

Core Strength

Core strength is very important component of a players fitness. At a recent Sports and Recreation Locker Room session the Freeman Circuit was demonstrated.

This circuit was used by Cathy Freeman for core stability.

- Push ups
- Left Side Crunch
- Right Side Crunch
- Prone Bridge
- Shoulder Touches
- Dips

Do each exercise for 30 seconds continuous. Move to the next exercise quickly.

Progress each exercise according to each your athletes ability.

Season 2009



It's all about to start again

The following articles are important so they need to be repeated Coaches required for Junior Brolgas

The Townsville and District Rugby Union is calling for coaches who are interested in going away to the Queensland Junior Rugby Union State Championships in Brisbane.

The tour to the Championships will be leaving Townsville by bus on the 30th of June. The Championships will be played Wednesday 2 July to Saturday 5 July 2009. The tour arrives back in Townsville on 6 July.

At this stage we are looking for coaches, assistant coaches and managers for Under 13, Under 14, Under 15, Under 16 and Under 18's.

Trainings will be on every Sunday afternoon following the trials on the 10th of May and will run right through until we leave (about 7 sessions in total).

A current Commission for Children and Young People and Child Guardian Blue Card and a current Smart Rugby qualification are essential. A Rugby Coaching qualification is also highly regarded.

If you are interested please reply to this email or phone the number listed below for more information before 8 April 2009.

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Smart Rugby

There is another Smart Rugby course scheduled for 6:00pm on Monday 6th April, upstairs at Hugh Street

A reminder to all clubs that Smart Rugby compliance is compulsory for anyone intending to coach or referee rugby where there is a tackling component.

It is a free seminar lasting no longer than 2 hours. Could coaches and referees confirm their attendance with an email to peter.wilkins@qru.com.au

Townsville and District Rugby Union Scoreboard

QCRU State Championship

28 March 2009

Saturday, 28 March 2009

Townsville 35 (Brenda Bunyan 1t, Sakaio Pakome 1t, Nic Douglas 1t, Josh Price 2t, Brendan Kipping 2c2p) defeated **Cairns 21** (Kani Fimiona 1t, Kele Degei 2t, James Leonardi 2c, Ben Leonardi 1c) at Hugh Street, Townsville

Northern	P	W	D	L	F	A	4t <7p	BP	Pts	
Townsville	1	1	0	0	35	21	1	0	1	5
Cairns	1	0	0	1	21	35	0	0	0	0

Ron Barnes Memorial Competition

28 March 2009

Teachers West Blue 24 (M Newman, H Tofa, S Peterson, F Saqato 1t, D Davis, A McIntyre 1c) defeated **Ross River Redskins 17** (N Reece 2t, W Ufer 1t, L Dupond 1c)

Brothers Blue 26 (I Bowrey, P Thompson, A McCulloch, D Barned 1t, S Lasky 3c) defeated **Charters Towers 0**

A 2:10 PM Teachers West Maroon v Burdekin

Teachers West Maroon 20 (R Abraham, T Perez 1t, D Boshoff 1t 1fg, D House 1c) defeated **Burdekin 0**

B 1:20 PM Brothers White v North Ward Old Boys

Brothers White 12 (J Kirkland, S Berfield 1T M Douglas 1c) defeated **North Ward Old Boys 7** (Z Mitchell 1t, T Nicholson 1c)

Pool A: Brothers Blue, Teachers West Maroon, University Blue, Burdekin, Charters Towers

Team	G	W	L	D	F	A	4t <7p	P	BR	T	
Teachers West Maroon	4	4	0	0	82	0	1	0	18	4	22
Burdekin	4	3	2	0	59	27	2	0	9	4	13
Brothers Blue	4	2	2	0	38	56	2	0	5	0	9
University Blue	4	1	3	0	15	12	0	1	5	0	5
Charters Towers	4	1	3	0	31	99	1	0	5	0	5

Pool B: Brothers White, Teachers West Blue, University Gold, Ross River Redskins, North Ward Old Boys

Team	G	W	L	D	F	A	4t <7p	P	BR	T	
North Ward Old Boys	4	2	1	1	63	27	1	1	11	5	17
University Gold	4	3	0	1	70	17	1	0	15	0	15
Brothers White	4	3	1	0	71	22	1	0	9	4	13*
Teachers West Blue	4	1	3	0	29	90	1	0	5	0	5*
Ross River Redskins	4	0	4	0	39	99	0	0	0	0	0

Ron Barnes Memorial Final

North Ward Old Boys 14 (J Kersevani, Z Mitchell 1t J Gavid 2c) defeated **Teachers West Maroon 12** (B Hume, S Butcher 1t, R Abraham 1c)

* No teamsheet = no points

The Question

The Golden Canes competition (which incidentally adopted the TDRU Competition rules) is in the final round. Mulligrubs are even on points with the with the Flying Emus who they happen to be playing in the last game. There is a trophy and prize money on the final result.

The final score is Mulligrubs 22 Flying Emus. Mulligrubs 22 points was made up of 4 tries and a single conversion. The Flying Emus 22 was 3 tries 2 conversions and 1 field goal. The trophy and the prize money are presented at a gala dinner. For the third time this season the Mulligrubs teamsheet is passed in late with player information missing and not signed by the referee.

The competition rules state...

5.13 MATCH RESULTS AND TEAM LISTS

(a) It is the responsibility of each team to furnish, on official forms, to the Competition Manager, the results and team lists for all matches played, no later than the times specified.

(b) Match result sheets showing team lists, scores and scorers, and any players given a temporary suspension, in each grade, will be completed by each team for both home and away matches and lodged with the Competition Manager no later than the times specified. The form is to be counter-signed by the referee and each Team Manager in the space provided.

(c) A team that neglects to lodge properly completed match results sheets on time will be referred to the Management Committee by the Competition Manager for second and subsequent breaches.

What would your decision be?



Who's Doing What and When?

Friday, 3 April 2009.

Time	Grade	Teams	Referee
5:15 PM		Brolga Pathway	
Hugh Street A			
5:15 PM	Under 10	Brothers v Teachers West	Tiina Kaupilla
Hugh Street B			
5:15 PM	Under 10	Western Devils v Ross River Redskins	Henry Roebuck
Hugh Street 1			
6:00 PM	Under 13	Brothers v Teachers West	Greg McHugh
7:00 PM	Under 17	Burdekin v Charters Towers	Ross Burry
8:15 PM	Under 14	Southside v Western Devils	Josh Kuhl
Hugh Street 2			
5:15 PM	Under 12	Brothers v Teachers West	Joanna Egart
6:15 PM	Under 12	North Ward v Grammar School	Bob Spillane
7:15 PM	Under 14	Brothers v Teachers West	Tara Whiteford
8:15 PM	Under 13	North Ward v Western Devils	Chyna Howlett
Byes Under 10: North Ward, Under 12: Southside, Under 13: Grammar School			

Saturday, 4 April 2009

Time	Grade	Club	Referee
Hugh Street 1			
10:30 AM	Under 15	Teachers West v Brothers	Tim Huppatz
11:30 AM	Under 16	Brothers v Teachers West	Greg McHugh
12:30 PM	Under 17	Brothers v Teachers West	Andrew Barr
1:30 PM	Under 19	North Ward Old Boys v Ross River Redskins	Greg Cottier
2:50 PM	Reserve	North Ward Old Boys v Ross River Redskins	Robbie Kelly
4:10 PM	A Grade	Teachers West v Brothers	Damien Weston
			<i>Robbie Kelly, Grant Whiteford</i>
5:40 PM	A Grade	North Ward Old Boys v Ross River Redskins	Peter Egart
			<i>Damien Weston, Greg Cottier</i>
Hugh Street 2			
10:30 AM	Under 15	Southside v Grammar School	Rob Henaway
11:30 AM	Under 16	Western Devils v Ingham	Josh Kuhl
12:30 PM	Under 17	Grammar School v Southside	Russell Stanford
1:30 PM	Under 19	Teachers West v Brothers	Ross Burry
2:50 PM	Reserve	Brothers v Teachers West	Warwick Howlett
4:10 PM	Under 17	North Ward v Ross River Redskins	Chyna Howlett
Burdekin			
2:30 PM	Under 19	Burdekin v James Cook University	Simon O'Donnell
3:40 PM	Reserve	Burdekin v James Cook University	Glen Mallyon
5:00 PM	A Grade	Burdekin v James Cook University	Roll Holmes
			<i>Simon O'Donnell, Glen Mallyon</i>
Charters Towers			
5:00 PM	Under 12	Charters Towers v Western Devils	Greg Smith
6:00 PM	Reserve	Charters Towers v Ingham	Teddy Vincent
Rockhampton			
3:00 PM	QCRU 19's	Rockhampton v Brolgas	
4:30 PM	QCRU	Rockhampton v Brolgas	





Xstrata Community Partnership Program

Friday Night Juniors Score Board

Results for Friday, 20 March 2009 and Saturday, 21 March 2009

Under 10

North Ward 25 (K Howarth, L Kenway, M Skinner 1t, J Kenway 2t,) **defeated** **Brothers 10** (D Conn, C Stack 1t). **Teachers West 45** (J Cream, A Mussap 1t, B Cameron 2t, F Kaesehagan 4t,) **defeated** **Ross River Redskins 30** (M Kaho 1t, M Crane 5t,).

Under 10	P	W	L	D	BYE	F	A	P
North Ward	3	3	0	0	0	110	45	15
Teachers West	2	1	1	0	1	65	70	6
Ross River Redskins	2	1	1	0	1	55	65	6
Western Devils	2	1	1	0	0	5	70	2
Brothers	1	0	1	0	2	10	25	0

Under 12

Southside 63 (J Blyth, A Thompson 2t, D Daniell 4t, C TePuni 3c, Z Parnell 3t 1c) **defeated** **Charters Towers 5** (M Breenen 1t). **Teachers West 19** (D Cram 1t, J Smith 2t 2c) **defeated** **Grammar School 0**. **North Ward 17** (C Roots, Zac Kenway, A Small 1t, G Meekin 1c) **defeated** **Brothers 0**.

Under 12	P	W	L	D	BYE	F	A	P
North Ward	3	2	1	0	0	75	30	10
Teachers West	2	2	0	0	1	53	10	9
Brothers	3	1	1	0	0	31	0	5#
Southside	3	1	1	0	0	73	39	5#
Western Devils	2	1	1	0	1	20	48	4
Grammar School	2	0	2	0	1	0	22	0
Charters Towers	3	0	2	0	0	15	104	0

Under 13

Western Devils 21 (B Elwell 1t, B Truscot 2c, D Fotheringham 1c) **defeated** **Teachers West 12** (I Vickery, J Horton 1t, J Smith 1c).

Under 13	P	W	L	D	BYE	F	A	P
Brothers	3	2	0	0	0	56	0	5*
Grammar School	3	1	1	0	0	68	15	5#
Western Devils	2	1	1	0	1	21	53	4
Teachers West	2	1	1	0	1	22	26	4
North Ward	2	0	2	0	1	5	78	0

Under 14

Brothers 17 (W Gallegos 1t, G Namago 2t, J Dsantos 1c) **defeated** **Grammar 0**. **Teachers West 48** (J Pickering, J Kinbachor, H Aikenson, J Payne, R Gillespie 1t, R Grevsmuhl 2t, J Fletchor 1t 4c) **defeated** **Southside 12** (P Tilley 2t, W Rheeders 1c). **Western Devils 26** (B Obourne 2t, M Taufa 2t 3c) **defeated** **Charters Towers 19** (J Phillott 3t S Lerqui 2c).

Under 14	P	W	L	D	F	A	P
Brothers	3	3	0	0	113	0	14
Teachers West	3	2	1	0	84	49	10
Charters Towers	3	1	2	0	77	45	6
Grammar School	3	2	1	0	67	46	5*
Western Devils	3	1	2	0	38	127	5
Southside	3	0	3	0	12	124	0

Under 15

Teachers West 55 (T Rye, R Greusmuh, B Carley 1t, J Befhel, M Marks 3t, S Huppert 5c) **defeated** **Southside 5** (C Robertson 1t). **Grammar 19** (K. Jonsson 2t, M Salleras 1t, J. Arnold 2c) **defeated** **Brothers**.

Under 15	P	W	L	D	F	A	P
Grammar School	3	2	1		95	34	11
Brothers	3	1	1	1	32	46	7#*
Southside	3	1	1	1	49	96	7
Teachers West	3	1	2		72	72	5#

Under 16

Brothers 33 (L Heery 1t, M Parker, J Donoghue 2t, A Preston 4c) **defeated** **Grammar 12** (J. Brock 1t, B. Pretsch Kalsgaard 1t, J Arnold 1c). **Charters Towers 46** (D Tuigali, D Doyle, M Hennessy, J Pickering 1t, Z Santo 4t 2c, T Vinson 1c) **defeated** **Ingham 0**. **Teachers West 76** (D Cummins, S Hubbert, S Hoare, 1t, C Moore 2t, K Bowen 1t 1c, A Gaidan, S Whap, T Curly 2t 2c, J Ries 4c) **defeated** **Western Devils 0**.

Under 16	P	W	L	D	F	A	P
Brothers	3	3	0	0	138	12	15
Teachers West	3	3	0	0	90	6	13
Charters Towers	3	2	1	0	119	7	11
Grammar School	3	1	2	0	44	45	5
Ingham	3	0	3	0	5	130	0
Western Devils	3	0	3	0	0	226	0

Under 17

Grammar 49 (S. Brodie Toohey 1t, J Snell 1t, M Crisp 2t, E Campbell O-Brien 1t, C Bromham 2t, L Brown 1t, S Winston 1c, B Blennerhassett 1c) **defeated** **Burdekin 0**. **Teachers West 55** (B Grevsmuhl, B Veitch, H Hubbert, J Brent 1t, D O'Conner, A Gaiden 2t, F Villiamu 1t 5c) **defeated** **Ross River Redskins 0**. **Southside 12** (R Daniell, J Little 1t, S Judge 1c) **defeated** **Charters Towers 5** (R West 1t). **Brothers 31** (A Maclean, S Weismuller, T Long 1t, B Long 2t, A Glover 2c) **defeated** **North Ward 7** (R Henaway 1t, K McKenzie 1c).

Under 17	P	W	L	D	F	A	P
Grammar School	3	3	0	0	123	7	15
Teachers West	3	2	1	0	79	36	9
Southside	3	2	1	0	38	29	8
Burdekin	3	1	2	0	53	71	5
Brothers	3	1	2	0	38	71	5
Charters Towers	3	1	1	0	56	17	5#*
North Ward	3	1	2	0	31	92	4
Ross River Redskins	3	0	2	0	3	98	0#*

*] denotes no teamsheet

[#] denotes incomplete teamsheet



NORTHWEST CONSTRUCTION

The Answer

I reckon the Flying Emus might be good for the trophy.