

# MEREWETHER CARLTON RUGBY CLUB

## PLAYERS HANDBOOK 2010



80<sup>th</sup> Year - 2010

### STATEMENT OF PURPOSE

*“Ensuring we remain the most successful rugby Club in the Hunter Region by providing opportunities for all players to participate at the highest level.”*

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## President's Message

Merewether Carlton Rugby Club is becoming larger and more successful with every passing season, in an operating environment that is becoming more challenging. Besides having fun playing rugby in a great social atmosphere, we must ensure we meet community expectations that we are good citizens, always conscious of the local area that supports us.

It is a pleasure to introduce the Players' Handbook to you. It's designed to help you enjoy your rugby with the Greens, and contains information on how to get treatment for injuries, access to insurance cover, who to turn to for help, and the general operations of the Club.

It also details your responsibilities. As a player with this Club, you are part of a Club with a proud and wonderful history, yet a fantastic social ethos, as well as the great game of rugby.

Enjoy your rugby in season 2010.

Dennis 'Denzo' Neader  
President

### 1.0 MCRC HISTORY

Merewether Carlton is the most successful Club in the Newcastle competition.

The Club was formed in 1930 from the amalgamation of Cooks Hill Carlton and Cooks Hill Surf Club. Cooks Hill Carlton was established in 1887, making it one of the oldest Clubs in Australia.

For two years the jersey was sky blue with a Waratah emblem until the NSWRU requested a change. Bottle Green was then chosen.

The Club won six 1st Grade Premierships between 1930 and 1940 and has won sixteen 1<sup>st</sup> Grade Premierships to date – the last being in the 2007 season.

The Club has been Club Champions on nineteen occasions in its long history, a record that no other Club has surpassed. This includes being Club Champions in the last five consecutive seasons – 2005 to 2009.

The Club proudly fills the maximum number of teams possible in the Newcastle competition comprising of five senior grades, a colts and a women's side. The Club boasts approximately 200 senior and 150 junior registered players.

### 2.0 CLUB COMMITTEE & MANAGEMENT STRUCTURE

The MCRC President & Management Committee is elected at the annual AGM held post season each year.



Your Committee for 2010 is:

| Role                | Person         | Phone       | email                          |
|---------------------|----------------|-------------|--------------------------------|
| President:          | Dennis Neader  | 0412 495803 | denzo@hunterlink.net.au        |
| Treasurer:          | Chris Neader   | 0412 685785 | chris.neader@hunterlink.net.au |
| Secretary:          | Steve Reid     |             | srreid@inet.net.au             |
| Sponsorship Manager | Brodie Hussain |             | bhussain@baillieu.com.au       |
| Committee Member:   | Tim Woolf      | 0421 613041 | tim.woolf@colliers.com         |
| Committee Member:   | Rod Hood       | 0413 159293 | rhood@enhancebs.com.au         |
| Committee Member:   | Tim Partridge  | 0439 470334 | t.part@bigpond.com             |
| Committee Member:   | Tristan Hough  | 0425 236393 | tristan.hough@gmail.com        |
| Committee Member:   | Bill Clifton   |             | bill@banlaw.com.au             |
| Club Captain        | Mick Williams  |             | MichaelW@jsagroup.com.au       |

Feel free to contact the Executive Committee with any football or Club related matters. There are allocated role descriptions for all of the above positions and a system of portfolio sub-Committees is often developed for specific projects as required.

### 3.0 MCRC VALUES

#### STATEMENT OF PURPOSE

*“Ensuring we remain the most successful rugby Club in the Hunter Region by providing opportunities for all players to participate at the highest level.”*

In pursuit of its mission, the Club actively promotes the following values:

- Development of the whole person.
- Respect for the individual.
- Uphold the standards of a responsible community organization.
- Cater for the needs of players at all levels.
- Play the MCRC style of rugby.
- Encourage the MCRC “culture”.

#### 3.1 2010 RUGBY OBJECTIVES

The coaches and managers of the Club will work towards the achievement of the following objectives in 2010:

- To provide an atmosphere of enjoyment for all players, supporters and sponsors.
- To develop player skills, abilities and confidence.
- To provide a committed platform of management and coaching expertise to all grades.
- To manage with ability, understanding and personal care for each player and to provide good communication channels with all players.



### **3.2 2010 CLUB PERFORMANCE GOALS**

- To position our First Grade side to qualify for the semi-finals every year with an objective of a Grand Final every three years.
- To achieve a year to year Club Championship position that places Merewether Carlton Rugby Club (MCRC) in the top 25% of all Clubs on an annual basis.
- To be focused so that on any match day, we will defeat any side whose points ranking is below ours on that day.
- To ensure every player receives equal opportunity to participate, improve their skills, progress their playing careers and enjoy the Merewether Carlton Rugby culture.

## **4.0 RIGHTS & RESPONSIBILITIES**

The following identifies the responsibilities for players, coaches and managers in the Club.

### **4.1 PLAYERS**

It is the players' responsibility:

- To attend training - usually every Tuesday and Thursday evening.
- Players are to ensure that they are changed, strapped (if necessary), stretched and ready to begin by the designated start time.
- To pay Club fees on time.
- To supplement the two training sessions per week provided by the Club with their own fitness training.
- If unavailable for training, to inform the player's team manager, coach or GM of the unavailability by midday of the training day. Not notifying of training non-attendance may affect team eligibility.
- To advise the manager or coach of game unavailability in as much time as possible.
- To arrive in plenty of time on game days to allow for an adequate warm-up period including time for strapping, pre-match stretching and team meeting. Each team will have its own pre-match preparations and it is up to the player to know what these are.
- To be available to reserve for a higher grade.
- To be available for any team roster duty including but not limited to - linesman, raffles, water duty, canteen & gear put away.
- In the advent of bad weather and match cancellations, to contact their team managers for further information.
- If injured, to report it to coaching staff immediately and keep them informed at all times.
- To actively support all Club events and functions.
- To have fun and enjoy your rugby.



## **4.2 PLAYERS CODE OF CONDUCT**

The following code has been designed by the players and outlines the desired conduct expected of players representing the Club. The intention of this code is to make players aware of the Club's expectations and consequently what behavior is expected. This code exists in the best interests of the players and ultimately will benefit the Club as a whole.

### **4.2a TRAINING**

- Training starts at 6:00pm (be ready to warm up by this time).
- Appropriate training gear to be worn (e.g. jerseys for scrummaging).
- If for any reason you are unable to attend a training session it is your responsibility to notify your coach of the reason. This is the expectation of coaches and players alike and is a common courtesy to those affected. Failure to do so may result in the player not being selected for that weekend's fixture.

### **4.2b GAME DAY**

- Arrive at pre-determined time and place to meet up with your team (e.g. usually 1 hour before the game).
- Stay as a group during this time away from distractions.
- Player's responsibility to be strapped on time.
- Full MCRC kit required (socks, shorts, warm-up shirt).

### **4.2c DRESS CODE**

- MCRC polo to be worn to every Club game.
- All sponsorship gear to be worn around the Club (e.g. warm-up shirt).
- Change back into Club polo after your game.

## **5.0 GAME DAY CONDUCT**

- Play in a disciplined and competitive manner with respect to the referee, the opposition, your own team members and yourself.
- Players from the previous game are expected to act as reserves for the following game.
- Stay behind after your game to support the other teams.
- Support home game functions and stay around after Premier Grade to support the Club.



## **5.1 GENERAL CONDUCT**

It is the Club's expectation that all players will conduct themselves in a way that presents the Club in a positive manner. Any player found to be involved in any behavior which brings the Club into disrepute will be subjected to the scrutiny of the Players' Council and the Committee.

In addition it is a requirement of the Newcastle City Council that MCRC and its members will use the grounds with the least disruption and inconvenience to local residents. Members must not create any undue or excessive noise when entering or leaving the grounds or in the streets close to the grounds and must ensure that that residents' access to driveways and property is not obstructed.

## **5.2 EXPECTATIONS OF AN MCRC PLAYER**

- Remember that this is OUR CLUB and respect this at all times.
- We as players are trying to foster a winning culture which is built on discipline, skills, positive attitudes, respect and integrity.
- Social behavior as a group should be conducted in a civilized manner having respect for OUR CLUB.
- When seen together, remember that we are perceived by the public as MCRC Rugby and should act accordingly.

## **5.3 CLUB ETHOS**

- We as players must be accountable for our actions and act in accordance with our Club in mind.
- Represent your Club with:
  - Positive attitudes
  - Respect
  - Integrity
  - Discipline
  - Enthusiasm

This Code of Conduct serves the greater purpose of the Club in building a true rugby and community spirit. Misconduct is inherently detrimental to this process by letting your mates down and sending out the wrong messages.

## **6.0 PLAYER REPRESENTATIVES & LEADERSHIP GROUP**

The Leadership Group will represent the interests of all players and are nominated to bring any concerns to the Committee at any time. They are highly regarded by the Committee and are entitled to attend any meetings of the Club.



The Club provides for a leadership group consisting of:

- 2 Player Representatives to be elected by the body of the playing membership at the start of the playing season. One representative from 4th or 5th Grade and the other from 1st, 2nd or 3rd Grade.
- Club Captain.
- 1st Grade Team Captain.
- Colts Team Captain.

### **2010 Leadership Group**

|  |               |
|--|---------------|
| Club Captain                                     | Mick Williams |
| Premier 1 Captain                                | Dan Garner    |
| Premier Colts Captain                            | Ben Zwolinski |
| Player Representative - Premier                  | Eddie Mac     |
| Player Representative – 1 <sup>st</sup> Division | Chris Walsh   |

The Player Leadership Group will be called to action in the event that a player breaches this Code of Conduct to the detriment of the Club's reputation.

- The player in question will be required to answer to fellow Club members regarding his behaviour.
- The Leadership Group will make recommendations on appropriate actions to the Committee.

The Group will also be consulted on Committee activities that involve the players of the Club. Their term of the Player Leadership Group lasts until the next such meeting at the start of the following season.

## **7.0 COACHES**

The coach runs the team.

The coach is responsible for:

- Structured and planned training sessions.
- Preparation of the players.
- Structure of the team game plan.
- Communicating this game plan to the players.
- Developing each players' potential.
- Encouraging excellence in execution.
- Providing positive feedback and post game analysis to the players.
- Recruitment and retention.
- Contributing to, and being aware of, the importance of team morale.

The coach has a role in building the whole person by ensuring that playing our game is an enjoyable experience in the player's life journey. He will take every opportunity to talk to and listen to the players and be sensitive to the needs of the individual and the team. The coach must never lose sight of the importance of his leadership in achieving the team goals.



## 8.0 TEAM MANAGERS

The manager is the coaches' assistant in all things related to team administration. He/she supports the coach in achieving all the team goals and the Club in promoting Club events.

The manager is responsible for:

- Organizing all team support structures.
- Ensuring players are present and ready on match days.
- Ensuring the availability of match-day balls.
- Ensuring jerseys, training balls, water bottles and any warm-up equipment necessary is present on game days.
- Organizing rosters for water, linesman and ball boys. Jerseys and other equipment can be collected Thursday night from the gear room for away matches.
- Assisting the Registrar in registration and insurance issues.
- Ensuring that players are aware of their responsibilities and entitlements including upcoming functions.
- Ensuring that the captain operates in the MCRC-appropriate manner including pre-game introduction to the rival captain and the referee and post-game congratulations to the captain, thanks to the referee and an invitation to the opposing team to stay for a drink at home games.
- Submitting completed and signed game team sheets on time.
- Collecting and collating 'Best & Fairest' points and phoning them to the designated Club contact.
- Attending to any injured player and ensuring that injured players receive the best possible and most appropriate treatment and are organized appropriately after treatment e.g. transport assistance, ambulance and calls to be made.
- Assisting the coach in making contact with all injured players in the following week.
- Returning the jerseys to the MCRC gear room by Monday morning for the laundry pickup.
- Assisting in the coordination of the players for volunteer duties for home games particularly BBQ's, field set-ups and pull-downs as rostered.
- Submitting newsletter material to the team as required.

## 9.0 MCRC SELECTION POLICY

To be eligible to play for the MCRC Club, players must be:

- registered to play for the Club - paid or paying membership fees under an agreement with the Club.
- insured under the ARU Insurance Scheme
- Punctual at training sessions
- fit for the position - injured players must notify their team management, usually by midday Tuesday



- Have a clearance from the last Rugby Union Club they have played for in the case of interstate or overseas players.

### **9.1 TEAM SELECTION PROCESS**

- Coaches will meet before training each Tuesday to discuss the last week's games, Club business, player availability, selections for the coming game and other business.
- Team coaches for each grade will be the selectors.
- The best available players who are eligible must be selected in the Premier Grade team.
- Each subsequent grade will select the next best players available who are fit for the role.
- Team selections will be based on the best player availability and also taking into account the particular needs of the respective team.
- All teams will be announced at the commencement of training on Tuesday Evening.
- Where possible coaches of higher grade teams will watch players playing in the grade immediately below that which they are coaching.
- Reserves will be selected from the team beneath.
- A player will normally be moved only one grade in either direction other than in exceptional circumstances.
- All players who move up or down will have the rationale for such a move explained to them during that week.
- Bench numbers will be minimized unless a team is playing away by itself.
- Selections will work towards offering players as much playing time as possible rather than sitting on the bench.
- If a player is out for more than two weeks, he will normally come back through a lower grade.
- A player returning from injury and missing two games or less will not start in a team lower than two grades from his last game.
- Injured players must pass a fitness test before Thursday training. Injured players unable to train on Thursday are not eligible for selection in a team. They may be selected as fresh reserves.
- Premier Colts are eligible for Premier Grade selection and will under normal circumstances return to Premier Colts. In the event of a Premier Colts player being required for Reserve Grade selection, an agreement must be obtained from the Colts Coaching Staff and the Club Coach prior to the player being made eligible for selection.

## **10.0 PLAYER HEALTH AND TREATMENT**

**Club Physiotherapists:** Action Physio: Tommy Nguyen 4963 1140.  
On the sideline for all home Premier games.



**Radiologists:**

Players need to get a referral for everything except X-Rays.  
Call Cscan to arrange an appointment.

1. Phone Cscan 4920 8555, 95 Pacific Hwy, Charlestown, and mention they are from MCRC to get priority,
2. Radiology: Player needs referral for scanning from a GP or doctor.
3. Everything except MR is bulk-billed by Cscan.

**10.1 INJURIES**

A physiotherapist or sports trainer will be available to each team after matches. Any player with an injury must report to one of the Club physiotherapists immediately after the game. Any injuries will be recorded and sent to the coaches prior to the Tuesday training of the following week. Coaches are informed of any treatments each week so that they can pick their sides for the following weekend.

Players from the Premier squad will have access to the Club physiotherapist at the Monday night training session for triage of any injuries from the previous weekend.

**10.2 STRAPPING TAPE**

Strapping tape is free to all registered and financial players on game days only. Team Managers will be responsible for the effective utilization of strapping tape at all times to ensure minimal wastage and undue expense to the Club.

**10.3 GAME DAY FLUID PROTOCOLS**

Arrive at the game hydrated.

**BEFORE THE GAME:**

- Ensure you drink about 300-500ml during warm-up and stretching

**DURING THE GAME:**

- Drink small amounts at every opportunity on the field and at half time. If on the bench then keep a drink bottle near you to sip on.

**AFTER THE GAME:**

- Begin drinking fluids such as sports drink, water (cordial and non cola soft drinks can be included but not as effective for re-hydration).
- Sports drinks contain electrolytes that help you re-hydrate more effectively – if these are not available then eat something salty as soon as you can.
- If you are a big sweater - you may even require additional electrolytes found in products such as Gastrolyte and Hydralyte (from a pharmacy).
- Always drink water as well as any sports drinks etc.
- If sitting around to watch other games – keep a drink bottle with you and stay out of the sun
- MINIMISE ALCOHOL consumption in the first 2 hours after the game.



## 11.0 REGISTRATION AND FEES

All players must be registered with the Club and the Australian Rugby Union. The appropriate forms will be available on Tuesday & Thursday nights. It is the policy of the Club that all playing fees must be either paid in full by 31/5/2010 or have an agreed payment plan in place approved by the Club Treasurer otherwise players will be ruled ineligible for selection.

Financial players are provided with player passes, which gains them entry to all Club games.

**MCRC Player Fees in 2010 are as follows (including GST):**

### Grades:

| EXPENSE                               | TOTAL PER PLAYER | MCRC CONTRIBUTION | PLAYER CONTRIBUTION |
|---------------------------------------|------------------|-------------------|---------------------|
| REFEREE/COUNCIL/NHRU/LAUNDRY/TROPHIES | \$190            | \$109             | \$81                |
| COMPULSORY ARU INSURANCE –approx.     | \$108            | \$62              | \$46                |
| PLAYING GEAR                          | \$151            | \$86              | \$64                |
| STRAPPING ETC                         | \$67             | \$38              | \$28                |
| <b>TOTAL (INCL GST)</b>               | <b>\$516</b>     | <b>\$295</b>      | <b>\$220</b>        |

### Colts:

| EXPENSE                               | TOTAL PER PLAYER | MCRC CONTRIBUTION | PLAYER CONTRIBUTION |
|---------------------------------------|------------------|-------------------|---------------------|
| REFEREE/COUNCIL/NHRU/LAUNDRY/TROPHIES | \$190            | \$124             | \$66                |
| COMPULSORY ARU INSURANCE –approx.     | \$108            | \$71              | \$38                |
| PLAYING GEAR                          | \$151            | \$98              | \$52                |
| STRAPPING ETC                         | \$67             | \$43              | \$24                |
| <b>TOTAL (INCL GST)</b>               | <b>\$516</b>     | <b>\$336</b>      | <b>\$180</b>        |

### Monthly Direct Debit

If you choose to pay monthly via direct debit, please discuss with Chris Neader any specific concerns you may have in relation to meeting the registration fee requirements.

## 12.0 INSURANCE INFORMATION

A claim for reimbursement can be made by any person who is a registered player, Coach, Manager or Club official who has been injured whilst playing or engaging in Rugby Union, training for, or travelling to or from a Club match or function.

When making a claim for reimbursement for an injury you must:

1. Pay all expenses at time of treatment. Player must pay all accounts before submitting to the insurance company.
2. Advise the Team Manager that you wish to make a claim and obtain a Sports Injury Report Form.



3. Form to be completed by you, your Club and an Attending Physician's Statement to be provided by your Doctor.
4. Return ALL paperwork to the Team Manager who will submit the claim on your behalf.
5. Claim forms must be received by the insurance company within 30 days of the injury occurring.
6. Ensure that you provide the insurance company with as much documentation as possible.
7. You must take all reasonable steps to recover from any injuries.

MCRC strongly encourages players to take out their own private health insurance. As an example, the cost of a knee reconstruction is at least \$5,000. With the above scheme most players out of pocket expenses (without private health cover) would be approximately \$3,000. In addition, private health insurance reduces the amount of time it takes to be treated and reimbursed.

The process in summary then is as follows:

1. First claim is made against Medicare.
2. The next claim is then made through your private health fund.
3. Finally, the balance of expenses can then be considered by the ARU compulsory insurance scheme to which all players must contribute.

Note that all claims are not necessarily met at stage 3 of the above process. Importantly you should be aware that the scheme does not cover the gap in medical expenses which are partly reimbursed by Medicare. Usually it is expenses such as physiotherapy during rehabilitation which are covered. Players who work full time are also encouraged to investigate the option of taking out income protection insurance to protect their salary in the event of getting injured and being unable to work.

### **13.0 MCRC OLD BOYS**

Merewether Carlton 'Old Boys' run our home game catering operations, ensuring the Club makes maximum profits from our home games. They donate their time for up to ten hours every game day, operating from three stations, and subsequently extra help is always appreciated. If you could contribute contact the Committee. Even a couple of hours would be a great help to the Club and an opportunity to meet some of the 'Old Boys'.

Merewether Carlton Supporters' Club membership is a great way for your friends and family to support your rugby, the Greens. \$50 Season ticket holders get gate entry and 2 drinks for each Greens home game. Supporters Club Membership forms are available on the MCRC website ([www.merewethercarlton.com.au](http://www.merewethercarlton.com.au)).

### **14.0 MCRC JUNIORS**

MCRC field seven teams from Under 8's to Under 17's. If you are interesting in playing for a Merewether Carlton Junior Rugby team (MCJR) please visit the juniors website ([www.mcjr.rugbynet.com.au](http://www.mcjr.rugbynet.com.au)) or contact one of the below contacts for registration details or enquiries.



|                          |             |              |                              |
|--------------------------|-------------|--------------|------------------------------|
| MCJR Registrar           | Damien Ryan | 0425 237 733 | damien.ryan@newcastle.edu.au |
| MCJR Manager<br>Football | Shaun Marsh | 0488 496 005 | marsh.richards@bigpond.com   |

## 15.0 MCRC SPONSORS

As we head into season 2010 the Club would like to take the opportunity to acknowledge the valuable contribution of all our sponsors. The Club asks that you support those who support the Club, namely those listed below. If you are interested in finding out more on any of our sponsors or looking to add your support to the Club please contact Brodie Hussain from the MCRC Committee .

### 15.1 CLUB SPONSORS

#### MAJOR SPONSORS

|                     |                  |
|---------------------|------------------|
| Radiologists        | CScan            |
| Hotel Sponsor       | Mary Ellen Hotel |
| After Hours Chemist | Doc's Pharmacy   |
| Home Loans          | RAMS Adamstown   |
| Mining Services     | WAMS             |

#### GREEN BOOK SPONSORS

|                      |                            |
|----------------------|----------------------------|
| Communications       | AAPT                       |
| Removals & Storage   | Allied Pickfords           |
| Digital Imaging      | Anitech                    |
| Insurance Brokers    | AON                        |
| Fuel Management      | Banlaw                     |
| Lawyers/Solicitors   | Bilbie Dan                 |
| Printers             | BreakAway Print Management |
| Carpet               | Churchills Carpet Court    |
| Foam & Rubber        | Clark Rubber Kotara        |
| Real Estate          | Colin Chapman 1st National |
| Gourmet Pizza        | Crust Gourmet Pizza Bar    |
| Insurance Brokers    | David Young Insurance      |
| Stockbrokers         | EL & C Baillieu            |
| Physiotherapist      | Fitness Physio             |
| Engineers            | G & S Engineering          |
| Accountants          | Garis Accountants          |
| Building Society     | Greater                    |
| Restaurant           | Grill'd Healthy Burgers    |
| Fruit & Veg          | Growers' Best              |
| Conveyancing         | HM Conveyancing            |
| Air Conditioning     | Hughes Air                 |
| Kitchen Benchtops    | Hunter Benchtops           |
| Resorts              | Hunter Valley Gardens      |
| Business Development | iBalance                   |
| Tyres & Mechanical   | Jax Quickfit Newcastle     |
| Financial Planning   | JSA & Associates           |



Meats & Meals  
Surveyors & Planners  
Plumbers  
Website Design  
Finance  
Stevedores  
Electrical Services  
Stainless Steel  
Gravel & Fill  
Employment Solutions  
Signwriter  
Surf Shop  
Pest Control  
Lawyers/Solicitors  
Catering  
Hotel  
Optometrist  
Patisserie ~ Café  
Accountants  
Planning  
Concrete Contractors

Merewether Meat & More  
Monteath Powys  
Murland Plumbing Services  
Myrtec  
Newcastle Commercial Finance  
Newcastle Stevedores  
Novocastrian Electrical  
Peartree Group  
Quarry Products  
RBDS  
Ryan Signs  
Sanbah  
Southern Cross Pest Control  
Sparke Helmore  
Sprout Catering  
SupperClub@King St Hotel  
Susan K Walton  
Sweet Poison  
Taggart Partners  
The Plan Centre  
Tru-Tek



## 16.0 CLUB COACHING & MANAGEMENT CONTACTS 2010

|                      |         |               |             |  |
|----------------------|---------|---------------|-------------|--|
| <b>Premier 1</b>     |         |               |             |  |
|                      | Tony    | Munro         | 0407 295250 | <a href="mailto:TonyM@njc.com.au">TonyM@njc.com.au</a>   |
|                      | Keith   | Morgan        | 0412 689619 | <a href="mailto:keith.morgan@mountainindustries.com.au">keith.morgan@mountainindustries.com.au</a>   |
|                      | Jack    | Murland       | 0418 686376 | <a href="mailto:jmurland@hotmail.com">jmurland@hotmail.com</a>                                       |
|                      | Bob     | Harrison      |             |  |
|                      | Jason   | Toby          | 0437 031179 | <a href="mailto:jasantoby@live.com.au">jasantoby@live.com.au</a>                                     |
| <b>Premier 2</b>     |         |               |             |  |
|                      | Jode    | Roach         | 0415 808237 | <a href="mailto:jode.roach@alliedpickfords.com.au">jode.roach@alliedpickfords.com.au</a>             |
|                      | Luke    | Russell       | 0404 910521 | <a href="mailto:lrussell@fbeu.net">lrussell@fbeu.net</a>   |
|                      | John    | Carr          | 0419 736422 | <a href="mailto:jcarr@hunterlink.net.au">jcarr@hunterlink.net.au</a>                                 |
| <b>Premier Colts</b> |         |               |             |  |
|                      | Steve   | Robinson      |             | <a href="mailto:steve_robbo1@bigpond.com">steve_robbo1@bigpond.com</a>                               |
|                      | Adrian  | Kiely         | 0424 607801 | <a href="mailto:adrian.kiely@legalaid.nsw.gov.au">adrian.kiely@legalaid.nsw.gov.au</a>               |
|                      | Lewis   | Cardew        | 0411 049626 | <a href="mailto:lcardew@hunterlink.net.au">lcardew@hunterlink.net.au</a>                             |
|                      | Haydon  | Cardew        | 0412 555387 | <a href="mailto:hcardew@hotmail.com">hcardew@hotmail.com</a>   |
|                      | Steve   | Frost         | 0428 494459 | <a href="mailto:sfrost@hunterlink.net.au">sfrost@hunterlink.net.au</a>                               |
| <b>Premier 3</b>     |         |               |             |  |
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|                      | Wade    | Foster        | 0416 728880 | <a href="mailto:wadeyfooster@hotmail.com">wadeyfooster@hotmail.com</a>                               |
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