



NEWSLETTER



**LOGAN
CITY
RUGBY**

Logan City Rugby Union Inc.



Logan Funerals



ISSUE #2 March 2011

LOGAN SAINTS CLUB NEWSLETTER

The Saints Newsletters this year will take on a new format. The Newsletters will be a Club Newsletter encompassing Senior, Junior and General club News. We would also encourage all members to regularly visit the club website . Additionally, we are now on FACEBOOK- Logan Saints Rugby Union Club- and this will be a major communication vehicle- please join the Facebook site, and encourage all members, players and supporters to do so...Follow the Saints on Facebook!



GENERAL INFORMATION

Smart Rugby Accreditation courses

Junior Coaches Please note

A Correction re last news letter-All new Coaches and assistant coaches for the juniors need to attend the "Coaching Kids Rugby" at Browns Plains March 28th from 5:30pm to 8:30pm.

All others whose accreditation is expiring or would like to be involved in Rugby does the "Smart Rugby" course at Logan March 28th 6.00pm to 8.00pm.

Under 10s to under 18s touch judging course- there is only the one course this year and it's on next Monday night over at G.P.S. Further info contact the BJRU

SMART RUGBY

Logan Saints Website

The club website address is www.loganrugby.com.au

This site has a link to our facebook site as well- follow the Saints on Facebook as **well!** Feedback we are receiving is that the Club Website is mainly focused on the Senior part of the club. This may look the case, but the reason for that is we are not receiving any Junior input for inclusion on the website...and we want to change that!!

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If you have any input, please contact Gerry [Costello - gerrycostello@bigpond.com](mailto:gerrycostello@bigpond.com) , or Geoff Leeming, with suggestions and input/articles so these can be posted. Naturally, the items have to be deemed suitable and club related. For Senior input, please contact Mark Konecny markk@nationalcorp.com.au

Sponsorship Packages

Sponsorship packages for our club have now been formulated for the 2011 season. Please contact Grant Whittaker on mobile 0418745185 to discuss your requirements. We are a community based club that relies on the generous support of sponsors to facilitate all the things we do to get our players on the paddock. Packages range from newsletter coverage, field signage, website coverage, team sponsorship and major sponsorships. Please contact Grant to discuss the options.

Volunteers Desperately NEEDED

Volunteers are required for every facet of our operations- Junior or Senior. We need help with BBQ's, Field set up, shut down, clean up and anything that needs to be done to keep the club going. We are a volunteer based club and for far too long it has been the very few that help to make the club run. We are calling for any help you can give-parents, partners, supporters and players- please see a committee member or your team manager or coach.

Committee Positions

The club is going through a cycle with a turnover in committee members for various reasons. If you are keen to get on board and want to make a effort on our committees, please contact Geoff Leeming for Junior Committee and Mark Konecny for the Senior Committee.

Canteen Operator required-Paid position- vacant

The club is looking to appoint a person to operate the club canteen.

Core working hours will be-Friday 5.00pm to 9.00pm (every Friday)

-Saturday Home Games 8.00am to 6.00pm

-Sunday Home Games 8.00am to 4.00pm

Duties include all canteen operations.

If you are interested, please contact Geoff Leeming to discuss- 0419770800



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SENIOR CLUB NEWS

Pre-Season Trial Games Saturday, 12th March

Trial games will be held this Saturday against Gold Coast side Nerang for open grade sides.

Location-Nerang Bulls Rugby Union Club

Glennon Park
Pappas Way
Carrara
Gold Coast
4211
Tel: (07) 5596 0317

Trial details are as follows- Grades

Logan saints V Nerang at Nerang-4.00pm Kick Off

The Logan Colts will be trialling this weekend verses Redcliffe at Redcliffe at 2.00pm. Ground Location Ray Frawley Fields, Silcock St Clontarf

Under 17/18 Team –Sunday 4.30pm v Sunnybank at Sunnybank

Pre-Season Trial Games

Trial games have been organised as follows-

12th March Logan Saints V Nerang at Nerang

16th April Logan Saints V Redlands at Redlands

Further trial games will be organised and advised when confirmed.

This year's actual Season is set to commence 30th April for all Grade teams, Ladies and Colts.

The Normanby Cup competition will now start earlier, and we have had confirmation that the Friday Night competition will commence on Friday the 18th March.



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Press Release

The Logan Saints rugby union club started their 2011 season in the best possible way with a 19 – 12 win over the Helensvale Hogs on the weekend.

The Saints went into the trial determined to try out new combinations under the style of play brought in by the coaching team of Doug Dry and Jarrod Ellmers.

Standouts for the Saints was the halves combination of Tim Burrows and Chris Staunton who both performed solidly, and Kai Pheoney who impressed at fullback.

Logan experimented heavily with a number of changes throughout the match, with the notable impact of veteran loose forward Acey Motuga off the bench.

Dry was pleased with the hit-out and the way in which the combinations started to develop under match conditions.

“It’s only the first game of the season so it’s expected that things are a bit rusty, particularly with all the chopping and changing that went on, but overall I think we can be pretty satisfied with a good effort.”

The Saints combined second and third grade squads went down 19 -14 in a tight match against Helensvale and the Logan colts team suffered a 17 – 10 loss against a combined Helensvale colts and third grade side.

The Logan Saints continue trial matches this weekend away against Nerang with matches starting at 4pm. The Saints colts side will be travelling to Redcliffe for a trial match scheduled to kick-off at 2pm.

Follow the Saints on Facebook:

http://www.facebook.com/#!/home.php?sk=group_188939461145277

Colts1 Report

The colts played Helensvale’s colts /3rd grade team on the weekend in or first pre season game and although we didn’t win the game all the coaching staff came away very happy with how the boys performed. Right from the kick off our forward pack dominated the opposition and controlled the ball well the first 20 min 3rd was all ours with us being 5 nil up at the first break. All we asked for before the game was to get the simple things right and to get a feel on how the new boys where going to fit in which all came together. Playing into the wind in the second 3rd was a real test for us but again superb forward control kept us in the game and even with two tries being disallowed due to the ref not being in the right place we managed to stay ahead 10 points to 7. The last third turned out to be one to many for some of the boys and with the introduction of more 3rd



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grade players than colts from their side our boys started to fall of tackles and lose a little structure in our game plan which led to them scoring a couple of late tries

All in all though a good game for us to shake off the cob webs and to give us a good bench mark on where we are at present our next game is this weekend against Redcliffe at Redcliffe starting at 2.00pm it would be great to see you there to support the boys as we build for the upcoming season

Senior Player Subs

Player Subs are \$250 for 2011

Payment options are now in place.

Direct debit payments or payment in full is required.

Direct debit payments require a deposit of \$50 and the remainder over weekly or fortnightly payments. All players must pay \$50 on sign on as a minimum, and subs to be paid in full 1 week prior to season commencement.

If you have any questions please see Sharon Murphy 0403 335 485

What you get for your Subs-

- Player ARU/QRU Registration
- Player Insurance
- Use of all training & match Equipment
- Sports Trainer coverage game day
- Player Jerseys provided game day
- Kooga 2011 Training shirt
- Training(fully lit) and match facilities

Golden Oldies (Sinners) Update

Due to the wet weather last Friday, the Sinners match verses Pine Rivers was cancelled. Some of the Vets enjoyed good company and cold beers at the Club's new Hotel Sponsor-Fitzys- viewing the Super 15 early game. Lethal reported a coup at the establishment, walking out with lots more money than when he came in! A whiteboard session is set for this Friday at 4.30pm at Fitzys- and viewing of the Brumbies V Crusaders Super 15 game.



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Under 17/18 Competition

Our Under 17 's are playing in a combined Under17/18 Competition which lasts for 8 weeks. The matches are played on Sundays at 4.30pm.

The team is looking to bolster numbers, so if you qualify age wise, please contact Head Coach Jonny McMurtry on mobile 0427727992 or Manager Greg Tisdall

Coaching Director's Corner

I will be posting articles which I hope will interest you as a coach with articles such as the technical, tactical, strategic, conditioning and fitness, skills and drills, set pieces, attack and defence options, management, etc. If anyone would like anything specific, just ask or call on 0402313948 as I am able to help in a coaching role for one on one's, unit structure or plays/options, patterns, etc, etc -but I do need to plan my week.

These articles will be posted on our website as news items-please go to the club website www.loganrugby.com.au for the coaching articles...these are posted on our website due to size restrictions in our newsletter.

The Two articles on the website are-
PLANNING THE SEASON

This is an article from the Waratahs web site and I will try to supply on a progressive nature how the season progresses and including skills and drills.

PRESEASON TRAINING

Here is an example of a preseason conditioning work.

The University of California at Berkley has won the National Collegiate Rugby Championship 10 of the last 13 years. The University of California 9-Week Pre-season Rugby Training designed by

Michael Barnes, C.S.C.S. Athletics, Strength and Conditioning University of California at Berkley,

Wayne Greenhalgh
Coaching Director



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JUNIOR CLUB NEWS

WYNNUM RUGBY CARNIVAL

Under 8 Match Report

"Under 8's competed in the Wynnum Carnival on Sunday, 6 March and from the start they got stuck in and supported each other enabling them to come away with two wins. With a team of 13 players which included six new team members it was great to see them all gel together, enjoy themselves and come away feeling positive and good about their achievements. A big thank you has to go out to parents Kerrie and Joe who undertook the important jobs of 'Reserves' and 'Touch Judge' for us respectively. Well done to the Under 8's and starting off the season on a high ... the challenge now is to keep it up."

Under 9 Match Report

The Under 9's participated in the Wynnum carnival on Sunday 6th March. The team did extremely well and we are so proud of them. A special thanks to the parents taking the time out on a Sunday. They played 3 games over the course of the day & trained in between.

Also a special get well message to our beautiful Jack Cranes (under 7's) who fell from a tree while attending the carnival to support his Brother Joel Cranes (U9's). Jack received multiple breaks to his arm accompanied by surgery & cast in place for 6 weeks. Jack will be greatly missed on the field during his recovery period & is already showing war wounds of a great rugby player !

Under 12 Coach/Manager – Junior Registrar

We are still looking for a coach and manager for our Under 12 side this year and a Club Registrar. If you know of anyone who might be interested in these positions please encourage them to step forward. The pay is not great but the enjoyment is fantastic not to mention the opportunity to meet new friends and broaden horizons. Players also required urgently for this team.

BBQ ROSTER

For those of you who are familiar with the Friday evening BBQ roster it starts off on Friday 18/3/11 with the U/8s who are seasoned performers from 5.00pm to 6.15pm. These parents will do the set up/preparation & commence cooking. The U/10s will take over from 6.15pm and take it through to close & clean-up at around 7.45 – 8.00pm.

This year it is our intention to have the boys off the training paddock by 7.30



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