



NEWS

NEW SA RUGBY DEVELOPMENT CO-ORDINATOR

Carl Jones was recently appointed as SARU Rugby Development Co-ordinator. Carl recently completed 16 years in the Royal Navy as a Physical Training Instructor and relocated from the UK to Adelaide in June of 2003. Whilst serving in the Royal Navy he was involved in rugby as a player, administrator and coach. He holds coaching accreditation from the UK and was appointed coach of the successful SAJRU Under-16 Team this season. Carl's main focus will be on implementing the SA Rugby Pathways Programme which has recently been developed by SA Rugby. **Carl will be in touch with clubs in the near future to discuss their role in the Pathways Programme.**

2004 AUSTRALIAN RUGBY SHIELD



We will have three "home games" for the ARS this year, each to be played at Hindmarsh stadium. The exact dates have not yet been confirmed, but the following is the draft schedule:

8/9 May Adelaide v NSW Country
15/16 May Perth v Adelaide
22/23 May Adelaide v Darwin
29/30 May Adelaide v QLD Country
5/6 June Melbourne v Adelaide

The Club's **SUPER 12s** footy-tips competition is underway. The first round has Kate Reynolds, Kristie Hume, Don Brown, Candy Daniel and Ben Hamer in the lead. It's not too late to join. Log onto www.footytips.com.au - our competition is called "OC2004", and you will be given a score calculated on teams who have won away games. The prize for the winner of the season is a slab - no joining fee.

DATES FOR YOUR CALENDAR

Sunday 29 February
Saturday 6 March
Thursday 17 March
Sunday 21 March
Saturday 27 March

Juniors' Registration Day
Elizabeth Sevens
Registration night
Working Bee
First game of the season



CHINESE NEW YEAR



On 24th January the Club welcomed in the Chinese New Year for the fourth year in a row. This year is the year of the Monkey, a year for cunning, trickery and hi-jinx; the club's coaches may wish to work this into their game plans ...

As before, we had a healthy spread of roughly 200 club members, players, friends and neighbours. Traditional Chinese food was provided by the wonderful chefs who have now catered for (and tolerated) Collegians for quite a few years, both in their own restaurant, at the club and on a catering basis. Their details are available from Kim Evans if you are interested in truly excellent Chinese catering.



The kids always enjoy the night, and the most popular moment of the night was the breaking of a piñata (not *entirely* a traditional Chinese custom) and the subsequent riot caused by the prospect of free chocolate. We note that amongst the four deep throng of kiddies, Ben Suttell could be spotted scavenging just as hard as he could. The fireworks display was, as always, very popular, and seems to get better every year. This year the fireworks were generously paid for by Michael and Anne Evans. The traditional Lion Dance display was as colourful as ever, and hopefully heralds in a lucky year for the club and its members.



South Australian **HEADACHE TREATMENT CENTRE**

ARE CONSTANT HEADACHES STOPPING YOU ENJOYING LIFE?

Headaches, including migraine and tension headaches, are often related to problems in your upper neck. South Australian Headache Treatment Centre physiotherapists are trained to use advanced techniques for the assessment and treatment of your headache problems.

**Our fees for members of Old Collegians Rugby Union are
\$45.50 for initial assessment and \$40.00 for subsequent consultations.**

Private Health Insurance Rebates apply.
For information ring 8373 1324
South Australian Headache Treatment Centre
37 Greenhill Road Wayville 5034



Hands on Physiotherapy

THE SECOND ANNUAL OLD COLLEGIANS OPEN

On Sunday 1st February, the second annual Old Collegians day took place in ideal weather conditions at the Tanunda Golf Club. A small group of players turned out plus two assistants, President Ted Apted (treasurer and security officer) and James Denley (beer delivery). The morning's play determined the content of teams for the afternoon. An outstanding nine holes from Chezza (44) saw him as the leading player of the morning with other notable rounds from John (44) and Peter Denley (45) and Chris Hazzard (46). The two best received a bottle of Rockford Moppa Springs for their efforts. Peter and John Denley were disqualified for being part of the organising group so the wine went to Chezza and Chris. The other team captain for the afternoon was Macca.

Lunch was provided by the Vine Inn from Tanunda and there was plenty of it (two visits to the BBQ for most players). A choice of wines from the Coonawarra complimented lunch. Michael and Pauline Lowe and Kate Denley travelled up for lunch to give the assembled throng encouragement. Fortunately, we did not have to call on Michael's (Physio Direct) expertise before, during or after lunch even though there were some strained elbows.



The five teams of three gathered at the tenth tee for the afternoons "Ambrose" competition with support staff. There was the usual Old Collegian's competitive streak with some attempts to nobble the favourite players with additional beer supplies. Tedgy, Jeremy Thewlis and Luke Ory even practiced after lunch !!! After an enthralling afternoon's golf, the results were two teams on 39 and three teams on 40 strokes. Teams led by Macca and Peter Denley were tied on 39 and the count back was brought into calculations. The same count back that saw Macca run a controversial second place to organiser John Denley's team last year resulted in Macca's team winning the competition this year. Each player in Macca's team (Macca, Gordon Hazzard and Rob Love) received a bottle of Rockford Moppa Springs. Second team players received two golf balls for their efforts. Chezza's team ran third on count back from the other two teams and received a golf ball each. Ashley told a story about Chezza leading by example and playing some superb shots to save the team and was rewarded with a golf ball for the biggest lie of the day.

At the conclusion of the day the raffle was drawn by a completely uninterested bystander and the winner of a magnum of Rockford Home Block 1998 Cabernet (estimated to be worth in excess of \$200 retail) was Gordon Hazzard. Gordon supported the day last year and again this year with a team of four and was a deserving winner with ticket number one (see Gordon you didn't have to buy the other 999 tickets to make sure you'd win !!)

PRO-TIME
BUSINESS SOLUTIONS

PLAN for next year's golf day - **Sunday 6th February 2005.**

**The Golf Day was sponsored by
Pro-Time Business Solutions
with thanks to Physio Direct for backup support**



You can add to your mental list of the lucky Collegians who were at the world cup final last year Peter and Brendan Hawker (both still playing and pictured left), Joel Fudali and his father, Mike von Berg and Denise Rowe. Those of us who are still in mourning the loss of the World Cup (both the trophy, but also the carnival) can thank merciful God for the start of the Super 12s. Anyone caring to travel interstate to catch a game should ask around, as a number of Collegians are planning similar trips, to feed the rugby habit which we all developed during the World Cup!

Congratulations to Nicole Quodling and Tony Lynch who were married at Saltram Estate on 31 January 2004.

Happy birthday to Hamish Cranna who recently turned... older (a significant birthday?), as did Harry Clark.



Farewell and good luck to Scott Andrews and Tim Williams who've both moved interstate. After their success in Ms Collegians last year, one wonders whether are boys are fleeing in shame? Tim writes to us "Would you add me to the missing-in-action register or where-are-they-now register-thingo - here are some details - I've moved to sydney for work. Tim Williams email: timothy_williams@promina.com.au Gone from January 5th 2004"

NEED WORK?!

The OC Business and Employment Directory

We are putting together a directory of Collegians who have services they wish to offer to their fellow club members. The directory will be available in hard copy, but also on the website. Once completed, we'll be able to call a Collegian when our pipes burst or tax time comes round!

Club sponsors are entitled to a full advert in the directory, but anyone can register for free. If you'd like to list yourself or your business in the directory, email your name, contact details and work type to ktle@bigpond.com.au or drop a note in the Suggestion Box at the club
For example - "Hamish Cranna – 0412 345 678 – nude dancer"

EVERYONE IS INVITED TO REGISTER

We need a good spread of work types - plumbers, labourers, architects, babysitters, gardeners, accountants, doctors, dentists etc etc etc

CLOSE DATE - 1 MAY 2004



FREE KEG FOR BEST TEAM!

The Old Collegian team which best supports the club's bar in 2004 will win a keg of beer at the end of the season to be announced at Presentation Night. Every time you buy a drink (alcoholic or otherwise) you will receive a "tally ticket". You simply drop it in the Tally Box of your choice, located above the bar. There will be six boxes, one for each of the men's teams, one for the women and one for the social members.

DRINKS VOUCHERS

Discount drink vouchers available over the bar

12 drinks for the price of 10

Must be used within 14 days.

FREE BEER FOR PLAYERS!

The coaches of each senior team will be given three beer tickets (one free beer each) at all 2004 games, to distribute as they think best.

Expect a big social year at the club in 2004. Your Social Director, the inimitable Emma Curran, is already planning a skit night, a drinks promotion & theme night, and an 80's night. Also being considered are quiz nights and Tri-Nations nights. If you have any suggestions, or would like to help, Emma would love to hear from you (0403 326 521 or Emma.Curran@optus.com.au). We will let you know what to expect in more definite terms in the next edition, but for the time being – we kick off the year with:

CUE & BREW MK II

After the first (or maybe second) home game of the year, we return with the very popular and hotly contested pool competition!

Complete with happy hour, prizes, sledging and glory.

Find a partner now, and sign up!

\$10 per team
sign-up sheet in the clubrooms
numbers STRICTLY limited

SENIOR RUGBY



STRAPPING TAPE

This year strapping tape will ONLY be supplied by the club on training nights for players who are undergoing rehabilitation for a recent injury. Strapping tape will still be provided for games. If you just like to be strapped at training for comfort, support, confidence or any other reason, the friendly staff from Physio Direct will still do the honours, but you'll need to provide your own strapping and electrical tape.

First game – 27 March 2004

We do not yet have a draw for the season, but one is expected soon. We can report that there will be no rugby over Easter nor over the June long weekend (when the Wallabies will be playing Scotland at Adelaide Oval). The grand final will be on 18th September 2004. Contrary to initial discussions, there will be no change to the format from last year, notwithstanding the disruption caused by the mid year Australian Rugby Shield.

ELIZABETH SEVENS

SATURDAY 6 MARCH 2004

If you want to play you **MUST** be registered with the club beforehand.
Speak to our Registrar, Sue Thewlis, at training.

PHYSIOTHERAPY

We are glad to announce that Physio Direct's association with Old Collegians will continue in 2004. Physio Direct has for some years sponsored Old Collegians, through both the provision of physiotherapy services, awards and cash contributions. We would like to take this opportunity to acknowledge and thank Physio Direct for its ongoing contribution to the club. Many clubs struggle to find sports trainers or physiotherapists to tend to their players – we are very lucky that we have Physio Direct who makes sure we have physiotherapists at training and at games at no cost to the club or to the players. Physio Direct also provide Junior Encouragement Awards, being a pair of club socks presented weekly to players in the Under 8s.



The treatment, strapping and advice you receive during the year from Michael Lowe and Rebecca Manson is the major component of Physio Direct's sponsorship to the club, and would be beyond our ability to provide if not for Physio Direct's generosity.

All members of Old Collegians are urged if they have **any** physiotherapy needs to consult with Physio Direct as a matter of preference. **Physio Direct offers special rates to all Old Collegians Members – with particularly attractive rates for 1st and 2nd grade players.** Physio Direct has six clinics in Adelaide, at Morphettville, Edwardstown, Wayville, Prospect, Salisbury and Gawler. Physio Direct provides treatment for all sports and work injury as well as general physiotherapy and rehabilitation for muscle and joint injuries, headaches, neck and back pains. They use manipulative physiotherapy, Swiss balls, Pilates, aquatic physiotherapy, Feldenkrais and gym rehabilitation. Call 8373 1324 to arrange an appointment to a clinic closest to you.

COACHES 2004

We are pleased to announce the club's 2004 Coaching staff:

<u>Women</u>	Coach Manager	Ray Butler Maxine Moran / Candice Daniel
<u>Div 4</u>	Coach Manager	Danny McCarter Shane Clark
<u>Div 3</u>	Coach Manager	Oliver Porter John Brady
<u>Div 2</u>	Coach Manager	Jamie Brennan Ian Walker
<u>Div 1</u>	Coach Manager	Rob Sadler Hamish Cranna

JUNIOR RUGBY

JUNIOR REGISTRATION DAY 2004

SUNDAY 29 FEBRUARY AT OLD COLLEGIANS' CLUBROOMS FROM 11 AM TILL 4 PM

TEAMS: UNDER 9, UNDER 11, UNDER 13, UNDER 15 & UNDER 17

Kids wishing to join a rugby team for the first time will need to bring proof of age (birth certificate / passport). We need to see the original, and we also need you to bring as photocopy to be sent to the SA Junior Rugby Union.

APPLICATIONS FOR 2004 S.A.J.R.U. OFFICIALS

Applications are required for coaches, managers, trainers & selectors for the 2004 SAJRU representative program as well as other SAJRU officials. To be considered for any position, the applicant must apply by 12th March 2004. Interested parties should contact Neil Bradley on nbradley@bradleygroup.com.au or 8404 5342 for more information and the application form.

U16 Talent Program

The South Australian Rugby Union has seen a need to further develop Junior Rugby in this state. To best do this the SA Rugby Union have developed a Talent Identification Program with the goals of improving the standard of SA Rugby over a period of time, developing player skills and awareness and promoting a style of play that best reflects the available resources. The program will involve assistance from senior club and state coaches, SARU development staff and related specialists. The program will cover subjects including strength and conditioning programs, fitness testing, professional development, health and nutrition, individual skill development, core skill development and prevention and treatment of injuries. The program is not exclusive to state players nor does it guarantee inclusion in the state squad. The program is funded by the SARU and will be of little to no cost to the parents of the players involved. For more information on the SAUSTIP contact Development Officer for South Australian Rugby, Josh Sutcliffe on 0404 818 704 or email: sarudev@iprimus.com.au.

DIRECT
INTERIORS

CLUB NOTES

SUBS FOR 2004

Player \$220 Concession/Student player \$170
Voting member \$95 Assoc member \$55
(all fees inclusive of GST)

SUBS MUST BE PAID ASAP “NO PAY - NO PLAY”

WHAT DOES THE CLUB DO WITH MY SUBS?

The club makes little, if any profit from your subs. About **90% goes straight to SARU**, and 1/11th goes to the Tax Office. The little bit left over goes to the running of the club, but without our sponsors and our bar we wouldn't be able to pay for equipment, jerseys, first aid, rent, electricity, water, etc etc etc. ***The Club can't afford for you not to pay your subs!***

REGISTRATION DAY

Regardless of when you are paying your sub, **you must be registered before you play** any game. Come up to the club after training on Thursday 17 March and fill in your rego form with Sue Thewlis, your new registrar.



WORKING BEE – Sun 21 March

The club needs a bit of a spring clean, and a lick of paint

Come out and help from 11am

There will be a BBQ and beer afterwards

CONTACT DETAILS

Ted Apted, President	0409 474 868	eaapted@iprimus.com.au
Kim Evans, Vice-President	0438 704 415	kevans@normans.com.au
		ktle@bigpond.com
Sue Thewlis, Secretary/Registrar		suet@gowrie-adelaide.com.au
		sthewlis@e-access.com.au
Candice Daniel, Treasurer	0403 531 562	candice@apapdc.edu.au
Calum Mackie, House & Grounds	0439 998 695	wpp@airnet.com.au
Neil Bradley, Juniors' Rep		nbradley@bradleygroup.com.au
Emma Curran, Social Director	0403 326 521	Emma.Curran@optus.com.au

BOOTH AVENUE, LINDEN PARK SA 5065 PHONE 8379 4770

Tregenza Times

If you have any suggestions (be gentle ...) or anything you'd like to contribute to Tregenza Times, drop a note in the suggestions box at the club, email your friendly editor (Kim Evans) at kevans@normans.com.au or just front up to her at the bar.