



1st March 2018

RUSA Coaching Course conducted at Old Collegians

Wonderful day at Old Colls, working with RUSA and holding a coaching clinic with **Luke Burgess** as the Mentor (ex Wallaby, Rebel & Waratah).

State rep kids were invited to participate plus our U14 WA tour team. A great experience for all involved!

Nutrition presentation to TDT players with **Emilie Burgess**, the Hobart Hurricanes Nutritionist.



Let us all work together and make 2018 another very successful year for the Club on and off the field.

CUSTOM PROTECTION

AFFORDABLE AND CONVENIENT



STARTER
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KIDS. \$69



PRO
IDEAL FOR THE
SERIOUS FOOTY
PLAYERS \$89



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PLAY ROUGH
THIS IS FOR
YOU. \$129



**DIY IMPRESSION
KIT INCLUDED**

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7 DAY MONEY BACK GUARANTEE. FAST, FREE DELIVERY. MADE IN MELBOURNE. ORDER ONLINE.

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Old Collegians Rugby Union Football Club are pleased to welcome Game Day Mouth Guards as a new Business partner.

WHATS IN IT FOR THE CLUB MEMBERS/PLAYERS? All club members and players utilizing the club code at checkout will receive a 10% discount on all GAMEDAY mouthguards

CLUB CODE: OCRC18

Old Collegians RC are happy to offer our members a 10% discount with GAMEDAY Mouthguards!

GAMEDAY offer custom made mouthguards - no more boil 'n' bite issues and trips to the dentist! Most importantly custom mouthguards will still allow us to effectively communicate on-field and reduce the possibility of concussion for our players.

***Utilize the club code 'OCRC18' at checkout, to make your order visit:
<https://gamedaymouthguards.com.au/>***

For anyone who wants to speak to Gameday for more information or even ask about any of our other orthodontic devices please do not hesitate to send them our way. For those asking about doing the home impression kit, this video is best to show them how easy it is to do:

<https://www.facebook.com/mouthguards/videos/1101135390028440/>

New Merchandise



Metal Drink Bottles

Available Now! \$20 each. You can purchase a second or third bottle at \$18 each.

OC Bucket Hat

The very popular Bucket Hat is back! \$20 each. Get yours now before they all go!



The complete Old Collegians/O'Neills Leisurewear range, including training jerseys can be ordered on-line via the O'Neills online merchandise store. O'Neills have advised that the **"personalised gear bags"** in both sizes, Burren Kitbag 22" and 28" includes Player Name, Club name & Crest can now be purchased on-line, along with the new, very smart style Swiss Jacket, as provided for the Colts NZ tour.

Order your new Old Collegians Merchandise now to be ready for the new season

- Polo Shirt
- Hoodie
- Puffer Jacket & and Swiss Jacket
- Rain Jacket
- Track Pants
- Personalised Gear Bags



O'Neills—Old Collegians RUFC Online Merchandise Store Link: <https://www.oneills.com.shop-by-team/rugby/rugby-union/old-collegians-rugby-club.html>

PLEASE NOTE:

For all Old Collegians members when ordering online, it is imperative that you use the Club Specific Postage Coupon Code (**OCON18**) at checkout which will remove all postage costs.

Merchandise Sale

Wednesday March 7th—6pm—7.30pm

All old/outdated stock at very reasonable prices!!!!



Old Collegians Shorts and Socks

New stock arriving soon.

Old Collegians socks & shorts available for sale in all sizes at the Club on Wednesday & Thursday training nights and on home game days. Please ask at the Canteen.

Come 'n' Try Rugby at Old Colls

OLD COLLEGIANS RUGBY CLUB

Wednesday

7 March

Time:

6pm - 7:30pm

**Trogenza Oval
Laurel Avenue
Linden Park**



**Boys & Girls
welcome
Age: 5 and above**

**FREE
Sausage
Sizzle**

**Corné Arnold
0437 359 883**

juniorregistrar@oldcolls.org.au

**Come & Try
Rugby Union**

OC Summer Academy 2018

Great attendances again at this year's Summer Academy. Many thanks to Corné Arnold for her Administration and to Chris Killock and the Coaches for their fun activities and to O'Neills their continued support and for the singlets!

Week 2:

Another awesome turn out for the second session of this years Junior Academy - Big thank you to Christie from [Move Dance SHAKE](#) who ran a core strength & conditioning session to music for all participants.

See you next week!



Working Bee at OC

A Working Bee will be conducted at the Club on **Saturday 17th March** at 1.00pm—3.00pm prior to the Senior members **Rugby Golf Pub Crawl**

Groups will be designated specific jobs to do such as painting, cleaning, sorting etc.

Jobs to be achieved are:

- Painting rafters and ceiling—5 groups of 3-4 people for that job.
- Painting north wall in the Northern car park—a team of 3-4 people
- Cleaning out top and bottom sheds—2 people required for each shed

We require 1 person from each team to be the Leader.

Also please bring your own paint brushes and/or rollers, paint trays etc and overalls/work clothes.

As the saying goes **"Many hands make light of the work"**.



OC Bar—Grand Opening and Open Day

We are nearly there!

The Official Grand Opening of the renovated OC Bar will take place on Saturday 24th March.

The day will commence with a trial game against Elizabeth RUFC.

Food will be available for purchase—the now famous ***OC Lamb on Spit***, drinks, music, fun and games for the kids.

Pass the word around: invite your family and friends, junior players and parents, past players, Life & Social Members. Everyone is welcome! See you there!

Save the Dates — OC Events Calendar

March

5th

Coaching Kids Rugby Skills

6.00—7.00pm

Come and Try Rugby at OC

RUSA Course \$35per head

at Old Collegians RUFC

6pm

7th

Working Bee

1.00pm—3.00pm

17th

Rugby Golf Pre Season Pub Crawl from 3.30pm

17th

24th

Open Day—Grand Opening of OC Bar

24th

Old Collegians vs Elizabeth

Trial Game

30th

Easter Weekend

April

4th—15th

Commonwealth Games

Rugby Sevens—Men's & Women's

28th

Season Commences

Onkaparinga vs Old Collegians @ Wilfred

Anzac Cup

Taylor Reserve

May

Once RUSA releases the Draw—Social Events will be planned and advertised

June

July

Sponsor a Bar Stool

New OC Fund-raising venture for 2018



For \$80 - Sponsor a Bar Stool
Have your name on one!

Limited Edition

Only 30 will be purchased

Players past and present, Life and Social members are encouraged to support this venture.

Social Membership Form



Old Collegians Rugby Union Football Club



Social Membership Form 2018

Full Name: Mr, Mrs, Ms, Miss			
Date of Birth:			
Address:			
	Post Code		
Phone:	Home:	Mobile:	
Email:			
Do you wish to receive OC Newsletter via email link	Yes	<input type="checkbox"/>	No <input type="checkbox"/>
Membership Fees:	Valid until Annual General Meeting 2018		
Categories: <i>Please tick</i>	Individual	\$ 65	
	Family (Up to 2 adults to 2 Non-playing children)	\$100	
	Additional Children	\$ 25	
	PTO to complete additional members details (birthdates are required)		
	Business Partners	\$ 50	
OC Bank Details	Old Collegians Bank Details NAB BSB 085 005 Account 28323-0040 REF: SS-Your Surname (i.e. SS-Bloggs)		
Your Credit/Debit Card details	Name on Card: Card Number: Expiry date:		
Office Use			
Date Paid			
Payment Method	Cash / Credit/Debit Card / Direct Deposit		
Loyalty Card Date Provided	/ /	Card Number:	

Social Membership Form

Additional Family Members	
Full Name:	
Date of Birth:	
Loyalty Card Number:	
Full Name:	
Date of Birth:	
Loyalty Card Number:	
Full Name:	
Date of Birth:	
Loyalty Card Number:	
Full Name:	
Date of Birth:	
Loyalty Card Number:	

Social Membership

The Committee is very keen to raise the profile of being a Social Member of Old Collegians Rugby Club and are striving to increase the Social Membership.

New Membership Categories have been introduced with a new fee structure:

Individual	\$65
Family (<i>2 adults + 2 non playing children</i>)	\$100
Business Partners	\$50

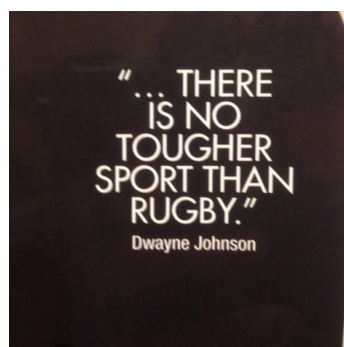


Please complete forms and return to the Secretary: secretary@oldcolls.org.au
 Direct payments can be made to OC bank, or provide your credit/debit card details.
 A receipt will be forwarded to you.
 Benefits associated with being a Social Membership will be announced shortly!!!!

Rugby-Life #5

That awkward moment when you tell people you're a hooker.

www.rugby-life.tumblr.com



2018 Coaching Courses

Transition to Tackle (U8-U10 skills) Coaches \$25
and Players free

28 March – 17:30 – 19:00 @ Adelaide University

Coaching Kids Rugby Skills Course \$35

East – 5 March – 18:00 – 19:00 @ Old Collegians

North – 7 March – 18:00 – 19:00 @ Elizabeth

West – 19 March – 18:00 – 19:00 @ Woodville

South – 21 March – 18:00 – 19:00 @ Onkaparinga

Foundation Course (1st part of Level 1) \$95

North – 25 March – 08:00 – 16:30 @ Port Adelaide

South – 15 April – 08:00 – 16:30 @ Brighton

Developing Coach Course (Level 2) \$330

23, 24 & 25 February @ Southern Suburbs



WORLD
RUGBY™

Registrations will open in
February online at

www.rugby.canopihr.com.au

Congratulations to Phoebe and Rebekah



Congrats to Old Collegians' **Rebekah Jones and Phoebe Linder-Patton**, who've been selected for the Rebels Super W squad!!

Melbourne Rebels Women's Head Coach Alana Thomas has named her 30 player squad for the inaugural season of Super W which kicks off in March.

Congratulations and well done to Rebekah and Phoebe. We wish you all the very best for the season.

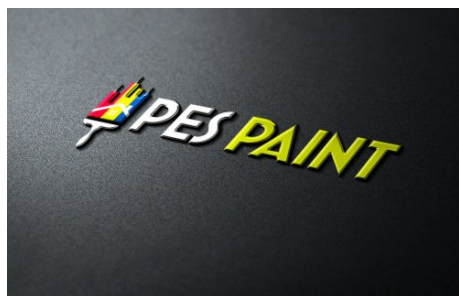




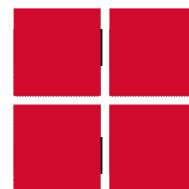
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We are continually seeking new Business Partners and would appreciate any contacts you may have.

Contact: Rob Costanzo 0408 806 445

Congrats to the Stew Frew Crew



Great end to the Brighton Touch Club season last night with three fantastic grand final matches.

Congratulations as follows to the winners;

- Stew Frew Crew** beating The Wobblies in the open division.
- Mixed Bag beating Ball Grabbers in the mixed division 1
- Can't Touch This beating Slow Motion in the mixed division 2

Well done to our guys!! First premiership for the year!!!!!!!