cats	Sydney
23 March	Sharks	Sydney
29 March	Blues	Albany
13 April	Highlanders	Sydney
20 April	Brumbies	Sydney
27 April	Hurricanes	Sydney
4 May	Reds	Brisbane
11 May	Crusaders	Christchurch

from the nation's capital



Brumby Bunker

After a pre-season of 10 weeks prior to Christmas it seems the season can't start quick enough for most of the players, excluding the Wallabies. With a changing of the guard in the coaching ranks with a new coaching staff looking to find their feet it must seem to them that they could do

with a few more weeks preparation. The only people that seem to be happy with the off season is the players partners as there has been 7 weddings, 5 engagements and 4 babies born in the last 12 months.

As with every pre-season there are always a few accidents and the best was Tim LeNevez who dropped a weight on his foot breaking his toe. This required our Manager to inquire to Mizuno whether or not



A bleary eyed Justin Harrison enjoying a brewsky or two after at the RUPA Christmas Luncheon

they have steel capped boots in stock. Our trainer Damien Marsh also suffered 32 stitches after being rucked on the back of the calf by an over zealous player. It seems the player forgot he was wearing running spikes at the time.

The other major incident was Pat Howard trying to set new fashion trends by wearing a singlet over a Bear suit to one of our first sessions . Seems he wanted to get a decent tan after 3 years in England. It does not seem Patty has even been away slipping straight back into long lunches and afternoon naps.

While the rest of us have been sweating away it seems some players spend their time by buying racehorses, the problem being they named the nag Mr. Jones who they thought would be coaching the Brumbies this year. The syndicate has now been spotted looking for a new horse, which they will look to call Mr. Nuicifora.

The other major change has seen the guys move out of Melrose place and into the Kinston Terrace, which is located up the road and just happens to be over the road from 6 blocks of housing commission. While some players have been worried about car's being stolen and units being broken into it seems that the constant entertainment is on par to a Jerry Springer episode.

Well it's off to beautiful New Zealand for a couple of trial games and mixing with the ever humble locals.

Date	Opponent	Venue
23 February	Reds	Canberra
2 March	Cats	Canberra
9 March	Sharks	Canberra
16 March	Bulls	Pretoria
23 March	Stormers	Cape Town
31 March	Crusaders	Christchurch
14 April	Hurricanes	Canberra
20 April	Waratahs	Sydney
26 April	Highlanders	Canberra
4 May	Chiefs	Rotorua
11 May	Blues	Canberra

the x(pat) files

Like the classic line out of the movie Snatch, when Cousin Abraham 'Avi' Denovitz played by Dennis Farina is asked by a customs official on returning to the US "Anything to declare, sir? his advice, "Yeah. Don't go to England", would be well heeded by Australian rugby players.

Rod Kafer - in his glory days with the Brumbies - when the cappuccinos were warm and the administrators listened.



Yes I know that the value of the Pound is extremely enticing and that the ARU have still not managed to provide equity in the corresponding pay structures, but playing rugby, in this part of the world, is simply an experience not worth the conversion factor from British Pound to Aussie Peso.

Where do I start: England? "Cups of tea, bad food, worse weather." The English? Ha!! Call me!. The Refereeing? How can I put it delicately - fucking abysmal. The Rugby? Boring. Living in the UK? Jump in the Tardus and go back 20 years, I'll take Somalia any day. Trying to get the phone connected? At least 4 weeks. Opening a bank account? Not without a reference from your bank manager in Australia - that's right, just to open an account! The cost of living? Exorbitant - try about \$A5.00 for a crap café latte and see how much you have left after your retirement package. The training regime? Jurassic. The length of the season? A lifetime. Going out for a beer? All done and dusted by 2am. Team social activities? Non existent. The painful accents? More and more so as each day passes. Living in Leicester? Just like Goulbourn - without the Jail or big Merino. Playing with Austin Healey?

Requires sunglasses due to the reflection coming off his Devon.

QF 2 has never looked so good. Of course the one consoling factor is the ever depreciating Australian dollar and lets face it, without the Pound, would anyone leave the best county in the world to play rugby in the cold climes of the East midlands? So far the experience has been a valuable one, and whilst I miss my flat whites in Kingston on a beautiful Canberra Autumn day, I have tasted the bighting cold of an English winter and finally understood the notion that the "grass does always appear greener on the other side."

Remember like Chillli Palmer in the 1995 classic Get Shorty "I'm the guy who's telling you the way it is, and I'm not going to say anymore than I have to, if that".

ps I do have lots of time to search the net for innocuous things like movie quotes.

Rod Kafer

what the *&%!

Recently, when I went to McDonald's I saw on the menu that you could have an order of 6, 9 or 12 Chicken McNuggets. I asked for a half dozen nuggets.

"We don't have half dozen nuggets," said the teenager at the counter.

"You don't?" I replied.

"We only have six, nine, or twelve," was the reply.

"So I can't order a half-dozen nuggets, but I can order six?"

"That's right." So I shook my head and ordered six McNuggets.

The above story doesn't amaze me because of what happened a couple of months ago. I was at the check out at the local Foodland with just a few items and the lady behind me put her things on the belt close to mine. I picked up one of those

Dividers" that they keep by the cash register and placed it between our things so they wouldn't get mixed. After the girl had scanned all of my items, she picked up the "Divider" looking it all over for the bar code so she could scan it.

Not finding the bar code she said to me "Do you know how much this is?" and I said to her "I've changed my mind, I don't think I'll buy that today."

She said "OK" and I paid her for the things and left. She had no clue to what had just happened....

George Gregan receiving the inaugural Rugby Medal for Excellence



The Rugby Medal for Excellence

Name	Points
George Gregan	42
John Eales	30
Toutai Kefu	21
Matthew Burke	19
Owen Finegan	16
Daniel Herbert	15
Brendan Cannon	13
George Smith	12
Nathan Grey	12
Justin Harrison	12

career training scheme

. . . enhancing the culture of rugby

Career Training Scheme going on line at www.rupa.com.au

All Career Training Scheme strategies will be available on the RUPA website by the end of February. This site will be linked to the ARU (www.rugby.com.au) and all State Union websites. Players will be able to access information such as Career planning tools, University and TAFE sites, Training & Education Application forms, Andersen Financial Planning organisers, job opportunities within Career Placement Program, successful Career placement testimonials, Professional

Development Workshops, Welfare and Counselling contacts and posted News and Updates Adobe files.

Black Hats 2001

Black hats to the following players following completion of their undergraduate studies in 2001:

ACT

Justin Harrison
Bachelor of Applied Science (Sports administration)
University of Canberra

Justin graduated on the same night as the newly appointed ACT Brumbies Career and Education Adviser Sue Crawford, who gained her Graduate Diploma in Applied Psychology.

NSW Waratahs

Ed Carter
Bachelor of Economics - Social Science, University of Sydney

Andrew Beattie
Bachelor of Human Movement
UTS Kuringai

Queensland Reds

Simon Kerr
Graduate Diploma of Business

studies (Coaching)
Massie University, NZ

Role Models in the Community

Marc Stcherbina has been approached to represent National Drugs and Alcohol Research centre as a spokesperson for their organisation. Following the Alcohol and Drugs presentations to players in Canberra and Queensland the same opportunity will be available to interested players.

George Smith & Totai Kefu will feature in advertisements in their country of origin promoting healthier living as part of a World Health Organisation Project to help Tonga conquer its obesity epidemic.

Professional Development

The career and education advisers have been implementing a number of core welfare (6) and introductory and advanced professional development courses with contracted State Union players and Academy players.

All players should note that core welfare courses are being conducted for **all** players **only** in Season 2002 and in future will only be held for newly inducted players into the respective State Unions or

Justin Harrison



Academies. The only exception to this is the ASDA course which the ARU is obligated to conduct each year. The Career Training Scheme is working with ASDA to make this more 'Rugby relevant' and therefore the respective State Union doctors are being utilised in these education seminars.

It is anticipated that by the end of 2003 all State Union players will have completed introductory and advanced professional development courses (recognition of prior

learning will be provided where suitable)

Relationships Australia Welfare & Counselling

Players will all receive, in February, full information regarding Relationship Australia, the Career Training Scheme confidential counselling service for players and partners. This will consist of a Relationship Australia flier outlining their services and a personal Calling Card.

Training & Education Fund

Applications for the 2001 Training and Education closed on December 31 2001. A total of 96 players were eligible to lodge application and the CTS committee received 40 claims totalling \$150,000. The quality of applications received was excellent and players will receive notification regarding their claims in the first week of February. Strict criteria are being implemented in assessing all claims.

Claimants		No of claimants	% of eligible claimants
No of players eligible to claim	96	40	41.66
Current/ de-listed			
Current contracted players	75	34	45.33
ACT Brumbies	24	10	41.60
NSW Waratahs	28	14	50.00
Queensland Reds	23	10	43.40
De-listed end 2001 players	21	6	28.57
ACT Brumbies	4	2	50.00
NSW Waratahs	11	3	27.27
Queensland Reds	6	1	16.00

Recently retired (voluntary & involuntary) players who submitted applications included Angus Baldwin, Keith Gleeson, Rod Kafer and Simon Ross.

Financial Management & Planning



Andersen have nearly completed their State Union player seminars and now in liaison with the State Union career & education advisers will make one on one consultation appointments with players in respect to their personal requirements. Players should make this appointment for one of the following reasons:

- 'Health check' on your financial plan - taxation matters eg. income averaging, budgeting & investment plan, structuring your contract payments - with or without your financial mentor
- If you do not have financial mentor Andersen can assist you initially and then also refer you to potential suitably qualified financial mentors

- It costs you nothing except an hour of your time.

All players should have received an Andersen Calling Card -with the contact details of the relevant person at Arthur Andersen to contact regarding an appointment. Contact Glenn at RUPA if you have any problems.

Injury transition

The Career Training Scheme wishes David Giffin a speedy and successful rehabilitation. As part of our transition program the ACT Career and Education Adviser, Sue Crawford will work closely with David regarding the integration of his Bachelor of Business studies at USQ during his rehabilitation program.

Retirements

The Career Training Scheme committee would like to wish recent retirees Michael Foley and John Eales all the best with their respective post rugby careers - John is moving to Sydney to take up a position with Bankers Trust in addition to his ambassador role with Australia Rugby whilst Michael is pursuing a coaching career with Bath Rugby club.

As contracted players in 2001 both players will be able to access Career Training Scheme strategies and have access to the CTS support networks during their Retirement ie Training and Education Fund for up to three years post retirement. The Career Training Scheme is also maintaining contact with all retired (voluntary and involuntary) players who were contracted in season 2001 to assist them with any transitional matters.

Special Thanks to Col Whelan at Action Photographics for many of these fine photos. Phone 9663 2699 for all your action photographic needs.

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