



# MARMALADE AND JAM

**Issue 3 – August 2004**

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## PRESIDENTS MESSAGE

### Allen Park - Swanbourne Bowling Club Site

Most Club members will be aware that the Bowling Club buildings have been vacated for several years and that Associates has been keen to be proactive in the future development of this area.

In March 2002 we lodged a formal Expression of Interest in relation to the buildings and the surrounding bowling greens. After many months of arduous work by Brett Nelson fulfilling requirements from Council to be involved in the Swanbourne Local Area Plan, attending "Open Days", completing questionnaires and thinking that we were "*in the loop*", we were suddenly advised that the Council had received a proposal from the WA Bridge Club to take over the site. We were not given any information about the circumstances in which this had occurred.

I was approached by several members of our Club who felt disgruntled by this and, better still, were prepared to take action over this, as well as just rave about it at the Bar.

My thanks go to Bob Perman who has guided our recent approaches to Council with the outcome that a new **Allen Park Working Group** is to be formed after a motion put to the Council last week by Cr Rob Brown was passed unanimously. It reads as follows:

- (a) *To ensure that future disputes do not arise between the various groups either currently working from, or potentially moving to Allen Park, a working group consisting of Associates Rugby Union Football Club, WA Bridge Club, two interested Councillors and Administration be created; and*
- (b) *It is essential that no further confusion amongst users as to their individual requirements. Further there may be an opportunity to not only create a new home for the Bridge Club, but to accommodate Associates future expansion and to rehabilitate the now defunct bowling green, perhaps in association with the Defence Force land to the north.*

In summary this means that we now have the opportunity to formally have our case considered and any co-existence proposals dealt with by all parties. All issues such as location of future buildings, car parking, future rugby pitches, etc can be progressed or proceed with all stakeholders being informed and given a fair go.

### CLUBHOUSE DEVELOPMENTS

We are still on track to commence the Clubhouse extensions when the playing season is completed. The defunct playground will be removed and the walls either side of the fireplace will be removed to make way for the extension which will house more storage room, a meeting room and some yet to be defined areas, possibly for merchandise.

The verandah will also be extended outwards (and covered) and some landscaping of the existing bank will occur with a low limestone wall. Thanks to Dave Newton and Rodger James who have plugged away at this project for some time and to Tony Rovira, Geoff Xanthis and Nik Sander for their earlier input. **NOW..... THE HARD PART:**

## **FUNDING IT!!**

### **CALLING ALL BUILDING FUND CONTRIBUTORS.**

**We are seeking donations of goods and services towards this project and of course lots of good hard cash. Donations can attract a Tax deductible status as we have registered the project with the Australian Sports Foundation.**

Until we have a firm idea of donated materials we are unable to estimate the additional cash amount that will be required but around the **\$70,000** mark should do it.

We declined to apply to the City Of Nedlands for any of this funding as they only grant funding to any one group once in 5 years and we may need to have a bigger bite at the cherry when we tackle the kitchen/toilet areas of the Clubhouse which will cost considerably more.

#### **NEWSFLASH.....**

**ARTHUR AUGUSTE , PATRON, HAS VERY KINDLY AGREED TO COORDINATE THIS FUND AND MAY BE CONTACTED WITH ALL DONATIONS.**

**WORK: PH 9325 8474 or Home 9384 6828    [aauguste@austarmetro.com.au](mailto:aauguste@austarmetro.com.au)**

**We have over 500 Registered Members JUNIORS and SENIORS and a lot of supporters so if everyone contributes this is an easily attainable target, and a pleasant clubhouse makeover to return to next season.**

As always, I thank you for your support to make this happen.

## **Rubbish at Allen Park – Storm in a Teacup**

It was unfortunate that Associates was painted in a very poor light in the local paper a few weeks ago due to rubbish being strewn through the bush along the path to the Clubhouse. This was the result of the recent storms blowing a bin over at the top, leaving the resultant mess. It was cleaned up by our cleaner who spotted it when arriving to clean the Clubhouse. I did write to the CEO and the Councillors at the City of Nedlands pointing this out and expressed my concern that an email exchange between myself and an admin officer had appeared in the press. I am told the Post reporters have access to Councillors bulletins, Minutes, Agendas, etc and write the articles as they so choose. I also asked the Post to refute the sensational headline of "Rugby Players to Clean Up".

They have not. The article also alluded that we are causing the Friends of Allen Park great distress. I wish to assure our members that I have spoken to the President of the Friends of Allen Park and that our cordial and co operative relationship remains firm.

I do however ask everyone to be vigilant about their rubbish disposal around the Clubhouse, and to pick up any along the path you might see as you leave.

## **The " Business End" of the Season**

Looking at the Healthways Champion Club Table and the Rugby WA Home Building Society Championship Table, Soaks is well placed and I don't think that we can be ousted from 1<sup>st</sup> place on the Healthways table when the Junior scores are added in. We are only 12 points behind Nedlands

on top of the Championship Table and 9 points behind Cottesloe. As we have yet to play these teams in the 2<sup>nd</sup> round this should make for a very interesting finish to the Home and Away series.

The Finals will be played on Saturdays for the A and B Grades and on Sundays for the U19's, Reserve and Premier Grades, starting on the 4<sup>th</sup>/5<sup>th</sup> September. The Grand Finals will be the weekend of the 25 & 26<sup>th</sup> September.

With 4 more games left in the season it is still too early to predict all of the teams that will be in the finals but I'd like to take this opportunity to congratulate all those teams both in the Senior and Junior sections of the Club who do make it through to the finals. There will be plenty of supporters there when you do! The Wallabies thought they saw Green and Gold last week!!

Special thanks to all the volunteer Coaches, Managers, referees, parents and keen supporters who have all made this a great season so far and who continue to support the Club in so many beneficial ways.

## UP SOAKS!

**Edna Rovira  
President**



## Receive the M & J by email!!!

*If you would like to receive the Marmalade and Jam by email please contact Geoff Xanthis with your current email address. (The usual file size of the pdf document is 1Mb.)*



## PATRONS PIECE (OR SHOULD IT BE PEACE)

An old email from Steve Tokoly.....

“Our talk of Soaks made me feel homesick for Perth, or rather homesick for Soaks, which to me and my family sort of became the soul of Perth. We all remember the great times enjoyed at that club and I often tell my friends and people I meet around the traps of that I believe to be the best club in Australia, bar none, and that is of course, Soaks.

My first visit to the club made me feel as if I was a long lost friend. I made friends, some of whom are amongst the closest I have. I met all the great ratbags who found that having a beer is the real meaning of life and chewing the fat and telling lies with your mates is one of the best pastimes there is. The history of the club looks down from the walls and then comes to life as most of the old buggers who are immortalised in photo are still propped up at the bar and still know that all refs are dickheads and our side either deserved the great win we had, or were robbed when we lost.

Junior rugby in Australia should take the Soaks club as its model and emulate it around the country. The passion that the parents have and the help the club gives to its junior sis something for which the founders and indeed those who have carried the flag over the years can be justly proud. There is never a shortage of mums and dads who will dig in, roll up the sleeves and get the tasks done. The game and its enjoyment become the focus and winning a bonus. A good lesson for the kids. I was luck enough to be thrown into the role of junior president about two minutes after I walked in ... must have been the fact that I had a tie on that day. It was initially a bit daunting but was such an easy task because all the work was done by willing helpers. For young kids to be able to meet and actually talk to the seniors was a thrill in itself, but the memories left when the hero of the day came to help out at training left a lifelong memory. Damon still talks of his club, Soaks, and I think it is more his club than the one he plays rugby for in Sydney. Soaks gives people a social life and an outlet, plus beer at stupidly low prices and pies and hot-dogs guaranteed to boost the cholesterol. The smell of the dencorub and the bits of tape on the ground bear testimony that it is a real club with real people and even a motley collection of dogs feel welcome there.

You have a real Aussie icon over there so stand back and feel proud that you belong to the finest club in the land. As they say “Rugby is the game they play in heaven” so that must make Soaks God’s waiting room.”

**Arthur Auguste  
PATRON**

# ANNUAL PRESENTATION DINNER

## SATURDAY, 2<sup>ND</sup> OCTOBER, 2004

### QUEEN VICTORIA ROOM, ALBION HOTEL, COTTESLOE

6.45. SHARP – 1 A.M..

*Trophy presentations will begin promptly at 7.30P.M. with DJ to follow.*

**TICKETS MUST BE PURCHASED AT TRAINING THURSDAYS**

ALTERNATIVELY, RETURN EMAIL BOOKING FORM TO EDNA [rovira@bigpond.net.au](mailto:rovira@bigpond.net.au)  
mobile 041 99 44 811      FAX 9245 7049.

**FINAL NUMBERS BY THURSDAY 23<sup>rd</sup> SEPTEMBER**

**NO BOOKINGS WILL BE ACCEPTED AT THE FINALS**

**NUMBERS ARE LIMITED TO 120 and there will be **NO DOOR SALES****

**TICKET PRICE INCLUDES PRE-DINNER DRINKS, 3 COURSE MEAL (CHOICE OF ENTRÉE AND MAIN), WINE, BEERS, SOFT DRINKS and OJ**

**DRESS: Optional Black Tie or neat formal attire.**

**SENIOR PLAYERS, FRIEND AND FAMILY**

Double tickets \$190.00	No of tickets.....	Total \$.....
Single \$100	No of tickets.....	Total \$.....

**COLTS AND STUDENTS**

Double tickets \$ 160.00	No of tickets.....	Total \$.....
Single \$ 85.00	No of tickets.....	Total \$.....

FULL NAME.....

ADDRESS.....

HOME PHONE..... OTHER.....

SIGNATURE..... DATE.....

METHOD OF PAYMENT-CHEQUE (ENCLOSED) or CREDIT CARD (*tick box*)

{ } BANKCARD    { } VISA    { } MASTERCARD

CREDIT CARD NO: \_\_\_\_\_ CARD EXPIRY DATE { } / { }

Please advise of GROUP/TABLES (10 a table) and special dietary requirements when booking.

## COACHES REPORTS

### Premier Grade

As the senior side approaches the finals it is pleasing to see that the team is starting to put a few aspects of play together with the forwards and backs really starting to combine well. Certainly the win against Paly saw some promise in that regard.

Sure there have been a couple of games with score lines a little closer than I would have liked, however I am continually reminded by the more relaxed members of the team, that a "wins a win". Although a top four ladder position is not guaranteed, a good run home in the final 3 matches (plus the bonus point win for the bye) should see us there. There is also a chance at the double shot with a second place ladder finish still possible. This is the goal we are striving for.

The tight five in particular over the last few weeks have demonstrated a strong capacity to play tight driving football that will assist in the run to the finals against the top sides. With the front row of the senior mentors of the side Dirk, Damo and Adam really starting to hit their straps with some good midfield and tight running and the strong lineout performances of Hoddo, X man & Al all ably assisting. X pleased to see the new nose doesn't mind the tight work, even if you do have to ask the front row to make a little more space in the scrum binding.

The backrow is crucial to an effective Soaks game plan and in particular the line breaking runs and hard hits of Marto, need to be supported by the speed around the park of Jon T (when he is actually around), Chris Rovira and the hard go forward ball carrying leadership of Double Oh Doug. The forward pack in particular hold the key to us doing well and really must now put it all together and develop a drive to dominate the set plays and establish a great go forward platform for the backs to work off.

The Backs have also shown some flair in individual patches but are yet to fully bring the whole unit into play throughout the game. Pugs as the evergreen returned continues to show his younger opposition the in and outs of leading the forwards and is certainly providing good ball to Slick & Raz to set the play rolling forward. Ross James has continued to shine in the Centres as he continually punches above his weight and slides through the defence to score regular tries. Bondy on his outside is starting to show the finishing skills and running strength we know him for and I for one am keen to see this in the final stages of the season. The regular back three of Don D, Corro and Murph have also shown some excellent finishing skills in patches and with continued go forward ball and playing a wider pattern we will see a few more. Don't worry Corro they won't always be on Murph's wing!!

There are also a number of guys from the squad who have trained hard and supported us through a significant number of games and always stand by. You are crucial to ensuring the depth is there across all positions so thanks; Lachy, Wes, Tim, Jake, Sachsy, Binnsy, Bucket, Troy, Toby, Al and all others who have stood by for us at various stages.

If the team really starts to play with the confidence it can and maintains a good team spirit there is no doubt that Wests, Neddies and Cott are not insurmountable in the finals and will no doubt be very disappointed to see the home grown talent of Soaks yet again competing for the flag in the end. All this though will not come without the attendance and final commitment at training necessary for us to excel and make it all come together.

If there is one thing that I would suggest to all teams and supporters in the final stages of the season get down to the games and give the teams some real support. Both players and supporters alike this year seem to have been slim in numbers and reduced in their energy and passion for the team performances. While not all teams will make the finals, every game for all grades from this point forward is crucial if we are to repeat the success of the Club Championship last year.

**Bob Hunter  
Coach**

### **ED NOTE**

Bob Hunter managed to recite the above without taking a breath his passion and commitment for Soaks is second to none. I then asked Bob to translate the above for me "off the record". As our backs (Don Dunstan, Slick, Corro et al) would not be able to read through his words of wisdom. It went something like this...

*As the season comes to a conclusion Associates first grade has once again shown that the cream will always float to the top. The fact that the cream appears to be the marauding New Zealand expatriate club of Shenton Park is not lost on the Soaks management.*

*Coach Bob Hunter feeling somewhat aggrieved at the lack of kudos that has come his way for the teams current fourth placing has taken on the services of a professional motivator to try and inspire his charges. Tuesday and Thursday training sessions will now be supplemented by a positive talk up session prior to the Thursday session. When asked about this controversial move Hunter offered only that "I think our lack of performance on the field comes down to a lack of self belief, that missing alpha male ego if you will".*

*The short list of candidates has been compiled and is said to include Tim Gepp and Rod Trickey amongst others.*

*When asked about the move captain Adam New gave the sessions tentative support and asked why he was not short-listed.*

No doubt there will be more to come.

## Reserve Grade

After round 5 Reserve Grade were sitting 4<sup>th</sup> with 3Wins, a loss and a draw, and were looking to continue on their winning way. Unfortunately the double bye and the drain of Perth Gold players played a major part and after round 14 we now sit 6th with 5 wins, 6 losses and 2 draws.

Round 7 at the foreshore proved a real eye opener for the young side and were comprehensively beaten all over the field with the final score line of 45 –13 being a fair reflection of the dominance exhibited by Neddies. The side also took a step back with the season ending injury sustained by Piggo.

The following week was a home games against Perth who were equal with us on the table and this was to be a real test for the team. Unfortunately we failed at the last hurdle. After dominating for most of the day we slipped into our early season form and allowed the game to slip away 13-12. Again despite the score line we suffered further loss with Mudge who has not played since.

A rare site at Harvey Field with clear skies and no wind greeted us and Soaks capitalised on the fine condition by running in three early tries to lead 19 nil after 25 minutes. This period saw Soaks play their best Rugby for the season. Cottesloe then slowed the game down and took control of the ball close to the ruck and hammered Soaks for the remainder of the game. Some soft defiance saw Cott run in a few tries late in the first half and from then on it was tough for Soaks who were starved of the ball, the end result was yet another agonising loss 24-19.

After 3 losses on the trot we were looking to turn our fortunes around against Wests who had narrowly beaten us in the first round. The tale end of Perth Gold Commitments, injuries and holiday time took a heavy toll with Wests running the ball all day with few mistakes and handing out a 46-5 drubbing. Soaks toiled hard all day in defence and had few very opportunities in attack.

Round 11 saw us travel to 'Roodog' territory on a cold, wet and windy afternoon. Although it was not pretty Rugby, Soaks played the conditions well and notched up 3 early penalties that gave us breathing space and for the first time all season we did not allow the opposition back into the game. Overall our ball security and numbers to the breakdown improved dramatically which allowed us to be in control all game. Soaks scored 2 tries with a final score line of 19-3 in our favour for once.

Kalamunda at Perry Lakes was always going to be 'make or break' for the Reserve grade side and unfortunately it was break. Soaks dominated the lineouts and open play all day, however our lack of physical size worked against in tight. Some poor defence let Kalamunda in to the game after half time and Kala were not going to let us back into the game. An agonising 10-6 loss.

Having now found ourselves in a position where it is unlikely that we will make the finals, the most important thing from here on is to win and ensure the club wins the cub championship. After leading Uni 15-3 with 10 minutes to go Soaks fell in the now familiar whole and disappointingly came away with a 15 all draw. Soaks again played well all day but failed to convert pressure into points and then let Uni make the most of limited chances.

Finally a home game, and the prospect of a win against bottom of the ladder Paly. A very strong performance saw us run in 4 tries to nil and come away with a 29-3 victory. The game was played with better structure and saw Soaks convert pressure to points and not allow the much bigger Paly side get in to the game. If only we had played like this more often we would have been in the four and putting pressure on the tops.

So as the season draws to a close we can reflect on why we are 6<sup>th</sup> on the table and will just finish out of the finals. Of our 6 losses, 4 have been by less than 5 points, not to mention the 2 draws, if two or three of these results had fallen our way the season would be looking significantly different.

Marty Lynn  
Coach

## U 19s

Fourteen rounds have now been completed and the two Soaks U/19 (Colts) teams are going well.

**Gold** is top of the ladder with 13 wins from 14 games. The only loss was last weekend to 2<sup>nd</sup> placed Paly, which was a real shock for Gold as they have become accustomed to winning easily. This is a group of very talented players, but they now realise that there is considerable room for improvement as a team, and that a place in the Grand Final and a Premier's medallion around their necks will only come through greater commitment and desire. Last week was a rude awakening, and hopefully is just the shock they need to fire up again for the finals.

The **Green** team has had a great season. They are currently sitting in 6<sup>th</sup> place with 7 good wins from 14 games, with a couple of narrow losses to teams above them on the ladder. The guys have been playing some really good rugby and it is great to see the camaraderie and team spirit which has grown in the Green team. The coaches, Steve Coldwell and Glen Roberts, have developed a team led by a powerful forward pack and complemented by some very speedy backs. They have easily accounted for the teams below them on the ladder and have pushed the top teams all the way. Considering that most of the Green players have another year of Colts to go, this augers well for next year.

We have 44 players on the books, and until recently we had 30-35 regularly turning up to training and to play. Just enough for two teams with a couple of reserves each. However with numerous players away representing WA Schoolboys and U/19's, plus Uni exams and holidays, we have been short of players for the past 4 weeks, and often had players reserving for one team after playing for the other. Unlike last year, we have been unable to fill the gaps by bringing up players from the Soaks U/17's and the PSA competition due to the new ruling on playing 2 years above your age group.

Two of our players received representative honours with the WA State Schoolboys, and toured to Victoria where WA were runners-up in the Division II championship. Well done Tristan Winnall and Ben Stevens. Both of these boys were then selected to play for Combined States in the National Division I Championship, where they and their team played very well against the powerhouses of Australian schoolboy rugby.

Another seven of our players also received representative honours with the WA State U/19's team. These guys were Everett Ngu, Scott Nimmo, Peter Trend, Toby Relf, Ross James, Tim Newton and Hugh Norcross. They toured to Queensland for an U/19 competition where they comfortably beat the other four teams to win the championship. Congratulations to these guys as well.

All the best to both Colts teams for the rest of the season

Tony Rovira  
Colts Coach

## JUNIORS

The completion of round 9, sees soaks juniors sitting in 3<sup>rd</sup> place behind Perth and Joondalup in the Junior Club Championship, a good effort. The un 11 golds are 3<sup>rd</sup>, un 12 greens 3<sup>rd</sup> and the un 13 gold side 1<sup>st</sup>, with 6 rounds remaining for most teams anything could happen in regards to other soaks teams improving their position on the ladder.

We have 268 lads running around the club, approximately 70 are brand new to rugby and are filtered through the various age groups, as you could imagine it would be unrealistic to expect top 2 finishes by every team this year, next year could very well be different. There is certainly no lack of endeavour from players, coaches and support staff with teams only being beaten by lack of playing experience and not lack of commitment or passion.

Our un 17s had 5 representatives in the State Schoolboys Side, they are Barry Dry, David Weir, Neville Halberg and Rory McCarthy who also made the Combined Southern States Side. Congratulations go to these boys.

The WAJRU un 15 Development Squad saw Olivier Maingard represent soaks. Congratulations Olivier.

The initial un 16 squad to tour in September contains Tim Carslaw, Tryg Guyton, Tom Hobbs, Angus Neilson and Danny Norrish, good luck guys.

The Junior Club Trophy Presentation Night is to be held Thursday 30<sup>th</sup> September from 5pm.

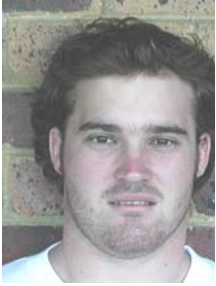
For senior members and supporters of the club who haven't graced the juniors with their presence on a Thursday night I would urge you to come take a look, you will get a real feel for just how big this club is getting, seeing is believing. A nice walk around Britannia Reserve on a Saturday morning will let you know in no uncertain terms just how big Junior Rugby is in WA, I look forward to seeing you all!

Dave Klink  
**Vice President (Juniors)**



PEMBERTON  
WESTERN AUSTRALIA

## PERSONALITY CORNER



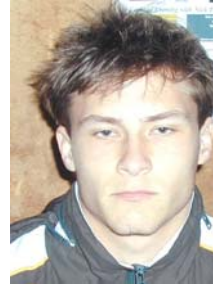
**Lachlan  
Strain**

Nickname: Junior Mouth, Lachy  
 D.O.B.: 22/10/1982  
 Occupation: Professional Student  
 Married: No  
 Hobbies: Fishing, Diving  
 Position: All front row (tighthead)  
 Aspirations: To look as good as Alex Davies  
 Most Admired Player/Person: Me  
 Superstitions: Get the mouth talking early  
 Dislikes: None

### **Favourite**

*Movie:* Fight Club  
*TV Show:* CSI  
*Music:* Drum and Bass, Breaks  
*Car:* Lotus  
*Food:* All of it  
*Drink:* Beer  
*Nightspot:* Claremont, Freo

Most embarrassing moment? Shaving my eyebrows off  
 One person you would like to spend a night with? Andy C



**Tim  
Newton**

Nickname: Newtz  
 D.O.B.: 02/12/85  
 Occupation: Student  
 Married:  
 Hobbies: Drinking  
 Position: Wing  
 Rugby Aspirations  
 Most Admired Player/Person: Matt Burke  
 Superstitions:  
 Dislikes:

### **Favourite**

*Movie:* Blade Runner  
*TV Show:*  
*Music:* Audioslave  
*Car:*  
*Food:* Anything Mexican  
*Drink:* VB  
*Nightspot:* Claremont

Most embarrassing moment?  
 One person you would like to spend a night with? Sophie Monk

## SOCIAL REPORT

### Bucking Bronco Night

At a time when relations between the United States and Australia provide contentious debate, it is heartening to note that at least one Soaks member is doing his very best to foster bonds between our two countries.

In the space of seven days, Troy Hindmarsh brought not one, but *four* American College students to the Club to ‘experience a slice of Australian life’ – read: admire Troy play rugby. There was a fifth, but he was male and serves no further purpose for this correspondence. The visitors had names like Brenna and Brandy and Kayla. Provided one could tolerate an American accent, they appealed to all the remaining senses of the reasonable man.

The girls stayed awhile, soaking up the Club’s ambience and history. Teammates quickly became rivals; elbows nudged foreign ribs with menace and aspersions were cast on age, baldness and dancing ability.

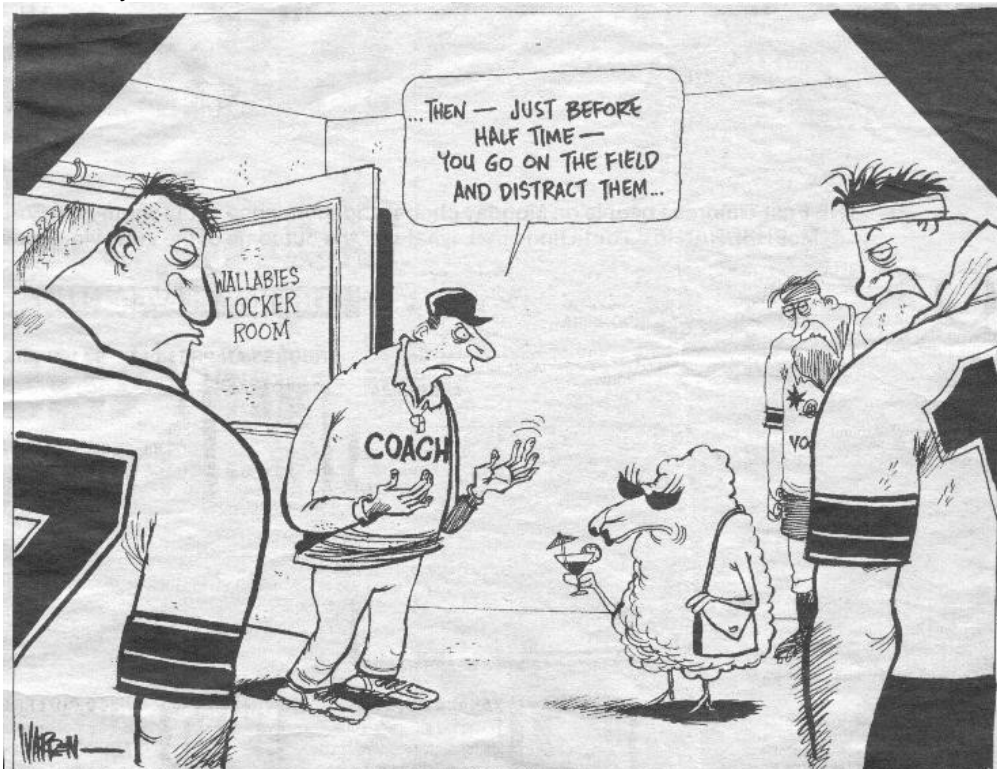
Troy, we salute you. Oh, there was a bucking bronco at the Club that night too.

### Rock ‘n’ Roll Night

Another great night, but for the sake of authenticity it really required some genuine American girls, preferably in cheerleader outfits. Troy, where were you?

### 28 August

A huge night is planned for the last game of the season against Cottesloe. Further information will be distributed shortly.



## CLUB CONTACTS

POSITION	NAME & ADDRESS	EMAIL
PRESIDENT	Edna Rovira 20 Maloney Way City Beach 6015	rovira@bigpond.net.au
VICE-PRESIDENT	Dave Newton 16 Airlie St Claremont 6010	dnewton4@bigpond.net.au
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SPONSORSHIP	Peter Wallace- Harrison Ian Christian	peterwh@nationalhome.com.au

POSITION	NAME & ADDRESS	EMAIL
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PHYSIOTHERAPIST	Justin Barich	West Perth 9481 0003 Mosmon Park 9383 2121

## FIXTURES

Premier & Reserve					
Rnd	Date	Vs	Ground	Time	Time
1	18-Apr	Wests	Rugby Park	1530	1400
2	24-Apr	Wanneroo	Allen Park	1640	1520
3	1-May	Kalamunda	Hartfield	1530	1410
4	8-May	University	Allen Park	1640	1520
5	15-May	Palmyra	Tompkins	1530	1410
6	22-May	Bye			
	29-May	ARS Bye			
7	5-Jun	Nedlands	Foreshore	1530	1410
8	12-Jun	Perth Bayswater	Allen Park	1640	1520
9	19-Jun	Cottesloe	Harvey	1530	1410
10	26-Jun	Wests	Allen Park	1640	1520
11	3-Jul	Wanneroo	Kingsway	1530	1410
12	11-Jul	Kalamunda	Rugby Park	1530	1410
13	17-Jul	University	McGillvray	1530	1410
14	24-Jul	Palmyra	Allen Park	1640	1520
	31-Jul	Test Match Bye			
15	7-Aug	Bye			
16	14-Aug	Nedlands	Allen Park	1640	1520
17	21-Aug	Perth Bayswater	Morley	1530	1410
18	28-Aug	Cottesloe	Allen Park	15:30	14:10

A Grade			
Date	Vs	Ground	Time
17-Apr	Bunbury	Leschenault	3.30pm
24-Apr	Joondalup	Allen Park	2.00pm
1-May	Kalamunda	Hartfield	12.50pm
8-May	University	Allen Park	2.00pm
15-May	Curtin	Edinburgh	3.30pm
22-May	Rockingham	Allen Park	3.30pm
29-May	ARS Bye		
5-Jun	Nedlands	Foreshore	12.50pm
12-Jun	Perth Bayswater	Allen Park	2.00pm
19-Jun	Bye		
26-Jun	West's Subiaco	Allen Park	2.00pm
3-Jul	Midland	Farrall	3.30pm
10-Jul	Arks	Allen Park	3.30pm
17-Jul	University	McGillvray	12.50pm
24-Jul	Southern Lions	Allen Park	2.00pm
31-Jul	Test Match Bye		
7-Aug	Mandurah	Coote	3.30pm
14-Aug	Nedlands	Allen Park	2.00pm
21-Aug	Perth Bayswater	Morley	2.00pm
28-Aug	Cottesloe	Allen Park	2.00pm

B Grade (Green)				
Rnd	Date	Vs	Ground	Time
1	17-Apr	Bunbury	Leschenault	3.30pm
2	24-Apr	Joondalup	Allen Park	12.40pm
3	1-May	Associates Gold	Hartfield	3.00pm
4	8-May	University	Allen Park	12.40pm
5	15-May	Curtin	Edinburgh	2.10pm
6	22-May	Rockingham	Allen Park	2.10pm
	29-May	ARS Bye		
7	5-Jun	Southern Lions 2	Farrall	12.50pm
8	12-Jun	Perth Bayswater	Allen Park	12.40pm
9	19-Jun	Bye		
10	26-Jun	West's Subiaco	Allen Park	12.40pm
11	3-Jul	Midland	Farrall	2.10pm
12	10-Jul	Arks	Allen Park	2.10pm
13	17-Jul	Wanneroo	Kingsway	12.50pm
14	24-Jul	Southern Lions 1	Allen Park	12.40pm
	31-Jul	Test Match Bye		
15	7-Aug	Mandurah	Coote	2.10pm
16	14-Aug	Nedlands	Allen Park	12.40pm
17	21-Aug	Joondalup	Iluka	2.10pm
18	28-Aug	Cottesloe	Allen Park	12.40pm

B Grade (Gold)			
Date	Vs	Ground	Time
17-Apr	Joondalup	Iluka	2.10pm
24-Apr	West's Subiaco	Morley	12.40pm
1-May	Associates Green	Hartfield	3.00pm
8-May	Southern Lions 2	Murdoch	12.50pm
15-May	Rockingham	Iluka	12.50pm
22-May	Wanneroo	Allen Park	12.50pm
29-May	ARS Bye		
5-Jun	Nedlands	Foreshore	3.00pm
12-Jun	Midland	Hartfield	3.00pm
19-Jun	Cottesloe	Harvey	12.40pm
26-Jun	Southern Lions 1	Allen Park	1.00pm
3-Jul	Curtin	Hartfield	3.00pm
10-Jul	Bye		
17-Jul	University	McGillvray	3.00pm
24-Jul	Bunbury	Hartfield	2.10pm
31-Jul	Test Match Bye		
7-Aug	Southern Lions 1	Murdoch	12.50pm
14-Aug	Mandurah	Hartfield	2.10pm
21-Aug	Perth Bayswater	Morley	12.40pm
28-Aug	Arks	Hartfield	3.00pm

U/19 - GOLD				
Rnd	Date	Vs	Ground	Time
1	18-Apr	Southern Lions	Rugby Park	
2	24-Apr	Wanneroo	Allen Park	1.50pm
3	1-May	Kalamunda	Hartfield	1.50pm
4	8-May	University	Allen Park	1.50pm
5	16-May	Palmyra	Rugby Park	1.40pm
6	22-May	Associates Green	Allen Park	1.50pm
	29-May	ARS Bye		
7	5-Jun	Nedlands	Foreshore	1.50pm
8	12-Jun	Perth Bayswater	Allen Park	1.50pm
9	19-Jun	Cottesloe	Harvey	1.50pm
10	26-Jun	Arks	McGillvray	1.00pm
11	3-Jul	Wanneroo	Kingsway	1.50pm
12	11-Jul	Kalamunda	Rugby Park	1.00pm
13	17-Jul	University	McGillvray	1.50pm
14	24-Jul	Palmyra	Allen Park	1.50pm
	31-Jul	Test Match Bye		

U/19 - GREEN			
Date	Vs	Ground	Time
17-Apr	Arks	Rosalie	1.00pm
24-Apr	University	Allen Park	3.00pm
1-May	Perth Bayswater	Hartfield	12.40pm
8-May	Nedlands	Allen Park	3.00pm
15-May	Cottesloe	Tompkins	1.00pm
22-May	Associates Gold	Allen Park	1.50pm
29-May	ARS Bye		
5-Jun	Kalamunda	Foreshore	12.40pm
12-Jun	Palmyra	Allen Park	3.00pm
19-Jun	Arks	John Dunn	1.00pm
26-Jun	Wanneroo	Allen Park	1.50pm
3-Jul	University	McGillvray	1.00pm
10-Jul	Perth Bayswater	Allen Park	1.00pm
17-Jul	Nedlands	McGillvray	12.40pm
24-Jul	Cottesloe	Allen Park	3.00pm
31-Jul	Test Match Bye		

## SPORTS TIPS



- Be hot on the field - always warm up and stretch before the game. This helps minimise the risk of sudden stretching of cold muscle tissue.
- Be cool off the field - always cool down and stretch after the game. This will help your body recover and improve your flexibility.
- For sprains, strains and bruises remember RICER: Rest, Ice, Compression, Elevation and Referral. Don't use heat and seek medical attention if it looks serious.



- Get Fit To Play - Don't Play to Get Fit! Make sure you're fit enough to play because lack of fitness is a major cause of injury.

- Drink plenty of fluids before, during and after the game. Your body needs plenty of water even if you aren't thirsty. Cool water is a good fluid replacement drink.
- Fuel up - keep your energy levels up by eating high carbohydrate / low fat foods before and after the game.
- Have a medical check up first if you are out of condition. Tell your coach of any medical problems you have like a heart condition, asthma or diabetes.



- Be prepared - assess the weather and playing conditions and prepare yourself accordingly.
- Protect yourself - if there's protective gear for your sport - wear it! Make sure its well fitting.
- Stand Your Ground - wear good quality, well fitting shoes appropriate to the sport and the playing surface.
- When you're playing in the sun remember; SLIP, SLOP, SLAP & SUNNIES - a shirt, hat, sunscreen and sunglasses.



- If you have an existing injury don't return to play unless you are fully fit. If in doubt consult a Doctor or Physiotherapist.
- Play Hard Get a Guard - if you play a contact or collision sport always wear a mouthguard fitted by a dentist.
- Education is the key! Learn safe sport from the experts by attending one of the sports injury courses offered by Sports Medicine Australia. For more details contact the SMA office or the MSR office in your area.



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**ATTENTION SOCIAL MEMBERS**

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**If you remember SOAKS we want to remember YOU!**

Whether you played on the field, or in the bar ...

**THERE IS STILL A PLACE FOR YOU AT SOAKS**

This is a **special request** to all SOAKS supporters, past and present, to register your continued support by joining the club as a social member.

Over the years we have lost contact with many ex-players and supporters who had contributed enormously to the success of SOAKS. Help us rectify this loss and preserve the club's prestigious social history.

With Eric Hall's incredible memory, and Arthur Auguste's patience we have cross checked many old membership lists in an attempt to collate a meaningful Social Club membership list – *NOW WE NEED YOUR HELP...*

It is time to re-register your social membership of the club. Please complete the attached ARU registration form, which will ensure that your details will be entered into the club database and you get information about the Wallabies.

**MAKE SURE YOU NOTE YOUR EMAIL ADDRESS!**

**WHY?**

- ❖ Marmalade & Jam will be emailed to you so we can keep you abreast ... on top... in touch.... Whatever... with the social events of the club.
  
- ❖ So you can be notified of special events for social members and all club activities.

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**Please pass this note on to anyone you know who have lost contact with the club**

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**For more information contact:**

**Arthur Auguste (Patron)**

**0407 475 522**

**aauguste@austarmetro.com.au**

**Bob Perman**

**0413 754 755**

**perman@bigpond.net.au**

## REGISTRATION FORM

**All playing and social members** are required to complete the form over page to be registered as a member of Associated Rugby Union Club. ARU will then be able to contact you about any EVENTS.

The fee structure for this year is as follows:

Senior player -	\$ 220.00
Colts and students -	\$ 175.00
Social membership -	\$ 70.00
Juniors -	\$130 for U10's and up
	\$110 for U9's and down
	\$20 discount for second child

**Please complete the ARU registration form and attach a cheque or complete the credit card details below and return.**

If you have any queries regarding the registration please contact David Clarke on 9385 0153 or 0407 553 184.

Visacard

Mastercard

Cardholder's Name: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiry: \_\_\_\_\_

Signature: \_\_\_\_\_ Amount \$ \_\_\_\_\_

**SOCIAL MEMBERS – THERE WILL BE SPECIFIC EVENTS FOR YOU IN 2004.  
YOUR CONTACT DETAILS ARE VITAL.  
RSVP ASAP**



# 2004 ARU Membership Form

Club Name

Associates Rugby Club

Club Number

040102

I am a RUGBY PLAYER  COACH  OTHER - - - - -

Title Mr  Mrs  Miss  Ms  Dr

First Name

Middle Name

Last Name

Date of Birth Day  Month  Year

Gender Male  Female

Country of Origin

Aboriginal or Torres Strait Islander Yes  No

Address

Address

Suburb

State/Postcode State  Postcode

Home Phone Number

Mobile Phone Number

Work Phone Number

Players Email Address

School

**Parent/Guardian Information must be filled if member is less than 18 years old**

First Name

Last Name

Home Phone

Mobile Phone

Work Phone

Email

First Name

Last Name

Home Phone

Mobile Phone

Work Phone

Email

**Release and Waiver:** I, the undersigned, in consideration of the Australian Rugby Union Ltd. ("the ARU") agreeing to accept and register me as a participant, hereby undertake to be bound by the Laws the Game of Rugby Football and the Bye -Laws, rules and regulations of the ARU, the ARU Code of Conduct, to pay all subscriptions and fees, and to the extent permitted by Law, and not withstanding ineligibility, I hereby waive all claims for liability against any participants and release every participant from all liability, provided that such liability arises while I am participating in any football activity. I agree that the ARU will hold the benefit of this release and waiver on trust of the participants. For the purpose of this release and waiver - "the Game" shall mean the game of Rugby Football, which for the purpose of this release and waiver shall include Mini-Rugby, Midi-Rugby, Walla Rugby and the game of Rugby Football under the special "under-19 Laws"; "participants" shall mean the ARU and any other rugby union, rugby club or referees' association in Australian and any member, officer, official, administrator, executive, coach, manager, selector, referee, touch judge, physiotherapist, trainer, boy or girl or unqualified first aid officer associated with such body; liability shall mean liability in tort or contract for any death, personal injury or damage to property including vicarious liability for assault but excluding other liability for assault; "football activity" shall mean playing the Game or engaging in training for the Game or in other sporting or physical activities as directed or recommended by a participant. I warrant that I have fully disclosed any suspension I may be serving imposed on me by any sporting body.

**Doping Bye-laws:** The Australian Rugby Union condemns the use of performance enhancing substances in Rugby Football as both dangerous to health and contrary to the ethics of sport, and prohibits taking or use of drugs or stimulants or involvement in other doping methods prohibited by the International Olympic Committee. Refusal to provide a sample for testing incurs the same sanctions as the return of a positive test result. A copy of the ARU's Doping Bye-Laws is available on request from the ARU. I agree to observe the ARU's Doping Bye-Laws, to provide samples for testing wherever requested by the Australian Sports Drug Agency or the ARU, both in and out of season, and to observe the protocols for taking and verifying samples. I also agree to the publication of the results of any sample tested and of any findings of fact by the ARU Drugs Tribunal or Board and its decision whether or not to impose a sanction, and I release the ARU and the members of the Drug Tribunal and Bc from, and I waive, all claims I may have as a result of or in relation to the publication of their findings of fact and decisions as to sanctions.

**Minors:** In the case of the player being a minor, a Parent or Guardian is requested to read the foregoing before completing the following. I, the Parent or Guardian of the above Minor (the "Minor"), in consideration of the ARU agreeing as above, hereby indemnify and shall keep indemnified all participants in respect of any claims for the liability arising while the Minor is participating in any rugby football activity. I agree that the ARU will hold the benefit of this indemnity on trust for all participants.

**Sponsors:** Please indicate by crossing (X) in this box [ ] if you want to receive information or exclusive offers from our s

**SIGNATURE - Parent/Guardian to sign if member is less than 18 years of age**

**Accepted for & on behalf of the ARU by Club Secretary/Registrar**

Signature   Date

Signature of Club Secretary/Registrar   Date

Full Name of Parent/Guardian (please print)

Full Name and Position (please print)