

Juniors Everywhere

For those that have been going to training for the last couple of weeks, it has been a magical site to walk over the hill and see somewhere in excess of 80 kids hard at training on the oval.

I must acknowledge and complement the great work of Lyn Cotton, our Junior Coordinator, and Alison Snowden, U6 coach and Junior Coordinator helper.

They have done a great job of spreading the good word of Palmerston Rugby Union Club throughout the Palmerston schools and community and the end result can be seen at junior training.

Juniors Start

Last Friday night saw our U12, U14 and U16 teams take to the field for their first games of the season while the U6s, U8s and U10s had their first games last Saturday.

Results and scorers were:
U16s lost 0-49 to Dragons.
Our newly created team came up against a red-hot Dragons team in this game. At halftime, coach Snogga pointed out areas for improvement and asked the team for an improved performance in the 2nd half. They duly followed instructions and kept Dragons to only 3 tries in the 2nd half. Every player learnt a lot from this first game.

U14s won 10-5 over Dragons
Tries to Blake Bishall and Rory Valentin with this game going down to the wire.

U12s drew 19 all with Dragons
Tries to Aaron Cotton, Tah Thompson and Brody Wishart

and conversions to Shaun Ley and Jarred Donovan.

U10s won 35-0 over Dragons
Dragons didn't have enough players so they forfeited the game. We then loaned them a few players so everyone could have a run. Best players included Ryan Cotton, Ashley Brooking and Joshua Rodda.

U8s drew 10 all with Dragons
Two tries to Jye Snowden.

A's v Dragons

Saturday's 31-15 win over Dragons gave us two wins from two games and was a great effort by all the players concerned. Especially considering there were about 7 changes from the team that played the first week of the season.

The Players Player Award this week went to Wise Sekitoga. Congratulations Wise.

Coach's Comments

This week Greg Hill has provided some thought provoking words for all players to consider.

As I'm sure everybody remotely associated with Rugby in Darwin knows, and every member of Palmerston Rugby Union Club has seared on his or her frontal lobes, up to this point of the season, our training attendance and performance has been nothing short of abysmal.

Although the small numbers of regular trainers have worked hard, there remains a general lack of discipline and serious ambition to adopt the new patterns and techniques required to take us to the necessary next level to win this competition.

The abuse of the small but important aspects such as punctuality, completing the session, attending to injuries, being responsible for your own actions and enthusiastically supporting your team mates all add up to a lack of respect. A lack of respect to the coaches, to Cat, to the Club and the game but sadly and most importantly to yourself and your talent.

To play rugby properly, and I define properly as playing to the best of your own God given ability, is simple and requires only 3 basic ingredients; they are:

- **SKILL**
- **FITNESS**
- **COMMITMENT**

*I describe these basics thus: **SKILL** is the ability to perform a task as required by the game plan or situation from time to time. At the moment we don't believe that we are practising skills at training, we believe that we are teaching (and you are learning) techniques. We lack the numbers at training to apply real pressure on players when these techniques are being applied and because of this, they are almost never practised in "real game" situations. Therefore: **TECHNIQUE & PRESSURE = SKILL.***

***FITNESS** is the end result of your personal and club physical training that provides you with aerobic and anaerobic capacity and strength to properly compete in a game of rugby for the entire length of the game without respite and with the maximum ability to think and act. It also has the huge additional benefit of the minimisation of injuries. Fitness cannot be acquired by*



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Club training alone and should never be included as a target of Club training as it would only be done at the expense of all other aspects of the team's performance. I am 100% convinced that our previous record of falling off badly after performing tasks well in games is due to the effects of oxygen debt which is due to lack of fitness.

Although I do not have the personal length of service at the Club to know, I strongly suspect that our disastrous Grand Final performance of 2 from 26 is directly related to lack of personal fitness that in turn has led us to being some distance below our potential at this most critical time of the season.

Therefore: **TAKE RESPONSIBILITY FOR YOUR OWN WELL-BEING AND START DOING WHAT YOU WERE ASKED TO DO PRIOR TO PRESEASON – AFTER A TIME YOU MAY EVEN FIND THAT YOU ENJOY IT!**

COMMITMENT is probably the most difficult to define in this format for me – but here goes.

I believe that if every player, coach and official in this club aspires to be the best that he or she can be, then the club and its teams will make a giant step forward.

From the pure playing point of view, commitment is required on many levels, the obvious ones having already been addressed with **SKILL & FITNESS**. But I believe that there are many other fields to which to be applied and recognised, such as controlled aggression, discipline and respect for the game, the referees and the opposition but most importantly to ambition.

Therefore: **I EXPECT, FROM NOW ON, THAT EVERY PALMERSTON PLAYER WILL GENUINELY ASPIRE TO PLAY TO THE ABSOLUTE UPPER LIMITS OF THEIR ABILITY AT THE HIGHEST LEVEL AVAILABLE TO THEM.**

B's v Dragons

Unfortunately this was a non-event. Thanks to the 9 guys who did get to the game but that is not enough to field a team and we therefore had to forfeit.

I know we have well over 3 teams of players out there but I am at a loss to understand how we get them all to training regularly and to the games.

Any ideas?

This is the way the Coach saw the game:
B Grade ran out short of players and full of confidence knowing that with a team ¼ filled with Dragons players we were a sure thing. Things were going fine until the referee blew time on for the kick-off.

Then they scored a couple of easy tries that from the sideline looked like missed tackles by our extra players. We stayed in the game during halftime before the defining moment happened.

Dennis Bree running blocks for Paul Dale (in his comeback game) who then popped the ball to a flying Vince Kelly (did the flying have something to do with his nice shiny new boots?) who I'm sure took 3 players with him to score the try. That put us within 3 tries but the referee blew full time. So near yet so far.

Carlos Spencer

On the weekend of the Jabiru 10s, the Auckland Blues played the Canterbury Crusaders in a Super 12 match at Jade Stadium in Christchurch.

Colin Hillery went to Jabiru and played in the 10s for the Crocs and then followed up with a game for the Stubbies. Below is an excerpt from his report on the weekend's rugby. Further excerpts will appear in future editions of CrocTales.

What a weekend of rugby! Doesn't get much better - all 3 Australian teams won their respective Super 12's matches, The Combined Darwin Stubbies/Casuarina Stray Cats

beat the previously unbeaten Kakadu Fossils as predicted confidently by yours truly and the other team I play for, Palmerston, won the Plate in the Jabiru 10's.

But first, I have to mention the unbelievable display of arrogance by 'King' Carlos Spencer playing for the Auckland Blues against the Canterbury Crusaders. Now, I am a big fan of King Carlos, even though he's a low life Kiwi, but he is an All Black and deserves some respect.

Anyway, apparently he scored a runaway try or something and could have easily scored under the posts but he decided to walk over to the sideline and put the ball down inches inside the tryline.

Apparently the King hates the Crusaders and their fans and the game was a home game for the Crusaders that the Blues won comfortably.

Anyway, Carlos being Carlos slotted the goal from the sideline and waved his fingers at the crowd or some such thing to rub salt into the wound of the Crusader fans. (I confess I haven't seen all this, I only got told about it). Now one can only wonder what his teammates and coach were thinking as he was walking the ball over to the sideline? Would you be furious or would you just be thinking "What a wenker!", wenker being Kiwi for wanker.

Anyway, you know what a showoff I can be so to the King I say "long live the King" and well done, 10/10.

Professional sport can do with a lot more characters like Carlos Spencer because most of them speak in cliches, constantly thank their sponsors or worse their team-mates for making them look good (obviously something I'd never do - if I play great I let everyone know and give no one credit except myself) and can't think for themselves.



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