



The Sting 8—2008

Volume 2, Issus 8 2008

8th May 2008

Newsletter of The
Lakes Junior Rugby
Union Club

Who is This Duncan Hall??

You may have noticed a tall man with cauliflower ears at training nights working with teams to develop skills.

His name is Duncan Hall from dhsport - sport for life.

- Duncan Hall played 75 games for the Reds from 1975 -84 and 15 Tests for the Wallabies from 1980-83. Recent coaching experience include:
Smart Rugby Presenter to Australian Army Rugby,
- Army Rugby Development Camps 2003- 2008,
- Brisbane Grammar School 1st XV Coach 2005-2007
- Coaching Coordinator

- Kenmore Rugby 2004-05,
- ARU Smart Rugby Presenter 2003-05
- NSW Waratahs Super 12 Forwards Coach 2002
- USA Eagles Head Coach 2000-2001
- Worcester Rugby (UK) 1999
- Leicester Tigers (UK) 1997-98



Duncan Hall from duncanhallsport.com.au

Duncan is paid by the club to help develop coaching skills and most importantly playing skills of your children. I hope you take the opportunity to say hello and get a photo and autograph. He is a terrific trainer, with invaluable knowledge, and mentor for your children. We will tell you more about the clubs goals and areas of focused training with Duncan in future newsletters.

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Highlights of our week:

- * The U12's with only 10 men thrashed the opposition
- * New Jerseys have arrived thanks to our 2008 sponsors.
- * Team photos booked for 7th June and 27th July

Images with Attitude now booked!

Here are the dates that **Belinda Martin from Images with Attitude** will be at The Lakes to take our team photos and action shots. Times will be published closer to the date. For special requests contact belinda@imgaeswithattitude.com.au

Saturday Games

7th June 08 - Team photos & action shots

14th June 08 - Display action shots and proof team photos

Sunday Games

27th July 08-Team photos & action shots-Both teams

3rd August 08-Display action shots and proof U/12 team photo

10th August 08 - Display action shots and proof U/10 team photo

This weekend match details 10th and 11th May

Under 7's 9.10

at home vs Browns Plains Gold

Under 8 Yellow 9.50am

At home vs Norths White

U8 Blue 9.50am

At home vs Browns Plains Gold

U9 Blue 10.40 am

At home vs Browns Plains Gold

Sunday—Mothers day

All boys to give their mums a special breakfast in bed THEN

U10 Blue—Change of game venue

8.30 at Ashgrove GPS White

Ashgrove-GPS - Ashgrove Sports Ground (UBD Map 138 Ref K19)

Yoku Rd, Ashgrove. Along Waterworks Rd and between bus stops 22-23, right into Glenlyon Drive. At stop sign, left into Grevillia Rd and right into Yoku Rd.

Club Phone: 3366 2567

Under 12 Blue—Change of game venue

10.20 vs Brother Gold at Albion

Crosby Park

(UBD Map 140 Ref G15)

Crosby Rd, Albion. Proceed outbound along Sandgate Rd from Breakfast Creek to Albion Fiveways, right into Crosby Rd. Crosby Park is on the right (top oval).

Club Phone: 3857 1795

Match Report-U 10 Blue 46 Souths 22

The Lakes (blue) V South (black). After one of the best training sessions the boys put in for while, everybody was looking forward to the results of Dean and the coaching staffs hard work on Friday night.

Wow!!!! What a first half, not quite what we were expecting, ball security being a problem and falling off tackles. But with two tries from Joshua and one from Toby,

some defence from Brent, Alex, Corey and

Toby we were hanging in there with three tries a piece. Second half the team come together with the hard work in training paying off. Strong

A bigger supporter group than the opposition!
Thanks Families & Friends

defence from the whole team, Thomas' pick and drive working well, two more tries from Toby and three to Brent lead to a final score of 46-22 the Lakes way, much to the joy on coach Deans face with an impressive second half.

WELL DONE TEAM AND SUPPORTERS.

Jerseys to be returned and swapped for new 2008 ones!

Coaches and Managers

Complete, clean sets of jerseys are to be returned to the canteen either Friday evening or Saturday before

your game in order to receive the fantastic new 2008 models.

They are looking great and I have been assured that they will outlast the older cotton jersey type.

Well at least they will dry quicker!



Lakes Wasps U8 Yellow Vs Southern Bay Black

Last Saturday under 8's Yellow played the Southern Bay Black at home. It was a very warm morning, which greeted both teams for the first official game of the season. After a slow start, the game really heated up with end-to-end tries and some strong defence.

The Southern Bay team fielded an experienced side that displayed some excellent team skills. Lakes also rose to the occasion thanks to some awesome strong running from Thomas, James, Enelaki, and man of the match Angus Cole.

The Lakes can take heart with a display of excellent control in the set pieces with Morehu and Ethan a tower of strength

and some good driving play from McClay. This seasons new players Josiah, Harrison and Rylan brought a cheer from the home crowd with some fine touches and deceive darts to change momentum back to the home team.

In the post match interview Coach Phil stated that 'once this young side mastered the ability to quickly pass the ball wide to the wings then other teams in the competition would find it hard to get near his team of charges'!!

The final score favoured the Southern Bay Black by 50 to 40 but Rugby and



fun was the winner on the day. Special thanks to Coach Phil and all the parents who assisted in setting up, officiating the game and of course Mabel for making sure everything ran smoothly.

Much gratitude to every player and parent for participating and especially all who tried very hard but may not have gotten the public recognition this week. Please take courage in the fact that you are all valued and without whom none of this is possible.

Kevin Cheatham (Rylan;s dad)

Lakes U9's v Taylor Bridge 47 - 15

What a match! What a score! What a TEAM!

Everyone played brilliantly and more importantly the boys played as a team, which showed in the amount of passing, tackling and general support that they gave each other. It was a thrilling match to watch and the opposition put up a good fight.

There were some great tries scored by Connor (1), Quinton (2), Korrey (2), George 1st (1) and Hugh (1). There

were also some good conversions by Hugh (4) and Quinton (2), which pumped up the score line. There was plenty of tackling and some good defensive moves.

Coach Martin was extremely happy with the boys and having introduced a Man of the Match trophy this week, it was decided that the whole team deserved it after their performance. The team's supporters whole-heartedly supported this decision and boys all

looked thrilled. Carry on the good work boys.

matches. At the next day. This makes it fair for all of the boys to have a go and improve their kicking skills at the same time.

What a match!
What a score!
What a TEAM!

Message to Under 9 parents.

This season Coach has introduced a new way of selecting who will kick conversions in the matches.



At the start of practise on Friday nights there is a kicking competition, which all of the boys take part in.

The 2 boys who kick the most consistently will be chosen to kick the next day.

This makes it fair for all of the boys to have a go and improve their kicking skills at the same time.

THE COFFEE CLUB

Where will I meet you?

FOREST LAKE

The Lakes Rugby
Premium Sponsor

Match Report Reminder

All team managers or rostered parents please
send match reports to

thelakesrugby@live.com.au

by the Wednesday of the following week.

Team Sheet Reminder

White copy of score sheets to be sent to

Competition Manager BJRU

PO Box 1105

Capalaba 4157

By Tuesday of the following week

Player Safety Equipment

Player Items - Players need the following items as indicated and we give you some idea of the type of item and where to get it.

Shorts - Players wear white shorts. The Club sells club shorts.

Socks - All players must wear Club socks. They are blue and gold turndowns and are available from the Club.

Mouth Guard - All players SHOULD wear mouth guards both at training and during games. (We actually insist, unless you have a good medical reason why they shouldn't). There are two main types of mouth guard: Do it yourself, which can be purchased from a Chemist or the club canteen. Moulded type, which is the best option, but also the more expensive. You should get most of the cost back in rebate if you are in a Health Fund. Look up Yellow Pages under Dental Prosthetics, or go to your Dentist.

Water Bottles - Each player should bring a water bottle with them to training sessions. They should also bring one to games, so they can hydrate both on the way to the game and on the way home. Travelling in an air conditioned car causes dehydration, so if the trip to the game is around an hour drinking approx 750ml water is recommended. Safety Hint - water from a water bottle or spray should not be projected down a player's throat, let them drink from it in their own time.

Head Gear & Long Hair - Head Gear is an optional item. It should be as light as possible and adjustable. Be careful with style. Some of the types worn by Rugby League players are not legal in Rugby, they MUST carry the IRB approved logo.

Body suits - some players choose to wear the body suits/body armour. Again this can be good a idea to assist the protection of players and can also help players with their confidence. The suits must IRB approved. Most sports stores can assist with a range of styles.

Any questions ?

Please contact the committee members at training or by e-mail

thelakesrugby@live.com.au

U12s Match Report

Wow, what a fantastic display of rugby we had today! After an early morning start and a long drive to Redland Bay the boys were all warmed up and ready to start the game against a somewhat “bigger” team than us. Thank you to Nick for stepping in to Referee for our team, due to a no show by the appointed Referee.

With 10 players a side the game started slowly for The Lakes going down two early tries. A quick run-away try by Luke saw the beginning of a change for the boys in blue. The half time “sugar” and pep talk from Duncan saw a huge turnaround in the second half.

Tyson as half back was everywhere on the field, Jack, Andrew and Daniel were in the thick of things tackling and always pushing forward; Chris, Lachlan, Reid, and Luke busted through the opposition line to score some fantastic tries, Joshua and Liam out on the wings always running – some great side steps boys!

All players put in 110% and pulled together as a team to score a total of 5 tries with two conversions.



The final score was The Lakes 29 v Southern Bay 17.

Our scorers today were: Luke -2 Tries, Reid Try, Converted by Chris, Liam, Try Joshua N , Try Converted by Joshua N



Nice fit for a real Hall of famer



League legend Duncan Hall (father of our Duncan Hall coach) last week got to pull on the blazer recognising his selection as one of the two greatest props the game has ever produced in rugby league's Team of the Century.

Hall was named in an all-Queensland front-row alongside Noel Kelly and Arthur Beetson, but could not make the presentation dinner in Sydney because he is battling ill health.

But here he is on the Sunshine Coast with his blazer, due reward for one of footy's great careers.

HALL'S teammate in the Team of the Century, five-eighth Wally Lewis, has still got his sense of humour.

HRH Walter was at the Broncos Centenary Lunch last week at the Sofitel, watching a video presentation on the big screen in which Ray "Rabs" Warren described TotC winger Brian Bevan as "bald and toothless".

Quick as a shot, the King spun round and said: "What's wrong with that?"

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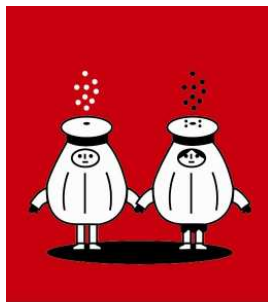
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About the B.J.R.U.

As you maybe aware the Lakes play in the competition run by the Brisbane Junior Rugby Union - bjru.com.au. Brisbane Junior Rugby Union overseas the direction and management of competition between its 28 Junior Rugby Union Clubs and satellite organizations in Brisbane. All school based rugby union in Brisbane is played outside of the BJR.U. The BJR.U forms part of the Queensland Junior Rugby Union - QJR.U.

Our players compete in Australian Rugby Union Player Pathway (the pathway) age-related groups. The pathway provides children with a **safe** and **enjoyable** introduction to the many different skills and concepts of the game gradually, rather than encountering all of them at a young age. The games are free flowing, with a focus on developing skills of running, balance, ball handling and contact. Each level of the pathway has modified scrum, maul and lineout situations.

The pathway can be summarized as follows:

- Wally Rugby: Under 6 – 8, 7 a side, no tackle, focus on catch, pass, and tag
 - Mini Rugby: Under 9 – 10, 10 a side, tackle introduced, uncontested scrums & lineouts
 - Midi Rugby: Under 11 – 12, 12 a side, tackle, contested scrums & lineouts
 - Teenage Rugby: Under 13 – 17, as for seniors, with Law variations aimed at safety
- An essential feature of rugby is one of **enjoyment** and irrespective of size, body shape or ability players are given the opportunity to reach their potential in a caring, fun and safe environment.



Sportsmanship and fair play are positively rewarded, with minimal emphasis on competition and adherence to the Junior Rugby Code of Conduct by all; including spectators.