



OLD COLLEGIANS RUGBY UNION CLUB

Tregenza Times

25th March 2019

Working Bee & Pub Crawl 30th March



OHHH, ME LADS!

Calling all cowboys, construction workers, native Americans, military personnel, cops and frequent patrons of the Blue Oyster Bar; the time has come for the annual Old Collegians Preseason Working Bee and Pub Crawl!

Head on down to the clubhouse at **12pm** to help out at the Working Bee so we can get the grounds and club ready for the upcoming season, and remember, many hands make light work!





















Once all the work is done, we'll begin the Pub Crawl at the club around **3:30pm** and move on from there. The full list of pub locations is still being finalised, so stay tuned to this event page for updates.

Finally (and most importantly), the dress up theme for the Pub Crawl this year is the ***Village People***, so dust off your ass-less chaps, salute your commanding officer, smack a hairy biker on the backside and get ready to start in the east and then Go West into the night!



OC Committee for 2019

<p>President</p> <p>Rob Costanzo president@oldcolls.org.au</p> <p>☎ 0408 806 445</p> 	<p>Vice-President</p> <p>Chris Killick vicepresident@oldcolls.org.au</p> <p>☎ 0410 005 315</p> 
<p>Secretary</p> <p>Susan Thewlis secretary@oldcolls.org.au</p> <p>☎ 0431 566 116</p> 	<p>Treasurer</p> <p>Amanda Porteous treasurer@oldcolls.org.au</p> <p>☎ 0417 842 742</p> 
<p>Director of Rugby</p> <p>Danny McCartan rugbydirector@oldcolls.org.au</p> <p>☎ 0412 849 004</p> 	<p>Director of Junior Rugby</p> <p>Nate Sos juniorrugbydirector@oldcolls.org.au</p> <p>☎ 0402 505 505</p> 
<p>Senior Registrar</p> <p>Simone Linder-Patten seniorregistrar@oldcolls.org.au</p> <p>☎ 0434 050 436</p> 	<p>Players Representative Strategic and Financial</p> <p>Jeshua Graham Co-op member to committee</p> 
<p>Senior Selector</p> <p>Graham Raymond</p> 	<p>Senior Selector</p> <p>Doug Mein</p> 
<p>Assistant Secretary Social Co-ordinator</p> <p>Jo Rogers Co-op member to committee</p> 	<p>Policies and Constitution</p> <p>Belinda Wade Co-op member to committee</p> 
<p>Grievance Contact</p> <p>Dave Pyper Co-op member to committee</p> 	<p>Member Protection Officer</p> <p>Beth Howard</p> 
<p>House and Grounds</p> <p>John Denley</p> 	<p>First Aid Co-ordinator</p> <p>Kate Denley</p> 
<p>Old Colls Trust</p> <p>Michael McCrea</p> 	<p>Child Safety Officer</p> <p>Jaye Gordon</p> 

Winners are Grinner!!

Congratulations to our Fellas! Winners of the Elizabeth Sevens 2019.

Old Collegians Seniors got their season off to a winning start after beating the Bula Boys by 5 tries to 1 in the final of the Elizabeth Sevens Tournament held on Saturday at Womma Oval, Elizabeth



Photo courtesy of AJWalwyn Photography

Announcing Coaches and Team Managers

The OC Committee of Management are pleased to announce the following Senior Coaching and Team Manager positions for 2019 and wish all personnel a successful season.

Premier Grade

Coaches - Peet Arnold, Rob Smedley & Alex Rokobaro
Manager - Tom Secker

Premier Reserve Grade

Coaches - James Denley & Richard Czeglik
Manager - Doug Mein

Third Grade

Coaches - Paul Francis, Heysen Siegfried and Graham Raymond
Manager - Dave Philips



On the playing front;

Trial games have been arranged as follows;

6th April 2019 at Brighton

13th April 2019 at Elizabeth

Squads for the upcoming trials will be put together over the next few training sessions. Noting that there will be two squads consisting of a 1st/2nd Grade strength squad and a 2nd/3rd Grade strength squad. These squads will be picked from those players currently training or who commence training prior to the trial dates.

Announcing Junior Coaches and Team Managers

Team	Coach	Assistant Coach(s)	Team Managers
U/18	Joel Pepper	Chris Killick	Vacant
U/16	Steve Goddard	Warren Manship	Charlene du Toit
U/14	Matt Bell	Craig Barlow & Tom Richardson	Russell Gordon
U/12	John Kinniburgh	Jamie Punshon & Derek Angove	Corné Arnold
U/10	Richard Czeglik	Andrew Hicks & Tony Hervé & Steven Behrens	Chloe Page
U/8	James Denley	Ben Parcell	Vacant
U/7 & U/6 <i>(Minimum playing age: 5)</i> <i>(Minimum training age: 4)</i>	Vacant	Bec Burton-Howard	Vacant

Junior News



JUNIOR GALA DAY
U6/7 TO U18
13 APRIL
BURNSIDE RUFC

Calling all Juniors - put the 13th April 2019 in your calendars for the Junior Gala Day at Burnside RUFC - More news to follow from your individual Team Coaches / Managers

Message from OC Registrar

We welcome all rugby players and ask that you download and login to the Rugby Xplorer app. Once you have downloaded and logged into the Rugby Xplorer app you will be able to register yourself and other linked family members into their relevant teams.

[This will allow you to train and represent Old Collegians RUFC or Old Collegians Juniors RFC, in the South Australian 2019 Rugby Competition.](#)

Please ensure you register in the correct club: **Old Collegians RFC** for **Seniors** men and **Old Collegians Juniors RFC** for all **Junior** teams. Please note for Junior teams select the registration for **XV's Juniors** only. To complete your online registration, you will need to pay your registrations fees by Credit or Debit Card (Visa or Master Card only). Once you've registered, please update any changes to your contact details or medical details in your online profile.

Our Club Newsletter is distributed via the e-mail database within Rugby Xplorer Link as well as via the **Old Collegians Club Face book Page** - <https://www.facebook.com/OCRugby/>

2019 Mouthguard Offer



Protect your child's teeth with the best mouthguards

Joanne at Tusmore Dental - www.tusmore-dental-care.business.site - has offered to support our club by providing a mouthguard fitting service at our club on Wednesday 27th March ready for the season

Most healthcare providers offer two free mouthguards a year and these are proven.

Joanne is our local dentist based on Greenhill Road at the bottom of Devereux Road and offers an amazing service to families.

Joanne offers Briteguard mouthguard www.briteguard.com.au with over 40 years experience.

- Safest protection
 - * 250,000 colour combinations (club or school colours)
 - * Name printed on mouthguard
 - * Includes dental insurance whilst wearing mouthguard

Cost \$100 (approx)

So get a fitting on **Wednesday 27th** during training. Joanne will be at the club from 5.45pm prior to training and will be available throughout the session for a quick fitting. Please bring your healthcare card.

We are also able to make this available to our **Senior Players** but again would need to gain some idea of the level of interest for Joanne to also visit on a Senior Training night .



Old Collegians Merchandise

CLUB MERCHANDISE:

Club playing jerseys are provided on game days by team managers to each player and collected following each game to be washed.

Old Collegians **playing socks and rugby shorts** as well as mouth guards (compulsory for training and games) are for sale at the club canteen on training nights as well as at home games.

Old Collegians umbrellas, Club ties and caps can also be purchased at the Club.



The complete Old Collegians/ O'Neills Leisurewear range, including training jerseys and personalised gear bags can be ordered online via the O'Neills online merchandise store.

Samples available at the club for viewing.



O'Neills – Old Collegians RUFC Online Merchandise Store Link:

<https://www.oneills.com/shop-by-team/rugby/rugby-union/old-collegians-rugby-club.html>

Order your new Old Collegians Merchandise now to be ready for the new season

- Polo Shirt
- Hoodie
- Puffer Jacket & and Swiss Jacket
- Rain Jacket
- Track Pants
- Personalised Gear Bags



For all Old Collegians members when ordering online, it is imperative that you use the Club Specific Postage Coupon Code **(OCON19)** at checkout which will remove all postage costs.

Please note that delivery for individual orders placed through the online store can take approximately 7-8 days from date of order to delivery.

All on-line orders over the value of \$150.00 attract free delivery.

All team wear is available to order in kids sizes, 5 - 6 up to Size 13 and Adult sizes S - 4XL.

For sizes outside of this range, please contact the club directly. If you are looking to order a size online which is not showing as available, it means that this size is temporarily out of stock. Please recheck after a few days. If still not in stock, please contact the club.



2019 SEASON LAUNCH
COOPERS ALEHOUSE, PULTNEY STREET, ADELAIDE
WEDNESDAY, 17TH APRIL, 5:30pm
\$30 pp | FINGER FOOD | DRINK ON ARRIVAL
GUEST SPEAKER: RAELENE CASTLE, CHIEF EXECUTIVE RUGBY AUSTRALIA

RUGBY AU | **RUGBY UNION SA**



Raelene Castle, CEO Rugby Australia will be our guest speaker and will talk all things rugby.

Tickets available via <https://www.trybooking.com/BAXLZ>

Masters Games 2019 & Crippled Crows 2019

The Rugby Competition will be played here in Adelaide, Bailey Reserve October 5th and 6th.

There will be Over 35s and Over 45s. Teams from Melbourne, Sydney and Adelaide will be involved. Cost of entry will be \$160 per player.

We would like to continue showing that South Australia will have a strong support for this competition.

Crippled Crows Masters Rugby SA are looking for your feedback about how the 2019 season can meet your needs and strengthen as a competition.

If you are aged 34+, male, female, player, supporter, volunteer, coach etc... please consider completing before 19th of March.

<https://www.surveymonkey.com/r/8H9YYGH>



SA SPORTS MEDICINE ASSOCIATION



What is concussion and how is it caused?

Can concussion be prevented? Do helmets help prevention?

Who has the final say at trainings and game days regarding a player?

When can a player Return to School, Work, Training and Play?

CONCUSSION FORUMS METRO 2019

South / West

Date: 27th March 2019

Venue: Brighton Rugby Club

North / West

Date: 10th April 2019

Venue: Port Adelaide Hockey Club

South / East

Date: 30th April 2019

Venue: Unley Jets Football Club

North / East

Date: 20th May 2019

Venue: Athelstone Football Club

All forums run from 6:30pm to 8:00pm

These **free** forums are designed to provide everyone involved in all sports (Clubs, Committee Members, Coaches, Parents, Teachers, Athletes and First Aiders) with up to date information about concussion.

Those wishing to attend please RSVP the names of attendees to admin@sasma.com.au or book online at www.sasma.com.au



Old Collegians Rugby Union Football Club

Vision Statement:

To be South Australia's leading and most innovative Rugby Union Club, a strong community based club with a spirited culture.

Mission Statement :

To build a framework that delivers sustainable, long-term success on and off the pitch for Old Collegians Rugby Union Football Club by including, engaging, encouraging and supporting all Club members and supporters in every aspect of the Club

Values:

- Inclusivity
- Loyalty
- Honesty
- Accountability

OC Committee cont:

These positions remain unfilled. ***We need you!!!***
Please contact either President Rob, or Secretary Sue if you can assist.

Junior Registrar



Game Day Manager



Bar Manager



Food Manager



Pre-Season Games

Pre-season Trial Games

6th April - Brighton vs Old Collegians
at Brighton Oval

13th April - Elizabeth vs Old Collegians
at Womma Reserve

Current OC Club Song

Written in 1972 by Tony Bew and David Quodling
based on Blaydon Races

*Oh me lads you should have seen them coming!
Coming along the Greenhill Road,
Just to see us scrumming.
All the lads & lassies there,
And all the smiling faces,
Coming along the Greenhill Road,
To see the Old Collegians!*

**Old Collegians Business Partners for 2019
will be announced within the next two weeks.**



Diary Dates 2019

March

30th	12noon	Working Bee & Pre-Season Pub Crawl	Trogenza Oval
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April

6th	9.00am	Roma's Women's 7s Series	Elizabeth
6th	3.30pm	Old Collegians vs Brighton	Trial Game @ Brighton
13th	3.30pm	Old Collegians vs Elizabeth	Trial Game @ Elizabeth
13th		Junior GALA Day	Burnside Rugby Club
17th	5.30	Season Launch	Coopers Ale House, Adelaide
19th – 22nd		Easter weekend	

Season Commences

27th	3.20pm	Onkaparinga vs Old Collegians	Wilfred Taylor Reserve
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May

4th	3.20pm	Old Collegians vs Burnside	Trogenza Oval
		Bob Burgess Cup	
4th		Calcutta Cup	Club Rooms