



PLAYER'S MANUAL 2006



INDEX

INDEX	2
INTRODUCTION.....	3
COMMUNICATION & CONTACT DETAILS	3
SEASON SCHEDULE.....	4
OBJECTIVES FOR 2006	4
TRAINING	4
Personal Training	5
Club Training	5
SELECTION CRITERIA	5
PLAYER ROLES & PERFORMANCE EXPECTATIONS.....	6
CLUB CULTURE.....	7
INTER & INTRA CLUB RELATIONSHIPS	7
1 ST GRADE PLAYER RESPONSIBILITIES	8
INJURY POLICY	8
FINANCIAL RESPONSIBILITIES	8
INSURANCE	9
GROUND PREPARATION	10
STRETCHING.....	10
RECOVERY – HYDROTHERAPIES.....	11
NUTRITION.....	12
CARBOHYDRATE LOADING – AN OUTLINE.....	13
COMPETITION ASPECTS	15
MISCONDUCT OF PLAYERS AND PARTICIPANTS.....	16
CITING	16
CONCLUSION	16
SEASON ROSTER – CLUB MATCHES EXTRACT.....	19
ASSOCIATES RUFC - PLAYER SELECTION POLICY-2006	20

INTRODUCTION

Welcome to Rugby Season 2006 at Soaks.

Soaks has been and continues to be one of the core Senior and Juniors Clubs within the Rugby WA managed competition. Soaks has developed and maintained a strong club focus on youth development and encouraged the development of a professional ethos while maintaining this within an enjoyable club environment. The club seeks to develop and perform at the highest level across all under age and grade levels of the competition.

As a club there is a strong support network from the administrative backbone that assists Soaks to continue to perform well in the Club Championship levels of the competition. As a Club we seek to be a leading entity in community rugby and continually strive to embrace change and seek improvement in all aspects of our performance, both on and off the field. While the Club engages with the increasing professionalism that will be a part of the arrival of the Western Force in WA, the Club seeks to provide structure in coaching and player development that assists players to enjoy all levels of Rugby football.

This document outlines many of the areas that we need to embrace from a player's perspective and provides a generic reference to ensure clarity of any policy and principles in the management of football at the Club. It is not intended to be all encompassing but it is a working document that you should refer to for individual player development and overarching policy and is intended to be used regularly during the season.

COMMUNICATION & CONTACT DETAILS

Any good team has a good communication process between coaches, players, medical staff and the Club administration. The first step in this process is the player manual. On top of this though it is the coach and player responsibility to provide and maintain open and honest lines of communication. From time to time this may result in giving and receiving constructive feedback.

We also value ideas from everywhere and everyone. If you can see a better way for us to achieve our goals, please speak up and let us know your thoughts. Please note though that the end state of a successful team requires decisions to be made and it cannot always be a democracy.

Contact	Position	Ph	E-mail
Marty Lynn	Football Cttee & A Grade	0411 183 594	martinl@itwholesale.com.au
Bob Hunter	Premier Grade	0413 045 355	bhunter@oam-group.com
Andy Cole	Premier Grade	0409 100 159	ajc@bqc.com.au
Gary Dreyer	Reserve Grade	0423 033 853	gary.dreyer@dev-x.com.au
Neil Zaltsman	Reserve Grade	0401 778 729	Neil.Zaltsman@chubb.com.au
Tony Rovira	A Grade	0417 963 120	tony@nickelaustralia.com.au
Bruce Hughes	B Grade	0412 954 206	Bruce.Hughes@army.defence.gov.au
Steve McCullough	U/19 Colts (Gold)	0408 946 087	stevemccullough@ozemail.com.au
Steve McCarthy	U/19 Colts (Gold)	0417 327 772	info@accessmanagement.com.au
Arno Visser	U/19 Colts (Green)	0406 093 391	AVisser@qtw.com.au

SEASON SCHEDULE

Competition	-	1 st April to 3 rd Sept 2006
Finals	-	4/5 to 25/26 September 2004

The extract table for the competition roster is attached at the rear of the manual, and summarises the Associates playing schedule for all grades for the season (correct as at time of issue for the manual). Note this may change so the most current version should be sought from the Club website at <http://www.associatesrugby.com.au/> or the Rugby WA site at <http://www.rugbywa.com.au>

OBJECTIVES FOR 2006

The outcomes we all want are Grade/Colts premierships and opportunities for Perth Gold or other levels of State representation.

The focus however as a club, needs to be the **Club Championship**. If we are consistently successful in our pursuit of the Championship, our 1st Grade in particular will be stronger, we will have more teams in Finals and Grand Finals and inevitably we will win some.

The Club Championship is made up of results from the best positioned team in each grade and Colts.

- Premier Grade Competition points x by 5
- Reserve Grade Competition points x by 4
- A Grade Competition points x by 3
- B Grade Competition points x by 2
- C Grade Competition points x by 1
- Under 19s Competition points x by 3

If a Club has more than one team in any grade only the team having the most points in that grade will be taken into account.

The Healthways championship is made up of points from the top team in each grade in the competition but includes all other teams and importantly for Soaks the Juniors at the Club.

Club Objectives for 2006 are:

- *Finalists in all Grades.*
- *Champion Club*
- *Healthways Championship*

These goals are challenging but achievable. To attain them we will need good numbers of players who are fit, focussed, disciplined and well coached.

TRAINING

In the words of Jack Gibson training and preparation are crucial

- “Nothing is easy but it becomes difficult when done reluctantly.”
- “Win without boasting, lose without an excuse.”
- “No one ever drowned in sweat.”

Personal Training

There is an irrefutable link between fitness and success in rugby. Your level of fitness will impact on your ability to consistently and accurately perform your specific role during a match. Your decision-making capacity will also be affected. While Soaks training will incorporate conditioning activities, it is important that you take responsibility for your own state of physical preparedness outside club training.

Player Goals.

- *You are asked to complete a minimum of one extra conditioning session weekly during the pre-season.*
- *You should be completing at least one additional weekly strength and flexibility session during the season.*

Club Training

Players, coaches and managers are expected to assemble for club training on Tuesday and Thursday evenings **no later than 6.20pm for a 6.30pm start**. If for some reason you are unable to start on time or attend the session you should let your coach know as early as possible. In **all cases** this is to be prior to the session commencing.

Player Goals. *Players are expected to;*

- *be on time*
- *bring boots & mouthguards (wear them)*
- *wear suitable top for contact work*
- *put in a quality effort*
- *arrive with and maintain a positive, winning attitude*
- *complete all segments*
- *report any injuries immediately*

It is also of vital importance to master the specific techniques we want to use. Near enough is not good enough. To be a force in all grades we must all be using the same playing disciplines. To form the combinations necessary for tight disciplined play it is essential we get the detail right. The drills being used have been structured and timed to maximise the effectiveness of the training program. Your co-operation is essential if we are to achieve the high standards we have set ourselves.

It is noted that we will work up these skills as building blocks and will not attempt to get too “tricky” and “complicated”. Naturally we can always do better. If you have a suggestion or require clarification please discuss with your coach before or after (but not during) training.

SELECTION CRITERIA

Team coaches and an independent selector will select respective teams. This will be in accordance with the Club selection policy as promulgated in the Clubhouse and enclosed at the end of this booklet. This encompasses the following considerations, but not limited to, the following criteria;

- Form
- Physical qualities such as fitness for the grade, strength, speed, size & power
- Skills - set plays, attack, defence
- Abilities relative to the opposition for that week
- Abilities relative to fellow Soaks players
- Past record
- Special qualities eg. can turn a game

- Willingness to be flexible and versatile
- Team orientation and willingness to contribute
- Perceived mental strength
- Medical staff assessment

The coaches and independent selector will select grade teams. If a player is not selected or is dropped, the coach of the team will advise the player why he was not selected **and** what areas the player needs to develop to achieve possible future selection. It should be noted however that achievement of these areas for development does not mean automatic selection. That will still be subject to the above criteria.

Your responsibility as a player is to accept the decision in a positive, mature and responsible fashion and give your total commitment to the grade selected in.

PLAYER ROLES & PERFORMANCE EXPECTATIONS

The table below details the Skills required in each position and the Key Performance Indicators that will be reviewed against player performance:

POSITION PROFILING		
Position	Skill Requirements	Key Performance Indicators
PROP	<ul style="list-style-type: none"> • Scrummaging technique • Jumper support (lineout & re-start) • Effective at the breakdown • Ball carry (pick & go) • Strength in contact 	<ul style="list-style-type: none"> • Body position in scrum, • Lifting skills, • Impact at tackle, • Tackling, • Ball carry and offloads.
HOOKER	<ul style="list-style-type: none"> • Consistent & accurate lineout throw • Scrummaging technique (including ball strike) • Ball carry • Effective at the breakdown • Lineout sweeping and clearing pass 	<ul style="list-style-type: none"> • Scrum organization and skill, • Accurate thrower, • Impact at tackle, • Mobile.
LOCK	<ul style="list-style-type: none"> • Lineout jumping (hand coordination and footwork) • Receiving the ball from Restarts • Scrummaging • Ball carry & off-load • Body height in contact 	<ul style="list-style-type: none"> • Jumping technique, • Strong scrummager, • Impact at tackle, • Tackling • Restart ability.
BACKROW	<ul style="list-style-type: none"> • Running lines off set pieces • Effectiveness at the breakdown • Anticipation of play • Strong and effective defence • Ball carry 	<ul style="list-style-type: none"> • "On ball" at the tackle, • Impact at tackle, • Good jumper or lifter, • Ball carrying ability, • Strong defensively, • Scrum effectiveness.
NO. 8	<ul style="list-style-type: none"> • Running lines off set pieces • Effectiveness at the breakdown • Anticipation of play • Strong and effective defence • Ball carry 	<ul style="list-style-type: none"> • Scrum clearance and effectiveness, • Ball carrying ability, • Good jumper or lifter, • Strong defensively.
HALFBACK	<ul style="list-style-type: none"> • Reading of the game & playmaking ability • Consistent and accurate pass • Spatial awareness • Leadership and communication 	<ul style="list-style-type: none"> • Fast, accurate pass (left-hand side and right-hand side), • Ball running ability, • Communicator, kicking skills - bomb, • Organisational ability.

POSITION PROFILING		
Position	Skill Requirements	Key Performance Indicators
FLYHALF	<ul style="list-style-type: none"> • Reading of the game & playmaking ability • Consistent and accurate pass • Spatial awareness • Leadership and communication • Decisive running game • Kicking accuracy and length 	<ul style="list-style-type: none"> • Reads play, • Strong defender, • Passing both sides, • Kicking accuracy, (goal kicking – optional) • Organisational & communications ability,
CENTRE	<ul style="list-style-type: none"> • Accurate running angles and timing • Run at holes and break the line • Defence coordination & tackle technique • Pass at pace 	<ul style="list-style-type: none"> • Strong defender, • Catch-pass and kick-chase skills, • Elusive runner with ball, • Tackle contest skills, • Ability to set up support players.
WING	<ul style="list-style-type: none"> • 1 on 1 evasion • Support lines • Kicking game • Counter attack • Receive high ball 	<ul style="list-style-type: none"> • Running and finishing skills, • Work rate off the ball, • Linking skills - counter attack, • Kick-chase ability, • Kicking skills.
FULLBACK	<ul style="list-style-type: none"> • Accurate running angles and timing • Receive high ball • Communication to whole team (defence) • 1 on 1 defence • Positional play • Kicking game • Counter attack • Receive the high ball 	<ul style="list-style-type: none"> • Running and finishing skills, • Strong tackler, • Linking skills - counter attack • Field positioning • Communicator

CLUB CULTURE

We want to be successful on the paddock but we want to have fun off it. Soaks has a long tradition of enjoying themselves socially, however our interaction amongst the grades and with other clubs is not particularly strong. We would like to address this.

Esprit de corps is a significant component for success as a club and team. All that is required for you to achieve this is participation. **Inclusion and not exclusion.** The most successful social events in recent years have been those conceptualised and organised by players. We will strive to continue with this trend in 2006.

Player Goals.

- *Participate in social events as a Club whether post training or match*
- *Build a positive team and club image by attending and supporting other club post match functions*

INTER & INTRA CLUB RELATIONSHIPS

Key criteria for Soaks' success in future seasons will be to improve our transition rates of Soaks Juniors into Colts and Soaks Colts into Grades and subsequently 1st Grade.

Development of the same club playing philosophy across all senior grades will be focussed on by all coaches. The 1st and 2nd grade will operate as a training squad

throughout the season. This is to ensure player depth and skill levels are similar across the senior teams.

1st GRADE PLAYER RESPONSIBILITIES

1st Grade is the highest achievement level for club rugby players. The 1st Grade team therefore sets the standard for the club. Players who play at this level have added responsibilities and are required to show the leadership, discipline and behavioural standards befitting the level.

1st squad players will be expected to participate in some initiatives to strengthen our relationships with our juniors and Colts in 2004.

Player Goals;

- *Some 1st grade squad players volunteers will be rostered to attend Junior training sessions during the season.*
- *Colts and 1st will have periodic joint training sessions with a view to developing a 1st /Colts mentoring during the season.*

INJURY POLICY

All injuries are to be reported to medical staff and coaches on the day/night they occur. This is necessary to enable early treatment and thus speed up the recovery process.

The Club has qualified Physio staff who attend training and matches. These staff are there to assist with immediate treatment of injuries. Note at training the Physio Staff will assist players with injuries to undertake some ongoing training rehabilitation as part of the training sessions, particularly when there is contact sessions planned. This is aimed at improving players recovery and reducing the need for extensive strapping which is becoming prohibitive in costs to the Club.

Coaches will be guided by the assessment of medical staff when determining your availability for training and/or games.

Any significant ongoing rehabilitation should be done through formal consultation with a Physio. The Club has more formal support (discount fee rates) from Justin Barich so you are encouraged to use his professional services if required. Note it is much more likely that you will recover quickly and fully when you seek professional help. Leaving it or “she’ll be right” usually results in longer periods off the paddock or increasing the scope of the injury.

Justin provides a discount to Soaks players and has practices in Physiotherapy Solutions & Pilates with offices in West Perth and Fremantle and can be contacted on;

- 9481 0003 West Perth
- 0411261499
- 9383 2121 Mosman Park

FINANCIAL RESPONSIBILITIES

Like any club, community or trade/professional organisation there are membership and/or operational costs involved. Rugby clubs are expensive to run and require a large volunteer

network to survive. It is incumbent upon you to accept your responsibility and pay your fees. Your payment gives you;

- Insurance coverage in case of injury – covers costs of treatment and rehabilitation
- Support to the costs of football – gear balls etc
- Contribution to the sustainment of club facility overheads – clubhouse and lighting

There is a “**No Pay No Play**” policy restriction in place for players who have not met their financial responsibilities. To avoid any embarrassment and necessity to limit your playing rights, please settle your account quickly.

INSURANCE

Rugby is a contact sport and does result in occasions where you are injured. In this instance as a measure of your club and your Union’s support to players and officials, the ARU has arranged insurance cover for your benefit and risk protection.

It is beyond the scope of this manual to detail all the benefits and conditions of this policy. Full detail is available in a brochure from the Club secretary or on the Australian Rugby Union website at www.rugby.com.au In summary though you are covered for:

- **Capital Benefits.** Death \$100,000 or, if under 18 years, \$10,000. Permanent Quadriplegia or Paraplegia \$300,000.
- **Medical.** Payment of 80% of non-Medicare medical expenses (incurred within 12 months of injury) after any reimbursement from your health fund. These expenses include private hospital accommodation, physiotherapy, pharmacy, ambulance and dentistry. The maximum benefit payable is \$2,000. An Excess of \$250 applies to each claim.
- Due to the National Health Act, no coverage is provided under this insurance for medical expenses which are payable (whether fully or partly) by Medicare. All medical treatment must be certified necessary by a medical practitioner.
- **Weekly Benefits** - Weekly Benefits a range of weekly income assistance benefits are payable if temporarily totally disabled and wholly and continuously prevented from engaging in any occupation and/or attending school and/or studies.
- **Public and Products Liability.** Legal liability up to \$10,000,000. Includes Professional Indemnity. Excess \$1,000 each and every loss.

In order to make a claim you must:

- Advise the Club Secretary that you wish to make a claim. And obtain a ‘Sports Injury Report Form’ to be completed by you and your Club and ‘Attending Physician’s Statement’ to be completed by your Doctor.
- **Complete form and then send as per instructions.**
- Claims must be advised as above **within 30 days of injury.**
- When completing the claim form, ensure that you provide as much information as possible. This may include documents, records or even photographs for identification.

In addition to these policies all players and officials may, and are encouraged, to take out **private health insurance or ‘Top Up’** over and above the Insurance cover. Even if you just get the EXTRAS cover it will cover you for physio, mouthguards, orthotics, optical, etc. Additionally the earlier you join the less the waiting period will impact on you if you require assistance in the early part of the season. With this additional cover in the event that you require assistance there is very little gap to pay.

GROUND PREPARATION

The preparation and clean up of the ground for home games is a club, not individual responsibility. It therefore requires support from players in order to share the burden around. Team Managers will seek your assistance in setup and clean up to complete the following prior to the start of the Colts/C Grade match and completion of Premier Grade:

- Set up ground with corner posts, line markers, post protectors
- Set up scoreboard
- Rope off spectator area from playing arena
- Setup sponsor banners
- Fly flags, fill water Jerry's, setup stretchers
- Help with any general bar set up tasks including setting up chairs

STRETCHING

There are a variety of theories on stretching, with the simple rule that we seek to apply is that muscles and joints need to warm up and cool down. The following summary is from an advanced recovery package by Angie Calder of the AIS (2000).

Stretching refers to tissue elongation. i.e. extending a material or substance from its resting length.

Why do we stretch:

- To improve performance.
- To increase the range of movement around a joint.
- To enable the full development of an opposing muscle group.
- To increase the ability to absorb shock.
- To improve posture to decrease muscle tension or improve muscle relaxation. This leads to improved blood flow through the muscles and when performed as part of the cool down it can be an effective way of helping muscles to recover from the previous activity.

How do we stretch:

There are 2 different approaches to stretching – one uses techniques which involve **moving**, the other uses **static** techniques. At Soaks we will use a combination of the two.

- **Moving or dynamic stretches;**
 - Any movement involves synchronised muscle contraction and stretching. **Movement patterns** can range from gentle, small ranges of movement (ROM) to full and dynamic ROM actions.
 - The **benefits** of this activity are that they increase the muscle temperature to improve flexibility and they switch on the motor programs specific to the sport activity.
 - **Ballistic actions** are a part of many sporting movements, such as kicking, sprinting, hitting, jumping and throwing. The word ballistic means explosive hence these should be conducted in the latter stages of a warm up.
 - **Bounce stretching** refers to repeated rapid stretches. These can involve small ROM or full range ROM around a joint. Taking a muscle to its full ROM or endpoint ROM and bouncing at an early stage of warming up is regarded as dangerous and is not recommended as it predisposes the stretched muscle to tearing.
- **Static, slow or held stretches;**
 - **Longer held stretches** held for 3 minutes or more target the viscous properties of the connective tissues. This can lead to lengthening of the connective tissues resulting in long term change.

- **Shorter held stretches** (10 to 30 seconds) focus on the elastic properties of muscles and connective tissues. This aims to return the muscle to its resting length and have a short term goal.
- **Static stretches – Recovery.** Held for 6-10 seconds are more effective and time efficient for most recovery sessions. An inverse stretch reflex occurs when a muscle is stretched to the point when tension is felt and this is held for about 6-10 seconds. After this time the inverse stretch reflex causes the muscle to relax and the tension eases. It is then possible to move a little further into the stretch.

Player Goal;

Periods will be provided at each training session for players to do this. Our sports training staff are and will be involved in this process so please take advantage of this as all athletes have different flexibility levels.

RECOVERY – HYDROTHERAPIES

Benefits of using hydrotherapy for recovery. Following your warm down and stretching session (post game or after training) alternating hot and cold can assist with recovery by helping to eliminate muscle waste products. This method of recovery provides an increase in blood flow to the muscles by dilating the blood vessels (with heat) and then constricting the blood vessels (with cold). The compression effect of the water assists with “flushing” waste products like lactic acid and also assists with controlling any swelling or bruising.

The process also provides neural stimulation because the central nervous system (brain) has to receive and recognise two different types of information – hot and cold. This rapid change from hot to cold stimulates the athlete and helps increase arousal. Pressure from shower nozzles also enhances muscle relaxation by stimulating light contractions in muscles.

Benefits. These combined effects can accelerate the recovery process by:

- Minimising the effects of the delayed onset of **MUSCLE SORENESS**
- Accelerated removal of muscle waste
- Less post game muscle soreness
- Legs will feel fresher quicker; you won't feel as sore by training on Tuesday.

Plunge Bath Process

- Rehydrate before and during
- Check for any cuts and grazes - these must be covered or you cannot use the same water as others
- **Shower and wash thoroughly before getting into the ice bath!!**
- Alternate : **Cold Tub (10-16°) 30 secs**
- **Hot shower (35-38°) 3 min**
- Repeat cycle **3** times

Shower Process. -

- 30 seconds warm to hot then
- 30 seconds cold
- repeat 3 times

Hydration. It is important to keep drinking water/sports drink when using this technique as it is easy to sweat but not notice it because you are in a wet environment.

Recovery techniques (Ice baths) at home. You can use the hot cold method any time: in the morning, after training, before you go to bed. Just use the shower by alternating 3 mins of hot water with 30 secs of cold water and repeat 3-4 times.

Pool/Sea. Another method of recovery is walking in cold water - again this has similar ice and compression effects but you need to walk and stretch in the water for up to 20mins. The ocean, a pool or the river would be suitable.

NUTRITION

Fuelling up to enhance your performance is important but often neglected at Club level. We have extracted a few key aspects from a Harvard Medical School article (Ferrari 2004) and Angie Calders (AIS) Recovery workbook (2000) that you should bear in mind in relation to both training and competition. Obviously we are not training for the iron man but eating the right food at the right time can assist greatly.

Hydration. The most critical component is monitoring fluid loss so that it is kept to a minimum. Body weight loss of 2% or more during exercise, results in measurable physiological changes which lead to a reduction in aerobic output. You **must hydrate to keep pace with your sweat rates**. Water and some sports drinks are ideal for this.

Carbohydrates (CHO) have a strong role to play in fuelling your body for peak performance as they provide ready energy in the form of blood glucose. When sitting watching TV for example it is easy to consume more energy than you burn. The trick is to get the balance right so that when undertaking athletic endeavours you have enough fuel in the furnace.

The body can only store small amounts of carbohydrates in the liver and muscle tissue in the form of glycogen. However an hour of intense exercise can wipe out these glycogen stores. When **glycogen drops** your **stamina flags, speed** and **intensity waiver** and **enthusiasm plummets**. The last thing we need on the football paddock.

There are good CHO and better ones. The better ones for sporting purposes are those that have a lower glycemic index (GI). GI refers to the relative rate of absorption of glucose from a particular food. The GI of a food is determined by the rate at which CHO is available for glycogen resynthesis in muscles and the liver. When food containing CHO is eaten, the amount of glucose in the blood rises to a peak after about 20-30 minutes.

After eating a snack or meal with a high glycemic load, blood sugar levels rise higher and faster than after a meal with a low load. However the insulin needed to stuff all the sugar into muscle and fat cells also then blunts the activity of glucagon, a hormone that signals the body to burn stored fuel when blood sugar falls below a certain point.

Foods are compared to white bread or glucose, both of which have an arbitrary GI of 100 in terms of their rate of CHO digestion and absorption. Foods with high GI are recommended for rapid replenishment of glycogen store. However if foods with a high to moderate GI are mixed with foods of low GI, the foods with lower GI will lower the rate of absorption of CHO into the blood stream. You should balance your GI intake in your diet using the indications below.

High (GI > 85)	Moderate (GI = 60 – 85)	Low (GI < 60)
White bread (100 GI) Wholemeal grain Nutrigrain Cornflakes Weetbix Potato Rockmelon Raisins Bananas Corn chips Sugar/honey Cordial sports drinks Glucose (100 GI)	Pasta/ noodles Popcorn Porridge Potato chips Special K White rice (boiled) Sweet corn Sponge cake Oranges Orange juice Chocolate	Apples/pears Cherries Peaches Apple juice (unsweetened) All-bran Baked beans Lentils Ice cream Yoghurt Fructose Brown rice (boiled) Milk (all types) Peanuts

Before a workout. Eat a gram of carbohydrate for every kilogram of weight i.e. 80 kg person eat a snack containing 80 grams of carbohydrates

- Light run – grab a light snack a few minutes before you start.
- Heavier or longer workout – Eat an hour or two before starting.
- High intensity (interval training or sprints) – Eat no less than three (3) hours before training.

During a workout. If the session will last longer than an hour you need some fuel along the way.

- Sports drink supply carbohydrates and electrolytes lost through sweat.
- Sports gels and energy bars also work – careful though as they are dense and may cause stomach discomfort if taken alone.
- **WATER** – must be consumed.

Post session. This is the time when you can consume some high GI carbohydrates as they help you to recover quicker. Importantly note that there is a window of opportunity immediately after strenuous exercise to replenish muscles fuel stores at a faster rate than by delaying carbohydrate replacements. Some protein intake is also recommended, especially after a hard training such as weights, sprinting, tackling or impact activities.

- **Rehydrate** – water or sports drinks (before consuming alcohol – I know boring but better for total recovery in particular in relation to any injuries.
- **Re-energise** with sustenance as noted above – in particular a sandwich, piece of fruit and sports drink.
- **Timing.** You should eat your main sustenance after a session ASAP if possible but certainly within 1 to 2 hours. This must include a protein as well as carbohydrates as detailed.

CARBOHYDRATE LOADING – AN OUTLINE

The following section provides a summary outline of a suggested process of nutrition and in particular carbohydrate loading prior to a game. This is extracted from some notes by Bram van Asselt, Bsc Hons.

Pre Match – Two Days

Carbohydrate loading should start two days before match day. Carbohydrate is stored as glycogen in the muscles. It takes 24 – 48 hours for the muscle to be fully rested and

recovered after exercise. Eating large amounts of protein (meat) and no carbohydrates in the days before a game may lead to reduced energy levels in the match.

Match Day Food

All the game energy you require should be stored in the muscles if you have eaten the right foods. Therefore large meals on game day are not beneficial because the energy intake will not be utilised. Body alertness is also important so you should wake up at least 5 hours prior to match time.

The table below indicates the DO's and DON'T suggested foods for consumption pre game;

DON'T EAT	DO EAT
<ul style="list-style-type: none"> ➤ Sweets and Chocolate Bars ➤ High fibre muffins ➤ High sugar cookies ➤ Beans 	<ul style="list-style-type: none"> ➤ Ripe bananas ➤ Yoghurt ➤ Sandwiches - peanut butter, lean ham ➤ Sports bar ➤ Sports drink ➤ Pasta ➤ Coffee or tea is ok, (But must drink plenty of water as well)

The Don't Eat's. It is important to keep the blood sugar levels consistent during the game day which the Don't eats do. These cause a sudden increase in the blood sugar levels. In response the body produces insulin to bring these back down. The overall effect is that the blood sugar levels drop below the normal consistent level, making you feel tired, and potentially likely to run out of energy before the end of the game. "This is known as the Mars bar effect"

The Do Eat's. These are easy to digest foods that are High in carbohydrate, moderate fat and low in fibre.

Hydration. Drink lots of water as dehydration can cause depletion of muscle stores.

Last Meal. This should be consumed at least 2 to 4 hours before your warm-up starts. Suggestions include:

- Breakfast : Bowl of cereal, fruit, toast peanut butter, juice
- Lunch : Sandwich with, lean meat, fruit sports bar, water.

In the remaining time during build up before the match keep the fluid intake up with at least 1 – 2 litres of fluids or sports drinks. This should keep your blood sugar stable.

Tips to maximise Carbohydrate store

- Avoid alcohol 24 hours before the game
- Eat often every 2 – 4 hours and consume high carbohydrate foods as this will help load the muscle stores.
- Every meal should include bread, rice, pasta, fruit, and vegetables
- Adequate Rest. That is no hard training sessions where the carbohydrate stores would be used as there is not enough time to re-fuel.
- Conduct some stretching routines.
- Avoid new foods or spicy/high fat foods as they can slow digestion

Overall what is crucial is that you work out what works for you and make it part of your pre-game routine for every game.

COMPETITION ASPECTS

Match timing:

Every competition match shall be played in two halves with no more than a five minute interval between each half.

- Premier Grade – Kick off – 1505hrs – **40 minutes halves** plus injury time.
- Reserve & all other grades **35 minute halves** – no injury time.
- C grade and Under 19s – **30 minute halves** – no injury time.

Replacements:

- Players being replaced either temporarily or for the remainder of the match must notify the referee and no player may enter the playing area without the permission of the referee.
- In accordance with the Laws of the Game a maximum of seven players shall be allowed as substitutes or permanent replacements in a match.
- In all matches teams shall provide at least five players who are suitably trained to play in front row positions. If non-contestable scrums are awarded during a match due to a team's failure to provide the minimum number of suitably trained front row players, the result of the match may be reviewed by the RWA Committee.

Player support – Field access:

- No person other than team replacements, coaches, rehydration and medical attendants shall be allowed to occupy the benches provided within the playing enclosure. No other persons are to be in the playing enclosure during progress of the game.
- Two medical attendants and two hydration attendants only per team may be allowed on the pitch whilst the game is in progress provided that they do not impede the conduct of the game.
- An adequate supply of fluid should be made available to players during a match, so that appropriate levels of hydration are maintained. For this purpose the following will apply:
 - Two attendants only per team are permitted to enter the field of play
 - Attendants may only enter the field of play during a bona fide stoppage (i.e. a stoppage for injury or when a try is scored).
 - Attendants may not enter the field of play during an attempt at penalty goal.
 - Attendants must wear distinctive clothing and must be of at least high school age.

Temporary Suspension Rule:

During the progress of a game the following Sin Bin rules will be in effect:

- Player shall remain with Team Manager for 10 minutes on the team bench.
- The 10 minutes DOES NOT include the half-time break.
- The suspension time shall be kept by the referee.
- The referee shall report on the Team Sheet, the name of the player and the offence.
- The Registrar shall record the temporary suspension and following three temporary suspensions in a season, shall advise the player that he or she is suspended from playing for one playing date.
- In accordance with Under 19 Laws the period of temporary suspension for Under 19 matches is 5 minutes, and players who are temporarily suspended may be replaced.
- The five minutes does not include the half-time break.
- If a suitably trained front row player is not available, **in the interests of safety**, the game shall proceed with non-contestable scrums.

- If a temporary replacement is sent off, the player they replaced may not return to the field unless: (1) they are a front row player AND (2) another player leaves the field.

MISCONDUCT OF PLAYERS AND PARTICIPANTS

Illegal play in any form is not condoned at Soaks and will have a bearing on the selection policy noted previously. In the event that a player is cited during a match for illegal play or misconduct the following procedures will be applied by Rugby WA.

- Where a referee orders a player(s) from the field or participant(s) from the playing enclosure by reason of misconduct the referee should on the Monday following the match, lodge with the Competition Manager a written report of the circumstances.
- The RWA Judiciary Board will meet on the Wednesday immediately following the match and shall require the player(s) or participant(s) concerned to attend. The referee shall also attend if required by the Board.
- A player or participant who has been reported under this rule is suspended until the report has been considered and finally dealt with by the Judiciary Board and a Club shall forfeit any match played by the player or in which the participant participates whilst suspended.
- The Judiciary Board will deal with the offending player or participant as it thinks fit. In doing this there are a published schedule of penalties for a range of misdemeanors.

CITING

In the past there have been events where players are involved in an illegal act committed by opposition players that have not been detected by the match officials. In some instances this has been perceived as serious enough to warrant a citing by the players/Club. There is a RWA procedure for this that players should be aware of. In summary this is:

- Where a participant commits an act of foul play or misconduct which has not been detected by match officials, an official of the Union or of the Clubs involved in the match has the discretion to cite that participant to the Committee.
- A citing complaint and supporting evidence must be lodged with the Competition Manager within 48 hours of the match in which the alleged act of foul play occurred.
- A citing complaint shall be in writing and shall contain the following information:
 - the date and place of the alleged act of foul play,
 - the name of the participant in respect of whom the complaint is made and
 - the team for whom he or she was participating,
 - the name of the opposing team,
 - the substance of the alleged act of foul play or misconduct, and
 - the evidence relied upon.
- The Committee or its nominee shall consider and deal with the citing complaint within two (2) days of its lodgment. The decision of the Committee or its nominee to refer or not to refer the citing complaint to the Judiciary Board for adjudication shall be final.

CONCLUSION

This document is aimed at assisting Soaks and the Players to realise the full potential that we have as a Club and that it requires high expectations and the implementation of high standards across all aspects of playing and training to play at our best throughout the entire season.

This document outlines some of the principles that will help us all to achieve these expectations. This of course then allows us to enjoy all aspects of football that comes from playing winning rugby.

Coach commitment. We are conscious of the demands that playing for Soaks in 2006 will bring, however to enjoy the success that is possible it demands excellence and requires shared commitment by us all. The Club and coaches commitment to you is;

- To provide a successful, fun club rugby environment.
- To pursue an attractive, positive, fun to play rugby style.
- To provide structured player development programs.
- To improve your rugby skills, knowledge & abilities.
- To provide the latest coaching methods and techniques.
- To work with you to achieve your rugby and career/life goals.
- To provide coaching programs that 'fit' with the provincial and national pathways.
- To provide appropriate professional introductions for players wishing to pursue rugby as a career.

Player commitment. Your commitment to yourself and your fellow players should be to ensure that you prepare and contribute as much as you can by undertaking the following:

- **Playing/Training**
 - Understand your role and the Performance requirements
 - Understand the philosophy
 - Fit into team patterns
 - Work hard at training
 - Communicate – issues or ideas
 - Prepare for game (not out on the turps – night before)

- **Work/Rest**
 - Stretch
 - Cross train – one additional weekly strength and flexibility session
 - Monitor how you feel
 - Treat injuries – early and fully (seek assistance)

- **Club**
 - Be social – enjoy & participate
 - Pay your fees
 - Interact across teams and grades
 - Attend post match functions – home & away

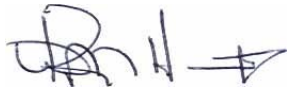
- **Nutrition**
 - Maintain fluid balance
 - Eat a balanced diet
 - Replace carbohydrates after training

- **Physical techniques**
 - Stretching
 - Contrast showers
 - Rehabilitate injuries

- **Psychological Techniques**
 - Muscle relax
 - Mental relaxation – music etc

The coaching team look forward to sharing a successful season with you.

Cheers and Up Soaks

A handwritten signature in black ink, appearing to read 'Bob Hunter', with a stylized flourish at the end.

Bob Hunter

Attachments:

- 1. Season Roster – Club Matches extract**
- 2. Club Selection Policy**

SEASON ROSTER – CLUB MATCHES EXTRACT

Round	Date	1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade	Colts A Gold	Colts Green
Kick Off		3.05pm	1.40pm	See below	See below	See below	See below	See below
1	01-Apr-06	Harvey (Cottesloe)	Harvey (Cottesloe)	Harvey1220 (Cottesloe)	Harvey 1340 (Cottesloe)	Morley1340 (Perth Bayswater)	BYE	Iluka1250 (Joondalup)
2	08-Apr-06	Allen Park (Perth Bayswater)	Allen Park (Perth Bayswater)	Allen Park1220 (ARKS)	Allen Park1530 (Perth Bayswater)	Allen Park1340 (ARKS)	Allen Park1220-P1 (Perth Bayswater)	Allen Park1110-P1 (Arks)
3	22-Apr-06	Rosalie (Wests Subiaco)	Rosalie (Wests Subiaco)	Rosalie 1220 (Wests Subiaco)	Rosalie1340 (Wests Subiaco)	TBC	Rosalie1340 (Joondalup)	Rosalie1220 (Wests Subiaco)
4	29-Apr-06	McGillvray (University)	McGillvray (University)	Edinburgh1530 (Curtin)	McGillvray1220 (University)	Edinburgh1410 (Curtin)	McGillvray1220 (University)	Foreshore1220 (Nedlands 2)
5	06-May-06	Allen Park (Nedlands)	Allen Park (Nedlands)	Allen Park 1220 (Nedlands)	Allen Park1530 (Bunbury)	Allen Park1340 (Nedlands)	John Dunn1250 (ARKS)	Allen Park1220-P1 (Nedlands 1)
6	13-May-06	Tompkins (Palmyra)	Tompkins (Palmyra)	Murdoch1530 (Southern Lions)	Tompkins1220 (Palmyra)	Murdoch1410 (Southern Lions)	Foreshore1220 (Nedlands 1)	Tompkins1220 (Palmyra)
7	20-May-06	Allen Park (Rockingham)	Allen Park (Rockingham)	Allen Park1530 (Mandurah)	Allen Park1220 (Rockingham)	Allen Park1340 (Mandurah)	Allen Park1220-P1 (Rockingham)	Allen Park1110-P1 (Perth Bayswater)
8	27-May-06	Kingsway (Wanneroo)	Kingsway (Wanneroo)	Iluka1530 (Joondalup)	Kingsway1220 (Wanneroo)	Iluka1410 (Joondalup)	Morley1220 (Perth Bayswater)	Kingsway1220 (Wanneroo)
9	03-Jun-06	Allen Park (Kalamunda)	Allen Park (Kalamunda)	Allen Park1220 (Midland)	Allen Park1530 (Kalamunda)	Allen Park1340 (Midland)*	Allen Park1220-P1 (Associates 2)	Allen Park1220-P1 (Associates 1)
10	10-Jun-06	Allen Park (Cottesloe)	Allen Park (Cottesloe)	Allen Park1220 (Cottesloe)	Allen Park1530 (Cottesloe)	Allen Park1340 (Perth Bayswater)	TBC	TBC
11	17-Jun-06	Morley (Perth Bayswater)	Morley (Perth Bayswater)	John Dunn1530 (ARKS)	Morley1220 (Perth Bayswater)	John Dunn1410 (ARKS)	TBC	TBC
12	01-Jul-06	Allen Park (Wests Subiaco)	Allen Park (Wests Subiaco)	Allen Park1220 (Wests Subiaco)	Allen Park 1340 (Wests Subiaco)	TBC	TBC	TBC
13	08-Jul-06	Allen Park (University)	Allen Park (University)	Allen Park1220 (Curtin)	Allen Park1530 (University)	Allen Park1340 (Curtin)	TBC	TBC
14	15-Jul-06	Foreshore (Nedlands)	Foreshore (Nedlands)	Foreshore1220 (Nedlands)	Leschenault1530 (Bunbury)	Foreshore1340 (Nedlands)	TBC	TBC
15	22-Jul-06	Allen Park (Palmyra)	Allen Park (Palmyra)	Allen Park 1220 (Southern Lions)	Allen Park 1530 (Palmyra)	Allen Park1340 (Southern Lions)	TBC	TBC
16	29-Jul-06	Dowling (Rockingham)	Dowling (Rockingham)	Coote1530 (Mandurah)	Dowling1220 (Rockingham)	Coote1410 (Mandurah)	TBC	TBC
17	05-Aug-06	Allen Park (Wanneroo)	Allen Park (Wanneroo)	Allen Park 1220 (Joondalup)	Allen Park1530 (Wanneroo)	Allen Park1340 (Joondalup)	TBC	TBC
18	12-Aug-06	Hartfield (Kalamunda)	Hartfield (Kalamunda)	Farrall1530 (Midland)	Hartfield1220 (Kalamunda)	Farrall1410 (Midland)	TBC	TBC

ASSOCIATES RUFC - PLAYER SELECTION POLICY-2006

The purpose of this policy is to ensure, and assure players at all levels, that selections are based on objective criteria.

The application of this policy will ensure that Associates RUFC remains a Club that strives for fairness and equity in all coach and player management.

The overriding principle is for a selection committee to select the best team possible for Associates RUFC (Soaks) given consideration of the principles of selection equity outlined below.

1. Selection Process

1.1 Teams will be selected by the Team Coaches and an Independent Selector (nominated by the Rugby Committee)

1.2 Teams will be selected in descending grade order and, in principle players will make themselves available to play at the highest grade to assist the club, (*Players can, in discussion with the coach/selectors, nominate the highest grade they are comfortable playing in.*)

1.3 Selection decisions will be open and coaches will communicate any changes in selection to the players detailing the reasons behind the decision (at the earliest opportunity, usually by the end of training on the Thursday prior to games).

2. Selection Criteria

2.1 The Selectors/Coaches will apply the following generic criteria across all Grades for the selection of players throughout the season –

2.1.1 Form - performance at trial/past games

2.1.2 Fitness - size, speed, strength, power, and capacity to fill the position in a grade

2.1.3 Skills- general and position specific

2.1.4 Training – attendance and attitude

2.1.5 Temperament and willingness to fit a particular team or game plan

2.1.6 Ability relative to opposition

2.1.7 Ability relative to fellow Soaks players

2.1.8 Experience

2.1.9 Potential to perform

2.1.9 Medical Staff Assessment

2.1.10 Player Safety

The selectors will apply their experience and discretion to weigh each of the above factors in selecting players.

2.2 Additionally, subject to safety provisions, and availability of physically able players in key positions (ie front row) further provisions shall apply.

NB The purpose of these provisions is ensure that absent players fully understand how their return to club playing status will be managed and for replacement/elevated players to be assured that they will not be summarily relegated upon the return of injured/absent players. The provisions are:

2.2.1 Players who are unavailable due to Representative Duties (RD) (with Western Force and/or Perth Gold and/or National Trials) may resume playing in the grade they had been playing immediately prior to RD's.

2.2.2 However if after Representative Duties the player is unavailable for 1 week due to injury he will be deemed available in the grade that he had been playing before those RDs.

2.2.3 RD players who are unavailable, due to injury, for 2 or more games will resume playing in the grade immediate below they had been playing prior to Representative Duties.

2.2.4 Non-representative players who are unavailable due to injury for one game may be selected in their previous grade. Players unavailable due to injury for two or more games will resume playing in a lower grade than they had been playing prior to injury.

2.2.5 Players who are absent due to Personal Reasons will resume playing in the grade immediately below they had been playing. For any absence of more than 1 game the selectors shall select the player in any lower grade.

3. Appeal Process

Players are to accept selection decisions in a positive, mature and responsible fashion and give their total commitment to the grade for which they are selected and to the club as a whole.

In the event that players have an issue with any selection decision they should follow the process below:

- 3.1 . Raise their concern with the Coach or Manager of the team that they are selected for or feel that they should have been selected for.
- 3.2 . In the event that this does not result in a satisfactory communication for the player they should then discuss the issue with the Club Captain in 2006 (Graeme Watson).
- 3.3 . If this still fails to result in satisfactory communication then the player should approach the Rugby Sub-Committee or Committee through the Chair of the Football Committee.