

## NOW IS THE TIME TO BE TRAINING

### Upcoming events:

**Sunday 1 March**  
**HOBM @ Evans Bay**

**Saturday 7 March**  
**Petone**

**Saturday 14 March**  
**Spillane Tournament @  
 Wanganui**

**Saturday 21 March**  
**Norths**

**Saturday 28 March**  
**Grading Game**

**Saturday 4 April**  
**Competition Game**

Training for rugby is more than just a few jogs round the roads a few weeks before the first game.

Many of the club's players have gained a big advantage by being actively involved in weights and speed training over the last few months.

These training sessions are run by Lee from Habitat Gym, giving expert advice to help the players achieve their individual goals.

While many others are pumping iron at other gyms it is now time to expand on the strength and bulk work.

The pre-season training introduces power & explosiveness to the mix,

and continues the speed work, along with fitness work to improve stamina.

The training sessions are broken up in sections with different trainers to keep it fast paced and interesting.

All players should turn up and get involved now, no matter how much work you have or have not already put in.

### PRE SEASON TRAINING

**Tue & Thurs, 6pm**

**MSP Gym Evans Bay**

▼ **2008 MSP Premiers celebrate the winning of the second round. Andrew Kaulave from the '08 Colts (back left) reserved for the Prens that day.**



## CONTACTS

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## NEW COACHING LINE UP ANNOUNCED

There is an all new look to the coaching team for 2009.

Following on from his role as Assistant Club Captain in 2008, David Wanden takes over as head coach of the U21 Red team. David is a St Pat's Town old boy and has played through the grades at MSP including a Swindale & Jubilee Cup winning side.

Steve McGill joins the team as a specialist back coach, having helped coach the U21 Blue team backs in 2008. Steve had his playing days in Hamilton Marist and MSP as a 1st 5 / full back.

Robbie Schneider will manage the team also stepping up from a U21 Blue support role in 2008. Robbie is a

product of St Pat's Silverstream.

We are all committed to making sure we have a successful season this year for the colts.

MSP will field two age-grade sides in 2009. We will announce the coaches for the second team in the next issue of Brother Red.

## NEW ELV RULES APPLY FOR CLUB RUGBY IN 2009

Club rugby will adopt most of the experimental law variations (ELVs) that were being trialled on the international scene. Here is a brief intro to some of the important new laws.

### Maul

1. It is no longer a penalty offence if players join the maul with head and shoulders below the hips.

2. A maul can now be pulled down. This must be done by grasping an opponent between the shoulder and hips and bringing the maul to the ground.

### Lineout and Throw

3. If a team passes or takes the ball back into their own 22 and the ball is subsequently kicked out on the full, the lineout is where the ball was kicked from, unless a tackle has been made or a ruck or maul has formed

within the 22 metre area.

4. A quick throw may be thrown in straight or back towards the throwing team's own goal line.

5. There is no maximum number of players in the lineout – teams do not have to match numbers.

6. The receiver (halfback) must stand 2 metres back from the Lineout.

7. The player who is in opposition to the player throwing in the ball, must stand in the area between the 5 metre line and touch line and must be 2 metres away from the Lineout.

### Scrum

8. The offside line for backs (except the halfback) is now five metres behind the hindmost foot/player of each team in the scrum.

9. The halfback may follow the ball or move to the outside line at the hindmost foot. The halfback of the team who has not won the ball may move away from the scrum but must not overstep that outside line.

### Corner Posts

10. The corner posts are no longer considered to be in touch in-goal except when the ball is grounded against the post. If the ball hits the corner post and bounces back into the playing area, play continues.

A try will still be disallowed if the ball is grounded against the corner post. A try will no longer be disallowed if the ball carrier or the ball touches the corner post before grounding the ball as long as that player or the ball has not otherwise been in touch.

Go in to the draw to **WIN** a \$20 petrol or phone voucher.

Just send your name, email & mobile details with the title 'Brother Red' to [david@thepestoco.co.nz](mailto:david@thepestoco.co.nz) or 027 444 2702

Entries must be received by 20 Feb '09

### And finally...

>Two antennas met on a roof, fell in love and got married. The ceremony wasn't much, but the reception was excellent.

>A set of jump leads walk into a bar. The bartender says, 'I'll serve you, but don't start anything.'

>A man walks into a bar with a slab of asphalt under his arm, and says: 'A beer please, and one for the road.'

>A dyslexic man walks into a bra.

## Around the grounds

What are your thoughts on the possibility of playing rugby on **Artificial Playing Surfaces**? Have your say by completing the WRFU survey; <http://wrfu.co.nz/news/news-2008/2-news/378-artificial-pitch-survey>

We all know what a huge impact Club Man **Victor Vito** had on the NZ 7's scene. Another club man making a good go of 7's is fellow premiers loose forward **Alex Tolou**. **Alex** was flown over to South Africa for the last

of the international 7's tournament for 2008. Well done Alex.

Talking of 7's, **Ryan Setafano** 2008 U21 1st 5 / fullback, was asked to train with the early Wellington 7's squad. While Ryan was not selected for the final squad he thoroughly enjoyed the experience of training at the top level. It seems that Ryan had a pretty good run with the Wgtn Colts team and is training harder than ever.

Make sure you **pass on Brother Red** to other 2008/09 Colts members & supporters. We want to improve our communication with all of you.

**We expect to see you** down at pre-season training. We are keen to have a chat with you about your 2009 rugby goals and how we can help you achieve them.