



MARMALADE AND JAM

Issue 2 – May 2004

PRESIDENTS MESSAGE	2
PATRONS PIECE (OR SHOULD IT BE PEACE)	4
COACHES REPORTS	5
JUNIORS	9
PERSONALITY CORNER.....	11
ERIC HALL LUNCH	12
SOCIAL REPORT	13
THE ORIGIN OF “SOAKS”.....	14
CLUB CONTACTS.....	15
FIXTURES.....	16
PUFFED OUT?.....	17
ATTENTION SOCIAL MEMBERS	18
REGISTRATION FORM.....	19



PRESIDENTS MESSAGE

As predicted in the last M & J it has indeed been a very exciting start to the 2004 season. We have been treated to some great rugby at all grades and some fantastic social events. The best aspect for me though, has been the vibrant atmosphere amongst the players and spectators, both at Allen Park and at away games. I can sense a feeling of cohesion amongst all the players regardless of which team and I heartily congratulate our players and Coaches for this. The Club/Team unity is promoted further by the wearing of the Club tracksuits. Thank you to the sponsors Flybrook Wines and National Homes who have enabled us to make these available to the players, and Churchlands Optical for sponsoring the coaches.

Most of you will be aware by now that Brett Nelson has moved overseas to Dubai for work purposes but I am sure we will see him on visits throughout the season. He keeps in **very** close contact on Saturdays wanting match reports! Brett has been a huge part of Soaks for a long time, responsible for initiating and advancing many projects. Before leaving he undertook to write a new Constitution for our Club which is currently being reviewed by the Committee and will soon be circulated to interested members for comment prior to being tabled at the AGM. It is a modern document which will serve the Club well into the future.

ASSOCIATES TRUST FUND

Brett was also instrumental in establishing the Associates Trust Fund in 2001. The three Trustees of this fund are Vern Reid, Judge Allan Fenbury and the person who is the current President of the Club. The Trust was set up to enable members and others to support the objectives of the Trust and to assist the Club to have more depth than just dealing with the "everyday issues".

The first initiative of the Trust was to establish the Junior Development program which took place pre-season.

The objects of the Trust as set out in the deed are:

1. to assist in the promotion of projects, enterprises and undertakings of the Club;
2. to assist in the dissemination of information in relation to the Club;
3. to provide educational tools and scholarships to assist in playing, coaching and understanding rugby football;
4. to encourage persons to donate money, objects and other property, services, resources and other benefits to the Trust;
5. to encourage public support for rugby football;
6. to solicit and accept gifts, endowments and bequests from members of the public and others for the promotion of the objects of the Trust;
7. to establish a fund, in the form of the Fund, which will be used exclusively for the benefit of the objects set out in this Deed; and
8. to do all things incidental or conducive to the attainment of any of the above objects.

It is envisaged that with continued support, the Trust will be able to meet these objectives. Please feel free to contact me with any questions regarding the Associates Trust Foundation.

REPRESENTATIVES

We have many very talented players in our club, and this has been recognized by the selection numerous players into various State squads.

Argonaut Perth Gold has had a successful opening to their campaign to retain the Australian Rugby Shield, winning their first three games. Congratulations to the following players who form an integral part of the Perth Gold team – Adam New (Captain), Damien Elton, Kris Martinick, Doug Pashley, John Trend, Ryan Parkin and Christian Corrigan.

Our U/19 (Colts) team has also contributed a large number of players to the State U/19's and the State Schoolboys squads who will be touring the Eastern States in June. Congratulations to the following players:

U/19's - Simon Appleby, David McMorrow, Tim Newton, Everett Ngu,
Scott Nimmo, Hugh Norcross, Toby Relf, Peter Trend, Denis Warnick.

Schoolboys -Levon Kvas-Rothwell, Ben Stevens, Tristan Winnall.

COMMITTEE

Lastly, I'd like to thank Dave Newton who has accepted the role of Vice President after Brett's departure. His work behind the Bar is renowned, but he is seeking ways to serve the Club from the "other side." Dave's quiet sage-like input and business acumen are greatly valued and appreciated by his fellow Committee members.

I am currently in the USA and am missing the rugby (and my family!) very much. I have been able to access the results and Tables but it's not quite the same and I look forward to seeing you all in June at the games.

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)

The big news is Edna has a new right-hand man.

Welcome Dave Newton, our recently elected Vice President to replace retiring Brett Nelson (whoever said he was retiring), who is now stationed in Dubai, sitting with his feet up on the desk eating dates and drinking Turkish coffee.

Dave is an excellent choice for Vice President and he is to be thanked for taking on this task, along with all the other tasks that he is performing, including running the bar and being manager of our newly-named Premiership Grade. Dave enters in the fine tradition of elbow-bending and unfortunately fag-puffing which I hope he will give up in the near future, taking into account his new, high-profile role (Lorraine, you must exercise some of that muscle-power now and prove that all the gym work is not in vain).

Brett, your departure from our shores to Dubai is apparently not yet confirmed to be permanent, so we will not decrease our insurance until this is confirmed. Seriously, I am sure all Club members wish you well in your new endeavours and we trust that your family settles in well. I am not sure what the culture standards are there and whether, in fact, you are able to have a sip of the only vino or flash the leg. You could, if you wanted, write a little report for M&J - perhaps the next issue.

Our teams are progressing well and it is great to see the boys filling in for State gold members who are absent. Once again, it is quite remarkable how everybody steps forward and lifts their game. Congratulations to one and all and if I had my favourites it would be the number '15', the number '4' and last but not least number '10' (Ross).

I see that our parents, in the Junior Division, have been hard at work producing lots of little people to go onto the field. Every time I look at the field, on a Thursday night, there seems to be a mass of dots out there throwing balls and I am told that there are nearly two teams in every Junior grade. Well done, mothers & fathers.

We haven't heard any complaints lately about the singing Marmalade & Jam, so I don't suppose they are teaching the Juniors any more. What a pity.

Best wishes for your recuperation to Jim Coad, for his current inability to throw the leg over and to Bob Brain for his current inability to assume the position. The boys have had a bit of a rough time through anaesthesia, but are now able to return to their normal anaesthesia. We will wait until they write their memoirs to let us know what has caused all this debilitating activity.

I have yet to hear any gossip worthwhile repeating from the Ladies Night and I can only assume that true nudity did not play a part in this recent event. Ladies, are you losing your grip.

Well, on with the season - the Brumbies have shown us what to do in the games to come and with that fantastic try by Mark Gerard. Get some inspiration from all of this, boys, and go to it - Happy Hunting.

**Arthur Auguste
PATRON**

COACHES REPORTS

Premier Grade

Soaks first grade have started the season with three wins and two losses. The last two games have been played without the Perth Gold Stars who have been answering the call of a higher authority than new first grade coach Bob Hunter, specifically that of coaching Guru Des Thornton.

The absence of these players (Adam New, Damo Elton, Kris Martinick, John Trend, Doug Pashley, Ryan Parkin and Christian Corrigan) for the games against University and Palmyra has meant that some young and noticeably thinner players have been given the opportunity to star. Amongst those who played outstandingly in the come from behind win against University were Al and Bucket Norcross, Wes and Ross James, Graeme Watson and Lackie Strain (aka Junior Mouth).

These new players have been complemented by the continued leadership aspirations of the evergreen Michael Brain and the return of Justin (Slick) Samulski from a stint with the Ford Modelling agency.

Coach Bob Hunter however is under pressure to get the team back on track after the 19 – 12 loss to Palmyra. To ensure best practice is followed at training and match day the committee has decided to create a new “high performance” unit to review all decisions made by Bob Hunter. Stay tuned for more details as they come to hand.

Reserve Grade

Round 4
Soaks 13 – University 0

A very solid win. In early games Uni had shown strong signs of being a finals contender and this game loomed as a real danger to Soaks, with Reserve grade losing 8 players to Premier Grade due to injury and Perth Gold commitments. However Soaks blooded some young talent in the halves with Toby Relf and Tim Sacks, both having very strong games. The Soaks pack worked hard all day against a very stable Uni pack, with Matt Wakeling and Peter Ruse the standouts. Soaks dominance in the lineouts saw us steal plenty of Uni ball and dominate possession for the entire game. Dave Maxwell crossed for a try late in the first half following some strong phase play.

Round 5
Soaks 19 – Palmyra 7

In tough conditions at Tompkins Park, Soaks absorbed the big Paly pack for the first half and came away at half time 7 all into the strong breeze following a very good solo try from Tim Sacks. Early in the second half Soaks capitalised on the tiring opposition with 2 excellent counter-attacks resulting in tries and Soaks led 19-7. Unfortunately Soaks took the foot off the pedal and did not put Paly away. Again our lineouts were exceptional and Peter Ruse and Hayden Lilienthal toiled well all day in the loose, and

Tim Sacks at scrum half had an exceptional game finishing with 2 tries and 2 conversions.

The forwards are starting to find their rhythm and with our lineout dominance now established, we must work on our ball security at ruck and maul, so as not to waste the first phase ball we are winning. The backline is yet to find its feet due to constant changes in the lineup and will need to find penetration in the midfield if we are to trouble the better teams.

So after 5 rounds Soaks sit Fourth on the table with 3 wins, 1 draw and 1 loss with a clash against the of the table Nedlands in two weeks following the bye's.

We have used 33 players in the five weeks and have scored 13 tries with our opposition only crossing our line 6 times.

Special thanks must go to Owen Ferguson for his tireless efforts on the bench and to all the A Grade Players who have sat on the bench for us so far this season.

Marty Lynn
Coach

A Grade

The new competition for what was previously 3rd Grade has given A Grade a very different outlook on competition. 14 teams in the A grade competition will mean that the team will only play 3 other teams twice. The team started with a great team bonding bus trip to Bunbury. The attendance at pre-season training for the majority of the players showed in the later half of the game with fitness showing through and Soaks dominated play which didn't particularly show on the final score however Soaks came away comfortable winners 21-5. The forward pack demonstrated its experience dominating Bunbury. An interesting fact was that the tight five has an average age of over 40 years.

The 2nd round was a new challenge with a young and mobile Joondalup outfit giving Soaks a game that required the full 70 minutes of commitment. Soaks was up to the challenge and solid defence and fitness was the telling factor again with a satisfying 15-5 win.

The trip up to the hills against Kalamunda for the 3rd round gave A grade a good opportunity to really work on their running rugby. Both the forwards and the backs showed what can be done with some great team work and a 35-8 scoreline.

The 4th round home game against University was probably the best demonstration of some really good forwards work with fantastic rolling mauls up the field, however a 19-5 penalty count against Soaks didn't help the score line and University came out on top at least on the scoreboard 14-12. There were many who believed the score board should have been ten or more points the other way but we learnt you don't win unless the score is on the board. I think round four was a good indication of what the A grade forwards are capable of.

The 5th round game against Curtin was the 5th most physically bruising of the games to date. Curtin's big mobile pack tested Soaks defence in close all day as well as a back line that wasn't afraid to run it wide as often as they could but Soaks only let Curtin in for

one try half way through the second half. A great fight back saw Soaks finally clinching the game in the last minute with a converted try to come away with a 12-11 win.

Round 6 saw Soaks at home against Rockingham who at the top of the ladder were lining up to be a real challenge. The forwards continued to show their dominance at the scrum, the rolling maul and even started to show some dominance in the line outs. The backs gelled well with some great back line moves to show Rockingham why Soaks is a force to be reckoned with. The final score a resounding 29-5 win for Soaks.

The competition has eight strong teams so we will need to be wary of complacency. A Grade has performed well so far and are currently equal second on points and fourth on percentage after six rounds. Strong attendance at training and a good team spirit has A Grade in a good position to continue it's charge. The lads are still waiting on the cameo appearance from Elvis but training is essential for all would-be players ☺. Keep up the good work fellas.

Paul Raymond
Coach

U 19s

Well here we are after the completion of Round 5, and for Soaks Colts the 2004 season is looking good. The year started really well with good numbers turning up for an enthusiastic pre-season. With between 30-40 boys regularly training, we once again entered 2 teams in the Colts Competition. Unlike previous seasons we did not lack front rowers, in fact we now have plenty of forwards. However we do have a shortage of half backs and centres – which seems to be a common theme throughout the club.

It is great news for the whole Soaks club that we have been able to field 2 teams again. Given our goal of building the Senior teams in the club through the development of our Juniors and Colts, rather than buying or importing players, the Colts' success augers well for the future of Soaks. It is ironical that some other clubs, who have not put as much emphasis on developing their Junior teams, are finding it difficult to field a competitive team or have withdrawn from the Colts Competition entirely.

By having 2 teams we are able to ensure that all those players who wish to play are given plenty of game time. The overriding philosophy in managing the Colts players is to do so as one inclusive Colts squad. From this squad 2 teams are chosen – the Gold team which is the 1st XV and the Green team which is the 2nd XV. Players are selected on merit, performance and availability in accordance with the overall Club selection policy.

The coaching staff is headed by Tony Rovira who, together with Steve Shaw, coach the Gold team. We have a very keen team manager in Matt Shaw whose season as a half back in the Seniors was cruelly cut short by a serious knee injury.

Steve Coldwell and Glen Roberts together coach the Green team. In recent years, Steve has been coach of the Soaks U/15 and U/17 teams and has a great rapport with the players who have come through those teams and who are now playing Colts.

So far, the teams' performances have been very pleasing. Gold is sitting on top of the table, undefeated after 5 games, and a game clear of the second placed team. Our boys have played well, controlling each game with strong forwards play and some wonderful running rugby by the backs. The Round 5 game last week was held at Perry Lakes and served as the curtain raiser to the Perth Gold – Adelaide match. Our top-of-the-table clash against a previously unbeaten Palmyra was a fantastic match which we won 34-5, scoring 6 tries. However there is still considerable room for improvement and everyone is working hard to tweak the best out of the team.

The Green team is coming along very nicely. The intensive effort being put into their training by Steve and Glen is bearing fruit and the boys are building great camaraderie and team spirit, while the teamwork and skill level is developing every week. Green started the season strongly, winning the first 3 games very well. However they slipped a bit recently, dropping the next 2 games when they came up against strong opposition in Nedlands and Cott. So with 3 wins from 5 games the team is sitting in 5th place just outside the top 4. However, with an on-going focus on individual and unit skills development, we expect Green to continue to improve as the season progresses, and they have a good chance of making the finals.

We have a lot of very talented players in the Colts squad, and many of them are in line for representative honours with 8 players selected in the initial State Under 19's squad, and 3 selected in the initial State Schoolboys squad. Both State teams will be touring to the eastern states in late June, and we wish all those who make the touring party all the best

Tony Rovira
Colts Coach



JUNIORS

PRE-SEASON.

1. Subscriptions have been retained at \$130 per player aged U11 and up and \$110 for U10 down. A \$20 discount is available for the second child.
2. Committee positions

President (Juniors)	Alasdair Watson
Treasurer	(vacant)
Secretary	Susan Glenn
Registrar	Jan & Viv Lawrie
Uniforms	Amy Cowley
	Gilly Watson
Coaches Coordinator	Jeremy Warren
Gear steward	Mike Jarvis
3. Duty Statements are now available for all committee positions.
4. Registration day Saturday 21st February 2004 saw 150-odd players registering, almost double previous year's efforts.
5. First training was on Thursday 18th March 2004.
6. Round 1 was last Saturday 1st May 2004.

COACHES & MANAGERS MEETING.

The Juniors held a Coaches and Managers meeting on Thursday 11th March 2004. This was an opportunity to discuss;

SAFETY

- Smart Rugby Course
- Coaches Accreditation Courses
- Committee Approval

COACHING ISSUES

- Names & contact list
- Duty of Care
- WAJRU / ARU Junior Rugby Code of Ethics & Conditions of Participation
- Registration
- Common Club Coaching Approach
- Communication
- Issues
 - Guidelines for selection & participation
 - Guidelines for playing up age group

MANAGERS

- Names
- Nominations for lightning carnival [10-a-side]
- Registration
- ID cards for players
- Britannia duties & roster

COMMITTEE

- Nominated person from each team for Committee - Manager

EQUIPMENT

- Field allocation areas
- Balls, cones and the like

OTHER ISSUES**PHYSIOTHERAPY.**

Players and coaches are reminded that we have a physio available on Thursday evening training sessions. In the next week or two Steph will come round and introduce her self to you all.

GENERAL.

Players who have paid there subs and fully registered now stands at over 250, with over 260 registrations. This makes us one of the three largest clubs in the Competition. We were commended by WAJRU on our completeness of registrations.

There are thirty more sides in the Competition this year, with increased utility of Britannia on Saturday mornings. Also, training on Thursday evenings makes Allen Park look very busy!

It seems that while we have a full complement in the younger teams, it seems that we still struggle with the older teams. We are fielding teams in U7, U8, 2 x U9, 2 x U10, 2 x U11, 2 x U12, 2 x U13, U14, U15 and U17.

With some age groups running two teams it is important to remember the WAJRU Competition philosophy, which is supported by the Club, that the emphasis is on participation, not winning. Teams should be balanced, hence “Green” and “Gold” rather than “A” and “B”, so that all players can equally experience winning (and loosing!). We don't want to be complicit in driving players away from the Club and game because they are stuck in an “also-ran” side.

Many thanks to all coaches, managers and other volunteers who are keeping this Club as successful as it is. However, remember that this is only the tip of the iceberg – so much work is done by the Committee to ensure that your lad is able to play because he is insured, his ID card has been issued, he has a team strip to wear and for a team that is eligible to play!!

We are SMART RUGBY compliant.

We will hold our annual Icebreaker on Friday 28th May 2003 at 7.30 pm.

There are no fixtures on Saturday 5 June as it is the Foundation Day weekend.

Alasdair Watson
President (Juniors).

PERSONALITY CORNER



**Alex
Davies**

Nickname: Buddha
 D.O.B.: 26/08/82
 Occupation: Student
 Married: Hell No
 Hobbies: Sport, Fishing, Girls
 Position: Halfback
 Aspirations: To be like Lachlan Strain
 Most Admired Player/Person: Muhamad Ail
 Superstitions: Left boot must go on before the right.
 Dislikes: Hanging around Lachlan

Favourite

Movie: Me, Myself and Irene
TV Show: Ali G
Music: Drum and Bass, Cold Play, Eminem
Car: Maserati Spider
Food: Seafood
Drink: Beer
Nightspot: Metros Freo and Subi

Most embarrassing moment? Playing for Wests
 One person you would like to spend a night with? 50 Cent or Shannon Elizabeth (American Pie)



**Scott
Nimmo**

Nickname: Big Nimms
 D.O.B.: 24/04/1986
 Occupation: Student
 Married: No
 Hobbies: Rugby
 Position: Lock, No 8
 Rugby Aspirations: Representative Rugby
 Most Admired Player/Person: Owen Finegan
 Superstitions: Short tassels hanging out
 Dislikes:

Favourite

Movie: Chopper
TV Show:
Music: Pete Murray
Car: Lancer LX
Food: Pizza
Drink: Emu Bitter
Nightspot: The Carine

Most embarrassing moment? Laxatives on a 15s tour
 One person you would like to spend a night with? Jennifer Love Hewitt

ERIC HALL LUNCH

The Eric Hall Lunch - 50 years a Soaks

"No lunch for me, thanks. I've just finished chewing my nails."



It's a big lunch to celebrate Eric's 50 years as a player, administrator, and the backbone of the club. We need to thank him for all the work he's done (unpaid) to hold Soaks together through thick and thin.

Learn the words to *They Call Him Eric Hall*, commit to memory your own Eric Hall story for delivery on the day, and arrange for someone to drop you off and pick you up.

12 noon, Friday, 11th June 2004 at the Clubhouse, Allen Park.

Ring Bill Lloyd for bookings: 9364 5754 (wk) 0411726836 (mob)

SOCIAL REPORT

May 8 – Mexican Night

Anglo-Saxon circumspection was thrown to the wind as a swarm of revellers descended on Soaks to partake in the Mexican Night festivities. Would-be gauchos tugged suggestively at their moustaches while eyeing sable-haired señoritas. When that didn't work, they employed the old adage of 'Add Liquor and Stir'; offers of tequila shots were enthusiastically welcomed. A piñata, lovingly made by Associates Social Section members Ria Neffy and Alicia Gresley, teased from the ceiling. Ria and Alicia assured me that it would withstand any number of strikes the Premiers could manage, but it broke faster than an Iraqi detainee. The pack which tore at the swiftly-dismembered pig seemed to me something from 'Lord of the Flies'. In one chilling moment a combatant (for that is what they seemed) sprung from the melee holding aloft a prize from the pig's innards, and let loose a primal scream, sangria dripping from the trembling mouth like blood. I had never seen Edna behave that way.

May 22 – Ladies' Night

Soaks ladies enjoyed a night of fashion and fun on a crisp Friday evening. It is a given that women like to preen themselves before a night out, but on this occasion they were outdone by the handful of younger male waiters who swaggered through the door as if they were the models. They looked at the polo shirts they were asked to wear with unease, all thinking the same thing: *Will pulling this over my head stuff up my hair-do?* The guests were entertained by a musical ensemble, a fashion show coordinated and superbly-modelled by Soaks ladies, and some lively commentary by Alicia Gresley. As if that wasn't enough, they then auctioned off a couple of the waiters for gardening duties and the like. Our thanks go to all those who helped make the evening a success, particularly Dorothee Leach, and James McLaughlin who provided great service on both sides of the bar.

Upcoming Events:

June 12 – Home Game

Hold onto your hats as all-comers can take on the Mechanical Bull...

July 3 – Christmas in July

An evening in which fine food and conviviality flow. Details soon...

THE ORIGIN OF “SOAKS”

In the earliest days, we had a “Charlie” grade. Most likely some of them were picked up from the Adelphi Hotel on Saturdays. Charlie Grade had their own principles and standards and, for them, at half time it was Champagne instead of orange juice.

Apparently it was Digby Milner who coined the phrase “SOAKS’ because of their predilection to Champers and the press took it up from there.

This was at a time when Soaks used the Sharpie Annex to Royal Perth Yacht Club as a headquarters for three years before moving to McHenrys Hotel (“Steve’s”) and the Nedlands foreshore.

Soaks participants were the likes of Paul Rigby, Ross Bradbury, Ian Quartermaine and Bob Buttonshaw. In those days Professor Frank Beasley, the first Dean of the Law School at UWA, was made a life member as was Bob Buttonshaw and both were presented with gold life membership badges.

Bob Buttonshaw is also a former President and is famous for hoodwinking Club members at a fund raiser by promising the production of a stripper who performed behind a sheet and at the conclusion of the narration of her taking off pieces of apparel, the sheet was dropped and there was a plucked chicken. He escaped down the stairs of the sailing club and into a car.

More later ...

by Arthur Auguste
as ascertained from Shirley Cruikshank



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
SECRETARY	Kath Stevens Anita Marchant	hippyant@westnet.com.au
TREASURER	David Hurst	davidh@mpaskills.com.au
WEBSITE	Paul Raymond	praymond@v-app.com.au
SPONSORSHIP	Peter Wallace- Harrison Ian Christian	peterwh@nationalhome.com.au

POSITION	NAME & ADDRESS	EMAIL
CLUB CAPTAIN	Geoff Xanthis 11 Clematis Rd Woodlands 6018	geoff.xanthis@mainroads.wa.gov.au
BAR MANAGER	Dave Newton 16 Airlie St Claremont 6010	dnewton4@bigpond.net.au
SOCIAL	Richard Johnson	richard_jj@hotmail.com
MEMBER	Tony Rovira	tony@nickelaustralia.com.au
RUGBY CHAIRMAN	Paul Carter	pcarter@patersonord.com.au
REGISTRAR	Dave Clarke	dcac@bigpond.com.au
PHYSIOTHERAPIST	Justin Barich	9336 5133 9481 4020

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	1640	1520

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
	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		
15	7-Aug	Associates Green	Coote	1.00pm
16	14-Aug	Nedlands	Allen Park	1.50pm
17	21-Aug	Perth Bayswater	Morley	1.50pm
18	28-Aug	Cottesloe	Allen Park	1.50pm

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		
7-Aug	Associates Gold	Coote	1.00pm	
14-Aug	Kalamunda	Allen Park	3.00pm	
21-Aug	Palmyra	Morley	3.00pm	
28-Aug	Arks	Allen Park	3.00pm	

LEGEND	
	Rugby Park - Perry Lakes (Sunday Game)
	Allen Park - Home Game
	Problem - Reserves & Gnd location
	Perth Gold playing
	Bye Match

FINALS		
4&5 Sep	1st Semi Final	Rugby Park
11&12 Sep	2nd Semi Final	Rugby Park
18&19 Sep	Prelim Final	Rugby Park
25&26 Sep	Grand Final	Rugby Park

PUFFED OUT?

Puffed Out?

How often do you see elite athletes smoking on the sidelines?

Probably never. This is because sports people care about their health and fitness and most know cigarette smoking is detrimental to their performance.

People who smoke are less likely to participate in sport and physical activity.

When smokers do play sport, poisons from cigarettes reduce their ability to perform. The poisons that really hurt sports performance are carbon monoxide, nicotine and tar.

Carbon monoxide causes:

- Swelling of the respiratory tract lining, which makes the passageway smaller. So a smoker has to breathe harder to get air into their lungs.
- Reduced availability of oxygen. Instead of delivering oxygen to muscles the red blood cells are carrying carbon monoxide and poisonous gas.
- Reduced ability of muscle cells to take up oxygen. This means muscles don't function as well and sports performance is reduced.
- Damaged vision.

Nicotine causes:

- Increased heart rate, which means the smoker 's heart has to work much harder to produce the same effect as a non-smoker's heart.
- Constriction of blood vessels, leading to reduced blood flow and increased blood pressure.

Tar causes:

- Reduced elasticity of the lungs, resulting in less air being breathed in and out.

During exercise, smokers:

- Are more easily exhausted
- Suffer shortness of breath
- Have reduced endurance
- Are slower to react
- Have poorer visual judgement.

BENEFITS OF QUITTING SMOKING:

Within one to two days, carbon monoxide and nicotine will be cleared from the body. After one month, blood pressure returns to normal and lung function improves. After three months, the lungs are able to clean themselves and blood flow improves.

For more information

Sports Medicine Australia

Website: www.sportsmedicine.com.au

Email: info@smawa.asn.au

Phone: 9285 8033

Smarter Than Smoking

Website: www.OxyGen.org.au

Phone: 9388 3343



Text supplied by the Health Department of Western Australia.

ATTENTION SOCIAL MEMBERS

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.

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

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 -	\$ 110.00

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

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)