

2016



St Paul's Rugby Season



St Paul's Rugby Season

St Paul's War Cry

What about an **S – S**

What about a **P – P**

What about an **S – S**

Victory

On the Field

Under us, Others Yield

Unity, One for All

Full of Pride, Hear our Call

Green and Red

We are Strong

Loyalty, Can't go Wrong

S-T-P-A-U-L-S

ST PAULS

St Paul's Rugby Season

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St Paul's Rugby Season

Director of Rugby Welcome



Welcome to all players, parents, coaches and supporters to the 2016 rugby season at St Paul's School. Rugby is a fantastic team sport that caters for all and at St Paul's Rugby we strive to challenge students of all ages and abilities to work towards improving their rugby skills and fitness. It is an excellent medium through which students are able to learn valuable life skills such as sportsmanship, teamwork, leadership, commitment and discipline on and off the field to name a few.

This year promises to be as tough as ever and we must continue to push ourselves to be best we can be, train how we want to play and have a greater desire to win than our opposition. I would like to leave you with this quote from John Wooden

“Success is peace of mind which is a direct result of knowing you did your best to become the best that you are capable of being”

I wish all teams, coaches, and players the best of luck this 2016 season.

Colin McIntosh

St Paul's Rugby Season

Head Master



Welcome to the 2016 St Paul's Rugby Season. St Paul's School has a long tradition of Rugby. In the early days, invariably every boy would play for the School otherwise we could not field a team; an unthinkable thing when playing against schools much larger and older than us at that point in our history. It was in those days that the spirit of St Paul's Rugby was born. That spirit lives on today.

As we know, Rugby is a great game, a game for men. Its greatness is born out of the camaraderie and mateship that Rugby brings to all who play. This camaraderie only eventuates once every member of the team is committed to training hard and focused on playing as a team and not as an individual. Games are won and lost on the level of commitment to the team and the mateship that exists between the players. 2016 is destined to hold great things for St Paul's Rugby. Be disciplined, train hard, be a team and play the game.

Dr Paul Browning

St Paul's Rugby Season

Head of Sport Development



The pride and passion of the Red Jersey, it is an honour, a tradition, a history; it is St Paul's Rugby. For over 50 years now the presentation of the Red 1st XV jersey has been a symbol of achievement and accomplishment, a representation of the dedication and commitment given to St Paul's Rugby. This pride and passion extends through to each individual who plays Rugby for St Paul's from our Year 4 Rugby players to our 1st XV.

Rugby is truly a game for everyone. It is so much more than just a sport, it is a vehicle where students learn the true meaning of mateship, camaraderie, where students learn how to win and how to lose. Where students learn how good success feels and also the lows of failure, but teaches them that every little thing learnt along the way is an experience and step toward creating strength of character. Being part of a team and contributing to something greater than individual performance is one of the purest enjoyments in life and St Paul's Rugby offers each student, coach, parent and spectator that opportunity, to be part of something great, to be part of the St Paul's Rugby community.

2016 is set to be an exciting year on the Rugby paddock. It gives me great pleasure to be involved in such a wonderful sport, and I encourage all to do the same.

St Paul's Rugby 2016 - Get involved!!!

Tim Hughes

St Paul's Rugby Season

Rugby Supporters Group Message

St Paul's enjoys a long and proud rugby history, dating back to 1975. Over this time more than 750 boys have worn the green and white jersey. It remains the highest participation sport offered by the School.

The school has produced two Wallabies Troy Coker (St Paul's 1981) who played and Ben Tune (St Paul's 1994) who played 42 matches for the Wallabies between 1996 and 2002. St Paul's today continues an active rugby programme, competing in the TAS competition. Rugby at St Paul's is facilitated by the Director of Rugby, Colin McIntosh and the School Leadership Team.

The Rugby Supporters Group, the peak interest body for the sport at the school, is active in supporting the running of rugby at St Paul's. The focus of the group is aimed at all rugby participants, with as much attention and effort given to graded teams as to the open age players. The St Paul's Rugby Programme aims to deliver a positive and enjoyable rugby experience for all who participate, from the novice to the seasoned campaigner. The group has two main responsibilities. The first co-ordinating the fundraising initiatives, including the annual rugby launch, which allows the group to provide financial assistance to the School for rugby specific purposes. The group also offers itself to the school in an active rugby advisory role.

These two actions allow the Rugby Supporters Group help foster the strong sense of community which is such a vital part of School life. Interested parents and friends of the school are encouraged to support the group in these significant and worthwhile endeavours. The group meets every month from February to November, and the dates can be found in the school calendar.

St Paul's home games are the highlight of St Paul's Rugby life and take on a carnival type atmosphere. This gives our young men and women an opportunity to compete both on and off the field and show just what it is to be part of St Paul's Rugby.

David Balwin
President

*“In 1823, William Webb Ellis first picked up the ball in his arms and ran with it. And for the next 156 years forwards have been trying to work out why.” –
Sir Tasker Watkins (1979)*

St Paul's Rugby Season

Coaches 2016

Senior School		Middle School		Junior School	
Scott Forester		Iconz Rugby		Iconz Rugby	
1st XV		Year 9		Year 6	
Scott Forester	Paul Robson	David Balwin	Kyle Meade	Andrew Auckland	Cameron Carter
2nd XV		Year 8		Year 5	
AT	Aaron Setterfield	Chris Bird	Paul Tanner	Campbell Reed	Student Helpers
Year 10		Year 7		Year 4	
Blair Woods	Cayden King	Mitch Lynn	Callum Seccombe	Craig Cook	Alex Reid

“Tony Ward is the most important rugby player in Ireland. His legs are far more important to his country than even those of Marlene Dietrich were to the film industry. A little hairier, maybe, but a pair of absolute winners.” – C.M.H. Gibson, Wales v Ireland match programme (1979)

PTC's 2016

Year 4	Jacqui Melck
Year 5	Ange and Steven Rauchle
Year 6	Penni McCluskey
Year 7	Julie Mitchell
Year 8	Helen Milios
Year 9	Kath North
Year 10	Gabrielle Douglas
Opens	Shane Morgan

St Paul's Rugby Season

St Paul's Rugby

The SPS Tradition

To develop an ongoing respect for the history of St Paul's Rugby.

To be proud of our efforts both on and off the field.

To develop a sense of pride in our ability to set goals and work towards achieving them.

The SPS Passion

To always represent our School well and respect the traditions of the game.

To instil a passion for playing the game of rugby.

To be passionate about wearing the St Paul's Jersey.

To train with enthusiasm and match this training ethic with the on field performance.

The SPS Commitment

To always do our best at training and during the games.

To train for perfection while learning from mistakes.

To maximise benefit from all opportunities to prepare for games.

To not make excuses.

To produce performances that show honest effort.

The SPS Team

To play for the team first.

Show respect for teammates by giving 100% at training.

Placing the team's needs ahead of our own.

St Paul's Rugby Season

GALA DAY

7th May 2016

Gala Day began in 2010 and has been held as a celebration of school sports and the spirit that comes from taking part. Gala day is held in Term 2 as this is the only time that all school sports for the trimester are played onsite.

All students, parents, grandparents, past students, past parents and staff are invited to come to St Paul's and enjoy the day.



Date	Day	Calendar Event	Time	Venue
March				
March 7	Monday	Rugby Supporters Meeting	6.30pm	School Library
March 7	Monday	Pre-Season Game Open' V Siena		
March 21	Monday	St Andrew's Friendly – Junior School (Grades 4,5 and 6)	3.00pm	Association and Junior oval
April				
April 5	Tuesday	Iconz Preseason Camp – Year 7 to 12	TBC	TBC
April 11	Monday	Rugby Supporters Meeting	6.30pm	School Library
April 16	Saturday	Canterbury	Various	Canterbury
April 23	Saturday	St Johns	Various	St Paul's
April 30	Saturday	Ormiston	Various	Ormiston
May				
May 7	Saturday	Canon Hill (Gala Day)	Various	St Paul's
May 9	Monday	Rugby Supporters Meeting	6.30pm	School Library
May 14	Saturday	St Columbans	Various	St Columbans
May 21	Saturday	WMAC	Various	St Paul's
May 21	Saturday	Redeemer (Pink Day)	Various	St Paul's
June				
June 4	Saturday	BYE		
June 11	Saturday	JPC	Various	John Paul College
June 13	Monday	Rugby Supporters Meeting	6.30pm	School Library
July 30	Saturday	Rugby Dinner	6.30pm	Grand Ballroom, Eatons Hill Hotel
August				
Aug 8	Monday	Rugby Supporters Meeting	6.30pm	School Library
September				
Sept 12	Monday	Rugby Supporters Meeting	6.30pm	School Library



Pink Day in Support of Cancer

St Paul's Rugby Season

Date Claimer - Rugby Dinner 30 July 2016, Eatons Hill Hotel



A great chance to celebrate our successes, catch up with old friends and met new ones.

Sponsorship packages available



St Paul's Rugby Season

Match Day Procedures

Uniform Requirements

All players must arrive at games in school uniform and after games either change back into school uniforms or wear rugby training shirts.

Games

All players are to arrive at the playing 1 hour prior to kick off times unless otherwise arrange by coaches.

Wet Weather Policy

Wet Weather Info Line 07 3261 0140



Before the New Zealand v England World Cup semi-final: “Remember that rugby is a team game; all 14 of you make sure you pass the ball to Jonah.” – Anon fax to N.Z. team (1995)

St Paul's Rugby Season

St Paul's Playing Strip

Playing strip is mandatory unless otherwise stated

- Canterbury School Jersey*
- Canterbury Rugby Shorts
- St Paul's rugby Socks
- Mouthguards & Boots
- Headgear and body armour**



*Supplied by the School

**Optional at parents discretion

Proud Sponsors of the 1st XV Jersey for 2016



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St Paul's players can have professionally made mouthguards for \$120 through Carseldine Dental – Great value.

As the 1st XV jerseys sponsor for 2016 the RSG would hope that as many St Paul's families support Carseldine Dental

St Paul's Rugby Season

Nutrition & Hydration

Powerful NUTRITION SECRETS to ensure your STRONGEST season yet!

So the season is on, you want to enjoy it but look good whilst doing so, yes? Or perhaps your goals are to display such a skilled quality of player that others will notice and could potentially propel you to a higher level of prestige in a game you get so much out of! Whether you do it just for fun or are wanting to get serious about a potential career, being on top of your game ALWAYS comes down to how you prepare for it so here are some easy to achieve but **KEY NUTRITIONAL POINTS TO A KICK A** RUGBY SEASON...**

TRAINING DURING THE WEEK:

- Rugby training, whether sprinting, plyometrics (explosive movements), interval or weights, requires high levels of energy to perform; as do rugby matches themselves. These energy requirements should be obtained from good quality **carbohydrates** and the majority of carbohydrates should come from nutrient rich foods such as grains, wholegrain cereals and breads, legumes, fruit, vegetables and dairy products as these provide the fuel for exercise but also key nutrients for overall health...-IT'S ALL ABOUT TIMING BOYS! High GI (fast acting) carbohydrate snacks are ingested shortly before exercise/training/games e.g. fruit but you want a good quality long lasting roughly 2-3 days prior to matches this maximises the energy stores from carbs necessary for the game.
- Rugby players require a healthy amount of **fats** in their diet. Carrying too much body fat is will only hinder your performance. Carrying too little body fat will cause prolonged muscle soreness and increases injury. Body fat is a natural shock absorber that cushions the body from hard hits and tackles. Fats from nuts, fish, dairy products and meats are good but must be taken in moderation and balanced out with energy expenditure.
- **Protein** intake needs to be fairly high in order to maintain mass and to aid recovery. Typical protein sources such as chicken, turkey and tuna are all excellent at providing a source of protein.
- Rugby players require a vast amount of vitamins and minerals in order to aid recovery and to maintain the body's natural functions. Foods such as broccoli, carrots, apples, banana and eggplant are amongst the favourite foods for professional rugby players as they contain many good quality sources of what you need to release the energy from the food you eat.

St Paul's Rugby Season

BEFORE YOU PLAY:

- Consume a large breakfast; omelettes, cereals, fruit and high quality meats provide good levels of carbs, protein and fat. Try to avoid salty foods at least 24 hours before a game as this causes dehydration. Try also to avoid dense foods such as heavy fatty meats that will lie in your stomach and take hours to digest.
- For those players who suffer from nerves and as a result cannot eat, try to eat something. A lack of food will only make you feel worse during the game. A high fibre breakfast (eg. oats) can help with an upset stomach caused by nerves.
- Drink plenty of water; Hydration levels need to be at their peak. Your urine should be clear. Try to avoid diuretics (coffee/energy drinks) at least 24 hours before a match. About 3 hours before kick-off a low GI meal should be consumed e.g. rice, pasta, potatoes. This will provide sustained energy levels for the match. 30 Minutes before game; ingest a small amount of high GI food e.g. fruit/ muesli bar to provide quick release energy.

After Match Meal

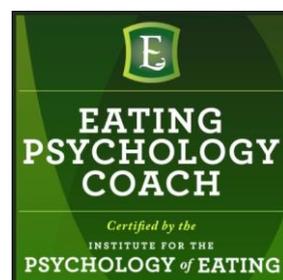
- This meal should be both high in protein and high in carbs in order to replenish the energy stores and to commence recovery. A small amount of salt also helps prevent cramping of the muscles. Water should still be consumed as dehydration can set in quickly, especially on hotter days. Get out, enjoy a meal with friends and family but remember the more quality your choice the better your recovery will be!

ALWAYS REMEMBER, REMEMBER, REMEMBER... THE IDEA IS TO HAVE FUN & ENJOY YOURSELF!

Play the game you love, with your mates and with your family watching. Support each other with your pre so you can look awesome on game day and enjoy the fact you put in a little effort for a truly rewarding experience of playing at your peak!

Mick Hemingway

ISSN Sports Nutrition Specialist & Eating Psychology Coach



St Paul's Rugby Season

What Is Expected From Players

- Play by the rules
- Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- Work equally hard for yourself and/or your team. Your team's performance will benefit, so will you.
- Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, team-mates and opponents. Without them there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

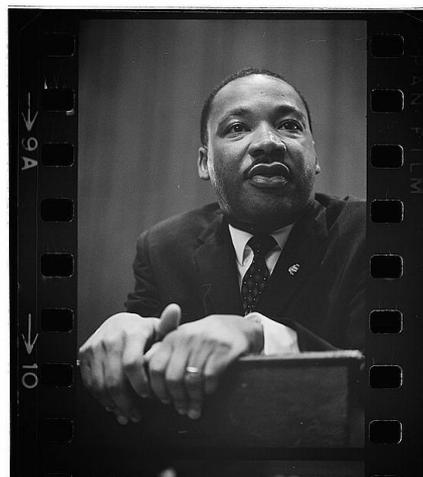
St Paul's Rugby Season

Rugby Ethics For Parents & Supporters

1. Remember that young people are involved in rugby for their enjoyment, not yours.
2. Encourage players to play by the rules.
3. Remember that young people learn best by examples. Applaud good play by both teams.
4. Support all efforts to remove verbal and physical abuse from the game.
5. Recognise the importance of volunteer coaches and referees. They provide their time and resources to provide a game to young players.
6. Do not publicly question the referee's judgement and never his/her honesty.
7. Teach young players that honest effort is as important as victory so that the result of each game is accepted without undue disappointment.
8. All players are insured under the School's Student Accident Policy

'The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy'

Martin Luther King



St Paul's Rugby Season

RESULTS 2015

TAS Round One v Ormiston at home		TAS Round Five v WMAC away	
1st XV	Won 15-3	1st XV	Won 19-12
2 nd XV	Lost 12-8	2 nd XV	Won 72-0
Year 10	Won 17-0	Year 10	Won 22-14
Year 9	Won 17-15	Year 9	Won 17-15
Year 8	Lost 70-5	Year 8	Won 24-12
Year 7	Lost 32-0	Year 7	Lost 41-0
TAS Round Two - BYE		TAS Round Six v Redeemer away	
		1st XV	Won 37-7
		2 nd XV	No Team
		Year 10	Won by forfeit
		Year 9	Won 42-19
		Year 8	Won by forfeit
		Year 7	Won 49-5
TAS Round Three – WASHED OUT		TAS Round Seven v St John's at home	
		1st XV	Won 39-12
		2 nd XV	Won 29-7
		Year 10	Lost 26-10
		Year 9	Won 45-21
		Year 8	No team
		Year 7	Lost 14-7
TAS Round Four v CHAC away		TAS Round Eight v St Columban's away	
1st XV	Won 54-0	1st XV	Lost 45-12
2 nd XV	Won 31-0	2 nd XV	Lost 33-12
Year 10	Won 46-14	Year 10	Won 21-19
Year 9	Won 25-7	Year 9	Won 21-19
Year 8	Won 60-7	Year 8	Lost 50 - 5
Year 7	Won 38-0	Year 7	Lost 36 - 0

St Paul's Rugby Season

Representative Players



Australia

Troy Coker 1987 – 1997

- **Debut against England, 23 May 1987 aged 22 years**
- **27 Games (Won 16, Lost 11)**
- **Play in World Cup 1987 and in the 1991 winning World Cup squad**

Queensland

Troy Coker 1996 – 2007

- **Played over 30 games for Queensland**
- **Played also for the ACT Brumbies**

Troy's early background was rugby league at St. Paul's College, Bald Hills,

He played top-class rugby in Europe; Asia; South America; Monaco; New Zealand and Australia

St Paul's Rugby Season



Australia

Ben Tune 1996 – 2002

- Debut against Wales, 22 June 1996 aged 19 years
- 46 Games (Won 30, Drew 1, Lost 15)
- Scored 24 tries including one against France in winning World Cup side 1999
- World Cup Winner 1999
- Wallabies Team of the Decade 1996 - 2005

Queensland

Ben Tune 1996 – 2007

- Played 112 games for Queensland
- Named in Reds Team of the Century 1900 to 2000
- Second most tries 31 to Chris Latham 42 for Qld
- Scored 2 tries in a game for Qld on 4 occasions

St Paul's Rugby Season

St Paul's Schoolboy Representative 2015

Josh Drew	Combined Independent Colleges & Opens TAS squad
Jake Malcolm	Combined Independent Colleges & Opens TAS squad
Angus North	Combined Independent Colleges & Opens TAS squad
Nicholas Roxburgh	Combined Independent Colleges & Opens TAS squad
Callum Seccombe	Combined Independent Colleges & Opens TAS squad
Solomon Khamba	TAS Development Squad
Stuart Kunjip	TAS Development Squad
Caalum Love	TAS Development Squad
Samuel Milner	TAS Development Squad
Samuel Morgan	TAS Development Squad
Evan Stanley	TAS Development Squad
Connor Thomas	TAS Development Squad
Will Reilly	Met North Under 15
Jack Balwin	BJRU Side Under 13
Lachlan North	BJRU Side Under 13
Rory Dunn	Bramble Bay Squad
Owen Thurlow	Bramble Bay Rugby League Squad
Jack Whitehead	Bramble Bay Squad

St Paul's Rugby Season

TAS SCHOOL GROUND LOCATIONS

Cannon Hill Anglican College



Junction Road (Cnr Junction Krupp Roads, Cannon Hill)

07 38960444

Website: www.chac.qld.edu.au

Canterbury College



Old Logan Village Road, Waterford

07 3299 0888

Website: www.canterbury.qld.edu.au

Ormiston College



Dundas Street, West Ormiston

07 3281 8999

Website: www.ormistoncollege.com

John Paul College



103 Chatswood Road, Daisy Hill

07 3826 3333

Website: www.jpc.com.au

St Columban's College



100 McKean Street, Caboolture

07 5495 3111

Website: www.stc.qld.edu.au

St John's School



2 Alpine Place, Forest Lake

07 3372 0888

Website: www.stjohnsanglicancollege.com.au

Redeemer College



Stolz Oval, Kelly Street (Off Priestdale Road),
Rochedale

07 3340 8888

Website: www.redeemer.com.au

West Moreton Anglican College



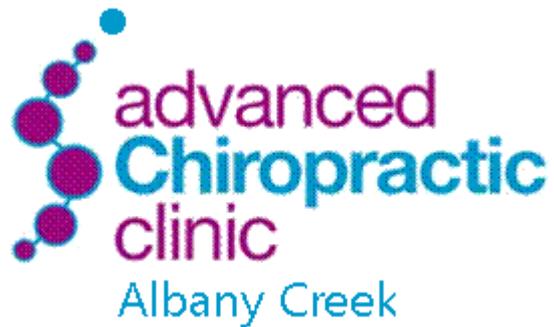
Keswick Road, Karrabin

07 3813 4555

Website: www.wmac.com.au

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Sponsors for 2016



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St Paul's Rugby Season



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