



# S.L.R.U.F.C NEWSLETTER

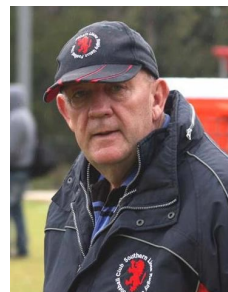
March, 2015

## A word from President

Welcome to our first Newsletter of 2015. It is with great excitement that I speak to you today. We are the Southern Lions Rugby Union Club who are committed to becoming the most successful Premiership Club south of the river. How do we achieve this? We are already established as one of the most successful Junior Clubs in WA and a tremendous family club. My committee is the best we have ever had and the future looks great. Now we need to grow our Senior player base and become successful in the Championship. We have made our intention very clear to the West Australian Rugby Union. To help us achieve our goals we have secured the services of Stuart Munroe as our Director of Coaching. Stuart is building a group of managers and coaches around him with the same drive and enthusiasm as himself. Also we have secured the services of Geordie James as our Under 19's coach. Geordie is a long standing player at the club, Life Member, Teacher and Level II coach. Yes we are serious about the future, yes we are committed to Premiership Rugby, so are you prepared to make the same commitment to ensure we succeed?

Together we can make a difference.

- Mike Penhaligon, Club President



Southern Lions had a very successful summer of Rugby.

A summary of the results -

- Guildford 7's - U12 - Bowl Winners
- KK 7's - Under 14 - 3rd Place
- Borneo 7's - Under 16 - Cup Winners
- KK 7's - Under 17 - Cup Winners
- City of Cockburn 7s - Under 19 - Cup Winners
- City of Cockburn 7s - Ladies - Plate Winners
- Noosa 7's - Men - Plate Runners Up
- Bangkok 7's - Men - Cup Winners
- Borneo 7's - Men - Bowl Runners Up

Congratulations to all the players and BIG THANKS to the coaches and managers who made it all happen - Cody

Henare Walker, Tarnz Pj, John Leach, Frank Jennings, Terry Eastwood, Karen Eastwood and Bren N Wills Misa-Lio.

Thanks to Karen Eastwood for spending the last 2 Summers managing 20-30 blokes who wanted to travel Australia/Asia playing 7s rugby. The last 2 successful Men's 7s seasons wouldn't have happened without you!

Congratulations also to our State Players -

Under 17s Junior Gold Squad

- Keegan Rowley
- Sioeli Vaituulala
- Tigris Polata

Under 15s Junior Gold Squad

- Claudio Gouveia
- Giovanni Leituala
- Under 18s Boys 7's
- Brody Eastwood
- Eli Greaves

- Keegan Tuhega
- Under 18s Girls 7's
- Shanice Parker

- Ladies 7s
- Danielle Parker

- Men's 7s

- Cody Henare Walker

Here's looking forward to an equally successful winter season.

Hope to see you all at Registration Day 2pm (19s/Senior trials, food, drink and bouncy castle).

Training for all teams starts next week and continues every Tuesday and Thursday. The Senior season starts 28th March, followed by 19s/Ladies in April and Juniors in May.

Go the Mighty Lions!!

- Sam, Ronan & Mike



## Quiz!

What is Nick Cummins nickname?

Send your answer to

slrufc@gmail.com to stand a chance to win a singlet and cap!

(Clue further on)



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## SPONSOR OF THE MONTH



Hunt Solutions is a West Australian based company founded in 2010 by Andrew Hunt and Cherie Hunt, whose vision was to bring innovation to the corporate utility and business sectors. Establishing a team of seasoned specialists, the people who form our company offer invaluable insight born of decades of experience, giving us the market innovation leading edge. For more information, visit <http://www.huntsolutions.com.au>



### Coach's Corner:

Southern Lions is a very welcoming, friendly Rugby Club!

With dedicated people at its core, who are committed to the family-orientated environment, there is an enviable warmth about it.

It is therefore, with some trepidation, that we move forward in our new quest -

Premiership Rugby. While far from being insurmountable, this is still a challenge of monumental proportions, mainly because it demands a whole new way of thinking. For my part, the starting point has been the formulation of a coaching and player development programme. We have adopted performance-orientated practices, starting with an off-season fitness programme before Christmas, and now, a group-approach to senior pre-season training. Additionally, we will focus on the establishment of *core values* by which we will measure ourselves.

However, the requirements for success in sport has always been the same; Sustained hard work, sacrifice, commitment, etc.

So, only one question needs to be asked. What are *you* prepared to do to succeed? Following our LIONSFIT programme, the start of pre-season on 13th January has proved to be very successful. A series of coaching meetings to establish the pre-season programme and the implementation of a more cohesive and inclusive approach to the senior playing group (u17s, u19s and seniors), is already showing improvements in a number of ways but the main one is, of course, ATTENDANCE! Numbers at training are growing every session and are very encouraging, and I sincerely wish for this to continue. We, the coaching group, will continue to work closely together, developing the training and ensuring we are ready for Round 1!

Best wishes to all for the coming season

It is a pleasure to part of the Southern Lions Revolution!

Regards

Stuart Munro



### Ross North Homes

Clubs will receive a \$1000 incentive payment on each sale of a Ross North home that has been referred by a club member. For more information, please contact Huw Lock [huw.lock@rugbywa.com.au](mailto:huw.lock@rugbywa.com.au)



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## Registration 2015

This year, there is a new Online Registration System in place through the Rugby Link website. In order to receive your registration link, send an email to [slruc@gmail.com](mailto:slruc@gmail.com).

Please include your full name, DOB and address for all players at that email address. Players can choose to pay online, or skip the registration fee and select to 'Pay Offline'. If you wish to pay offline, please do so at the clubhouse after completing your registration online. For more information, go to [www.southernlionsrufc.com](http://www.southernlionsrufc.com)

## #LIONSFIT

Off-season training was introduced in late 2014 as a way to physically prepare Lions players for the upcoming pre-season training and season proper. As someone who experienced this first-hand, it is suffice to say that it was one of most demanding fitness regimens I have taken undertaken in a long time. As the name implies, LIONSFIT off-season training focussed primarily on physical fitness, including physical strength and cardio-vascular training. Thanks to the support of Stuart, Brad Woodford and Simon Cummings LIONSFIT was a great success and I hope to see it back at the end of the this



Can you guess who these players are today?



## Titan Ford

Clubs will receive \$150 with the purchase of any new or used car referred to Titan Ford and the purchaser eligible for a free Western Force Family Membership (subject to availability as a limited number of memberships are available for this offer).

Club members who purchase or service a car at Titan Ford, Melville will receive a FREE BP fuel discount card valid for 6 months and saves you 4 cents per litre up to 150 litres per day.



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# bankwest



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## Bangkok International 7s 2014 Cup Winners –Southern Lions RUFC



Southern Lions RUFC 7s team competed in the 2014 Bangkok 7s over the weekend of the 8<sup>th</sup>/9<sup>th</sup> November 2014.

The team competed in the International Club Team event against teams from Thailand, Malaysia, Laos and Australia.

Day 1 of the tournament was the Pool stages of the event. Day 2 was the Finals.

The competition was held in the impressive **Bangkok Patana School Sports Complex** with 3 playing Fields and Stand.

Lions 7s competed in Pool A against teams from Thailand and Laos.

The Lions playing squad included Cody Walker (C, WA Men's State 7s), Teegan Minkley, Declan Pegum, Eli Greaves (WA U18 State 7s), Duncan Schutte, Jamie Pascoe, Sam Price, Sonny Kerr, Norton Beech, Liam Eastwood, Mata McGrath and Jordan Pereira. The coach was Conan Alai, replacing Willie Lio who couldn't make the trip.

**Day 1 - Game 1** - The Lions started slowly in the Bangkok heat and humidity and *Tha-Din-Dang* jumped out to a 0-14 lead. The Lions players scored before half-time to reduce the margin to 7-14. First time coach, Conan Alai, encouraged the boys to up their game and the result was in no doubt from then on with the Lions scoring 3 tries without reply in the second half.

**Game 2** - *Naga* scored first to lead 0-7. The Lions scored twice before half-time to lead 14-7. *Naga* closed the gap immediately after half-time to 14-12 but the Lions players responded with 3 further tries to close out a hard fought game worthy winners.

**Game 3** - The final game decided the winners of the Pool. The Phuket Vagabonds is a team made up of ex-Pats living in Phuket. Their star player was ex-NRL winger Sandor Earl now living in Phuket. The match was an extremely tight affair broken open by 3 solo tries – 2 to Phuket's Earl and 1 to Lion's Minkley. The teams were very evenly matched with Earl's NRL ability proving the difference. The Lions players knew that some defensive hard work would allow them to turn the tables in the finals.

**Day 2 - Quarter Final** - The Lions were too strong for the Thai side and ran out comfortable winners with 3 tries in each half.

**Semi Final** - The semi-final started off as an arm wrestle with both teams scoring early tries. The Lions added 2 more before half-time to leave the score 17-5 at the break. Serdang started strongly in the second half, scoring first to narrow the score to 17-10. The Serdang try kick started the Lions into action and they ran in 3 unanswered tries to race into the final.

**Cup Final** - KPM immediately showed why they had overcome the Phuket Vagabonds in their semi-final – 28:10, scoring first and pressing hard for more scores. The Lions dug deep to score 2 tries. KPM bounced straight back and added 2 more to leave the half-time score 12-17.

The second half started with KPM adding 2 more tries to extend the lead to 12-31. The Lions players weren't finished though and closed the gap with 2 quick tries to leave the score 26-31. With time running out, KPM launched an attack from deep and looked set to score the match winner but unbelievable cover defence from Jamie Pascoe rescued the Lions. Pascoe then followed with a try to level the game, with Teegan Minkley adding the conversion to grab the lead 33-31. The game was into the last minute and KPM attacked again looking for the winning score. The Lions turned the ball over and a great long range try from Teegan Minkley sealed the game and kicked off the Lions celebrations.

Captain Cody Walker led the Lions in the team song and gratefully accepted the Winner's trophy. Teegan Minkley was also named Player of the Tournament.

The final was a great game show casing the high quality of 7s play at the tournament, greatly impressing New Zealand International 7s Player **Lote Raikabula** and delighting the supporters and organisers of the event.

A big thank you to Manager Karen Eastwood for organising a successful 7s program!

Thank-you to our 7s sponsors!



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## The Club Passport Program

Coupled with the latest technology, the Club Passport revolutionises volunteer management, recruitment and recognition in Sporting Associations and their affiliated Clubs. The Club Passport provides Associations with a means of identifying and targeting their specific core development areas and promotes these key areas to the Clubs within the Association. Through involvement in these key areas, volunteers earn Club Dollars that can be used to purchase items from their Club including uniforms, game and training fees and membership fees. In addition to assisting Associations address their identified core areas, the Club Passport provides a platform from which Clubs can build and reinforce their individual Club Governance, Volunteer Sector, Sponsorship, obligatory Association activities, and Skill Development and Accreditation requirements. Every Association and Sports Club is unique, and this is captured through a one on one consultation process to create a program that best suits each Association. The Club Passport differs from other programs by providing a framework that incorporates existing initiatives therefore adding value not work. The custom-designed Online Passport Program is simple to administer and provides a means for Associations and their Clubs to be accountable for delivery on their focus areas. The availability of real time data assists in creating a strong link between Associations and their Clubs and is also beneficial for sponsors and other funding bodies.

The Club Passport:

- Recruits new volunteers
- Helps involve KidSport parents and family members in the Club
- Rewards existing volunteers for their efforts
- Simplifies sponsorship and provides Clubs with easy to follow templates to create their own Sponsorship documents
- Helps increase the number of club members completing training and accreditation

And creates a strong relationship between Associations and their affiliated Clubs.  
For more information, contact **Mike Penhaligon** on [slrufc@gmail.com](mailto:slrufc@gmail.com)



Another successful sevens tournament was held this year on Valentines Day 14<sup>TH</sup> February 2015. A total of 12 men's teams, 4 women's and 3 u19s teams participated. Men's Cup Winners - Fresh Nation Women's Cup Winners - Fresh 19s Cup Winners - Southern Lions A total of 50 games of exciting 7s rugby from 10am to 8pm Many Thanks to City of Cockburn for their continued sponsorship. The sponsorship ensures a great day for players and spectators alike



Want some extra fitness training? Why not try your local ParkRun? The nearest one to Southern Lions is located at Bibra Lake. Runs happen every Saturday at 8h00am. Register online at <http://www.parkrun.com.au/bibralake/> It's free!

### C.D. Dodd—Scrap Metal Recyclers

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Cockburn Roar Touch Rugby was another *roaring* success this season. (2014/15)

A total of 16 teams played in two 8 team competitions – Mixed Grade A & B. The season commenced in October 2014 and finished 25th February 2015 with food and drinks served at the canteen every night.

Congratulations to Mixed Grade A Champions "King Creepas" and Mixed Grade B Champions "Transformers". For more information, Google Cockburn Roar, or contact **Ronan @ [ronan.oshea@cnfa.com.au](mailto:ronan.oshea@cnfa.com.au)**. See you all again in October 2015!

- Ronan O'Shea



### Simon says

It's Friday evening, 06 March. Tomorrow we play our first set of scratch matches and, while I'm typically nervous, I'm also rather looking forward to seeing how all the off-season, pre-season and new training system will benefit Southern Lions, as I am sure it will. It's been pretty amazing seeing all the new faces turn up at training too. In the 3 years I have been a member at the club, I've never seen such impressive numbers and I reckon this seasons pack of forwards are going to be a force to reckon with. It's been great to see the new training program put into practice and being able to take part in what Stuart and the crew have put together is somewhat of a privilege. So bring on the season already, go the Mighty Lions!

### Get to know your committee!

President: Mike Penhaligon	0439 845 867
Vice President Seniors: Ronan O'Shea	0410 471 572
Vice President Juniors: Sam Holt	0425 266 077
Secretary: Sharon Phillis	0498 485 568
Treasurer: Bradley Harwood	0422 893 903
Grounds Manager: Matt Szydlowski	0409 252 581
Club Captain: Irwin Swinny	0420 354 223
Junior Liaison Officer: Storme Smith	0449 870 519
Coaching co-ordinator: Stuart Munro	0435 030766
Merchandise Officer: Sandra Leef	0407 840 140
Sponsorship: Sean Fiddes	0429 791 181
Silv. Lions Co-ordinator: Jamie Dickson	0411 702 120
Media Co-ordinator: Simon Gie	0408 161 818
Club Accountant: Bradley Harwood	0422 893 903

Equipment Manager: Matt Szydlowski	0409 252 581
Social/Events Co-ordinator: Chontelle Sands	0411 612 382
Physio: Simon Cummings	0403312 632
Committee: Ronald Atkin	0427 382 232
Committee: Cherie Harbour	0412 572 457
Committee: Joana	
Clubhouse Co-ordinator: Wendy Johanson	0418 976 191
Canteen: Clara Ward	0408 941 688



Hello World is prepared to offer a rebate of 1% of the value of all bookings made by club members, family and friends directly back to our club. In addition, they also offer a group travel service—for any travel the club undertakes as a group.

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