

## This Week's Games

**Friday 16 April**

**Optus Park 1**

5.30 **U12** v Casuarina

7.10 **U14** v Dragons

8.00 **U16** v Dragons

**Saturday 17 April**

**Optus Park 1**

8.30 **U8** v Casuarina

9.00 **U6**

9.30 **U10** v Casuarina

**Optus Park 2**

1.10 **C** v Casuarina

2.30 **B** v Casuarina

4.00 **A** v Casuarina

## Last Week's Games

No games were played over the Easter weekend. B Grade's game at Jabiru was rescheduled by mutual agreement to 4.00pm Saturday 24<sup>th</sup> April.

We must make sure that we have a full team to go to Jabiru on the 24<sup>th</sup>. C Grade will be playing in Darwin and I expect that a lot of our A Graders will be selected to play in the City v Country game. That leaves the B Grade and the rest of A Grade to get organised and get on the bus to Jabiru. Get it into your schedule and social calendars now and let Babsy know you will be there.

## A Grade Coach's Corner

Our last game, a draw, against South Darwin on 3<sup>rd</sup> April was our last game for 14 days whereupon we meet a vastly improving Casuarina at 4.00pm on Saturday. We then play the game that is shaping up as the Tooheys'

*Cup decider, providing we play to our standard and beat Casuarina, against University on 1<sup>st</sup> May. (The Tooheys Cup is a first past the post competition played over the 1<sup>st</sup> round of the competition while Katherine is competing. Points earned by Darwin clubs will carry forward as part of the normal XXXX Cup competition.)*

*Then ground hog day starts with us versus Dragons on 15<sup>th</sup> May. This means we play only 3 games over a 43 day period – not the ideal way to continue to build up our playing strengths and combinations.*

*As this situation applies to others as well as us, I am determined to maximise all opportunities that arise from it. It is the perfect situation to put our pre-season behind us and for individuals to do something positive about their own level of fitness. In short we must maximise this opportunity and I am 100% convinced that we can come out of this period so fit, strong, prepared, skilled, disciplined and aggressive that we are the most feared team in the competition!*  
**Waste this period – we lose, use it – we win. It's simple!**

Greg

## A Grade Squad

Greg Hill, Ben Emmett and Craig Leach as Coach, Captain and Assistant Coach respectively have identified the following list of players that they expect to be the foundation of the A Grade

team. These players are expected to respect their selection and to prepare themselves accordingly. Not all players listed will make A Grade on all occasions. Those not selected for specific games are expected to be available for the B Grade game under the same terms as if they were training for the A's. Players not named on the list and who wish to be must work hard, regularly, at training to demonstrate that they deserve to be on it. Conversely, players who do not shape up to their personal and/or group responsibilities will find themselves dropped from the list.

### Front Rowers

George Hatzismalis, Shane Cotton, Sam Jeffries, Ben Emmett, Todd Harrison, Gareth Felton

### Locks

Terry Kirstenfeldt, Todd Harrison, Scott Booth, Sinclair Hunt, James Ballantyne

### Loose Forwards

Peter Winton, Shaun Gill, Wise Sekitoga, Tom Hurse

### Halfbacks

John Sullivan, Peter Burnheim

### Flyhalves

Rod Mulhearn, Craig Leach

### Centres

Peter Burnheim, Mason Smith-Lester, Ray Walters, Hunter McGee

### Wingers

Peter McLaurin, Fred Waianga, Damien Smith

### Fullbacks

Clint Gardiner, Paul Veach



**Top End  
Hotel**



It is their firm belief that the above named players have the talent to become one of, if not, the best team that this club has fielded and they trust that they will show the dedication to be a

### **PALMERSTON A GRADE PLAYER.**

## **From Your Friendly Fizyo**

Well, the Season has well and truly started for me with a busy schedule of games and training. The load has been made easier with the return of Bridget to help out with the pre- and post-game routine.

**THANKS BRIDGET!!!**

However, to make my life even easier this year, I would ask that you take note of the following....

1. Strapping tape will be provided for those who do not wish to provide their own. There is however a fee attached, so be prepared to pay up! Cost is usually only about \$2-3 depending on what you have done. The tape budget only stayed out the red last year due to generous donations from various sources.

2. If you regularly get strapping done, or are intending to do so, **SHAVE!!!!** This helps the tape to stick better, and minimises pain when you take it off after the game. If you aren't sure how much to shave, ask either Bridget or myself. Leave at least 24 hours between shaving and the game to avoid skin irritation from the tape.

3. Medical Forms!!!! – This year, we are asking all players and coaches in the senior teams to complete a medical form outlining basic medical details which we may need in case of accident or injury at training or games.

*The information obtained is completely confidential and will be destroyed at the end of the season. For those players who were at training in the weeks before the season began, thanks to most of you for returning your forms. For those who were not, please see me about completing a medical form ASAP.*

*Remember that if you have any queries about injuries and what to do for them, I am generally at most training sessions. Don't hesitate to come and ask for advice. Good luck to all teams in the upcoming rounds.*

Cat

## **Sponsorship**

This week the club welcomes on board a new sponsor,

**Moulden**



Ian Burnell and the team at the supermarket are donating icy poles and soft drinks for the after game refreshment of the club's junior teams. Make sure you get down and support them in Moulden Terrace.

## **A Sign of Maturity?**

Last week on the touch football field there was an altercation whereby numerous members from both teams were involved, angry words were spoken, punches were thrown, blood was spilt, suspensions and stiches resulted. On one team you had **Shaun** "I'll fight them on the field, I'll fight them in the stands" **Gill** and on the other was **Allan** "float like an elephant, hit like a truck" **Woodcock**. Now knowing the reputation that precedes these two, one could be forgiven for assuming that the main antagonists would be one or

both of them. But as the melee ensued, these two renown rugby pugilists, were seen to be playing a game of hand slaps a short distance away and refusing to be drawn in.

Is this a sign of long awaited maturity from these two former (and I use this loosely) legendary hard men of the rugby paddock or just a realisation that they are getting long in the tooth and just can't mix it with the young blokes any more?

## **Croc Jottings**

I noticed **Narada Kerr-Barlow** running around the paddock at training on Tuesday. He is home for 2 weeks holidays from his New Zealand boarding school. (Hamilton Boys High School in the Waikato Chiefs area) His Mum tells me he has been playing trials at school and has been named in the U14 A & B Grade squad and the U14 7-a-side team. After he goes back the squad will be further refined into starting teams etc. About 180 students competed in the U14 trials. The school has 1600 boys from Year 8 to Year 12. Well done Narada and all the best for the rest of your season.

☺ ☺ ☺

The Club's Old Salties in Brisbane and surrounds are again busy organising their annual reunion for Saturday 26 June 2004 to coincide with the Wallabies v England Test Match. I have been assured, it again promises to be a huge event. A number of Darwin based Old Salties will be joining the festivities. If you are interested please see me ASAP for details.

☺ ☺ ☺



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**Moulden**



**Top End Hotel**

