



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

April 2013, Issue 2

Cobra 10's - U16

Southern Lions sent our Under 16 team to the Cobra 10's in Kuala Lumpur Malaysia – 13/14 April 2013.

We were hoping to be competitive in this competition as the best teams in Asia were competing.

Teams came from New Zealand, Taiwan, Borneo, Australia, Thailand, Brunei and all states of Malaysia.

Our Boys proved to be more than competitive after the first day we were placed fourth - with 3 wins out of 3 Games. On the second day we won our first game setting us up to play for the cup quarter finals. Unfortunately we let the STAR (cup favourites) score after the whistle to even the score. This set us up for a golden point situation and STAR scored first which knocked us out of the cup. By this time, it would have been easy for the lads to give up as they were feeling the 34 degree heat & 90% humidity, but they were determined to bring something home for their efforts. They went on to win the next game to qualify for the plate final. Unfortunately we lost the final 21-19. Ending up in 4th place (plate runner-up) and top international team.

We made many new friends and our boys showed sportsmanship on and off the field, they were fantastic ambassadors for the Southern Lions.

I'm sure the boys will remember this trip for a long time.

On a personal note I have handed the Coaching reigns over to Matt Whaiapu. I'm very confident Matt will take these boys to even higher heights.

I can't wait till next year and I can take next year's team to the Cobra 10's.

Many thanks to RPC surface coatings, MSS Maintenance, The Chiccino Family, QMCS, and most importantly PETER SCOLES – MANAGER Under 16's who without him the trip would not have been possible.

– Terry Eastwood.



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To go in the draw to win a Southern Lions cap, answer the question below and place this entry form in the box at the bar. Competition only open to junior members. Competition ends 19 May 2013. Winner will be notified by phone.

Who was the Australian captain when they won their first Rugby World Cup in 1991?

.....

Name: Phone number:

www.southernlionsrufc.com

A new sponsor!

Southern Lions RUFC have been awarded a sponsorship by Healthy Clubs.

The \$3000 sponsorship is for the provision of First aid kits / restocking first aid kits, Portable Shade Structures, Sunscreen, Water Bottles & Carriers, Coaching, Umpiring & Officiating Courses, Safe Alcohol Service Training for Bar Service and Canteen Equipment.

The Healthy Club Program aims to encourage sporting clubs to develop, promote and implement policies that ensure a healthy and safe environment for all, increase participation in physical activity and improve administration and sport delivery through increased education and training opportunities.

Check out the Healthy Club website www.healthyclub.org.au/ for more information.



The Silver Lions

The Silver Lions are enjoying a great start to the season with a lot of new players and a great vibe within the team. The Vintage Rugby World Cup comes to Perth in April 2014 and we are starting to get a team of passionate players together who don't let a little thing like age stop them from playing a game they love. The competition is bringing 60 teams to Perth, that is approximately 1500 players all playing at the UWE grounds, with banquets and award nights it's going to be a fun week and a great way to meet new teams and play the game we love. We are limiting the team number to 20 players and spaces are filling up fast so for your chance to take part come and register with the Silver Lions this season to guarantee your place.

For the first time in Silver Lions history we have started training, when I say training I mean having a game of touch



rugby and a beer or two. With the social side of the game being an important aspect within the team. So on a Thursday night if you see a bunch of old men running around the pitch having a laugh that will be us, come and join in.

Stop worrying about your popped knees, or shoulder injuries you are never too old to hang up your boots. With the modified rules it makes it fun for everyone. Don't just be dads that shouts at his kids on the sideline show them dad can do it as well. Our carnivals are great family affairs with each club putting on different entertainment for one and all, plus with cheap bars and canteens it makes for a good way to spend a Sunday afternoon.

So if you want to be a part of it either come and see us on a Thursday evening at 6:30 or give me a call on 0411702120.

– Jamie Dickson

Weekly cash prize draw for fully paid members!

A weekly cash prize draw will be starting soon for fully paid club members. The first draw will be \$200 on May 9th at the Southern Lions Clubhouse, you must be a fully paid member at the time of the draw and must be present to win the cash prize. So if your fees are still outstanding get them paid off today, and who knows, you might get your money back!

Meals are now available from the canteen on Thursday nights.

Each Thursday night has a different meal deal – keep an eye on the lions facebook page to see what meal is available. The meals are delicious and reasonably priced, so if you don't feel like cooking after training on Thursday head to the canteen!



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