



BROTHER RED

Marist St Pats Rugby Football Club
Under 21 Grade Newsletter

01 March 09

Colts to play Spillane Tournament

Upcoming events:

Sunday 8 March
Petone @ North Park

Fri-Sun 13-15 March
Spillane Tournament @
Wanganui

Saturday 21 March
Norths @ Porirua Park

Tuesday 24 March
St Pat's Town 1st XV @
Evans Bay

Saturday 28 March
Grading Game

Saturday 4 April
Competition Game

2009 heralds the return of the MSP Colts team participating in the NZ Marist Spillane Tournament.

Spillane Tournament is a NW Marist event where all the Marist clubs are invited to play in a graded 2 day tournament. MSP have in recent years only sent a Premier side but this year the Colts will travel with Premiers to represent the club.

The 2009 Tournament is played in Wanganui over Sat/Sun 14 & 15 March. The '08 MSP Premiers won the Brennen Cup division and have earned their promotion

to contest the top division Spillane Cup.

The colts will travel in a 49-seater bus with the premiers on Friday 13 March, staying 2 nights in the Wanganui Top10 Holiday Park.

This is a fantastic weekend and for many of the colts it will be the first taste of the proud tradition of NZ Marist community. A 22 strong squad will be selected for the tournament in the weeks prior to travelling. Make sure that you are at training and

are fit to be available for selection.

Cost to the players is just \$40 to cover travel, accommodation & food, plus a \$20 deposit on each players subs is also required prior to travelling.



The club will provide new polo shirts for the teams to wear at the tournament. Players will need to bring a sleeping bag & pillow.

To find out more about the Spillane Tournament and what NZ Marist do check out their website www.maristrugby.org.nz

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Selection time coming to a crunch

With the Colts entering the Spillane Tournament this year pressure has gone on the coaching staff to select a strong team after just a few pre-season games. While the coaching team have last years form to call on a lot will be judged on how players have fronted up to training at this early part of the season.

Players will be judged on their physical conditioning, their skill level, and their atti-

tude to training and games. The physical conditioning is pretty easy to tell with early signs of some good fitness levels and strength amongst those at training.

Skills are being rapidly developed and are improving with each training. Position specific skills will be introduced as trainings permit over the coming weeks.

While selecting a squad of 22 travel to Spillane is the short

term aim, the longer term goal is to have two very competitive sides playing in the same grade..

Having two Colts teams playing allows players playing time to find form or fitness to keep in contention for the top team. With the caliber of players in pre-season the second colts grade team will be very competitive and will give many of the other clubs a teams a real run for their money.

2009 Player subs are kept low at 2008 levels

The 2009 players subs for the colts teams has been kept at the same level as 2008 of \$60.

The management team decided to hold the 2009 subs down while non-playing subs have increased. \$60 for 2009 subs is extremely good value considering that players should play about 20 games in a season.

The playing subs that the club collects goes directly to, but only partially pays the costs, of playing rugby.

Playing subs represents just 6% of the total income that the club receives, while the costs associated with running the rugby side of the club amasses to a whopping 78% of the cost.

The 2008 numbers show that our income was about the same as our expenses so the percentages are comparable. Once accounting expenses for depreciation of the clubs assets were taken in to account the club made a significant loss.

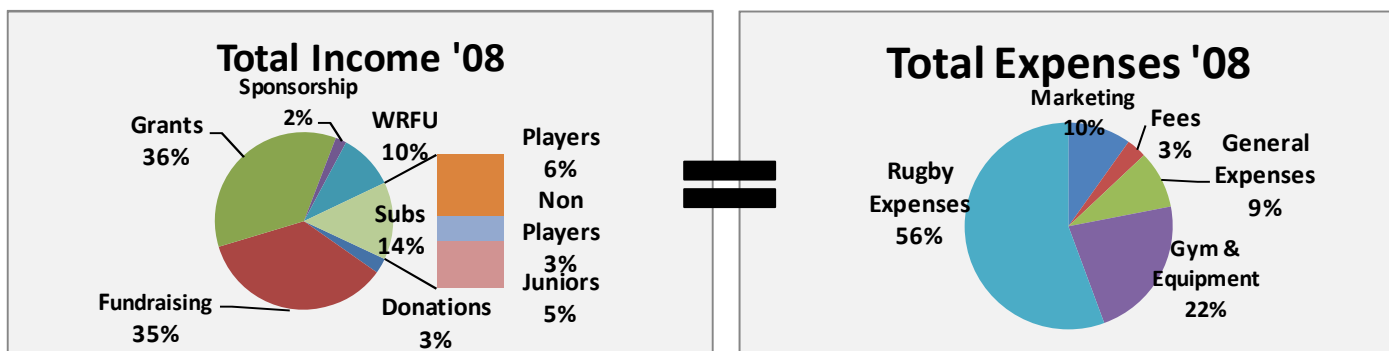
And don't fall for that old fallacy that a large portion of a clubs income comes from over the bar. With the clubrooms only open one night a week and despite the many fantastic functions held each year, the club struggles to make an operating profit from it.

This makes it more important for you to support your club by visiting your clubrooms. Over the next few weeks you will be asked to stump up with the

money for your subs. Please help us by having the money ready up front.

We are in the early stages of discussions with potential Colts **sponsors**. If anyone in the team has connections with a company or organisation that could be interested in sponsoring the 2009 Colts, we will be pleased to have a chat to them.

And in the interests of making sure we have a successful and enjoyable season, we will be fundraising as a team. You will be required to participate in selling raffle tickets, working bees etc. throughout the season which you will directly benefit from while keeping your subs to a minimum.



INJURY REHABILITATION

MSP have engaged the help and support of a fantastic group of physios at Habitat Gym.

The team at Habitat will attend Premier games and trainings to keep them on the field but they also will provide expert advice to any club player.

Most game days and training nights the physio's are pretty busy with the Prem's injury list but if they have time they will see you.

The best option is for you to see them outside of rugby times at either Habitat clinics on Willis St or Johnston St. And being rugby injuries they are covered by ACC with no surcharge from Habitat.

Also MSP have purchased a couple of training bikes for injured players rehab on training nights—see the coach before training to use these.

And finally...

A seaman meets a pirate in a bar, and they take turns talking about their adventures on the sea. The seaman notes that the pirate has a peg-leg, a hook, and an eye patch. The seaman asks, "So, how did you end up with the peg-leg?" The pirate replies, "We were in a storm at sea, and I was swept overboard into a school of sharks. Just as my men were pulling me out, a shark bit my leg off."

"Wow!" said the seaman. "What about your hook?" "Well", replied the pirate, "We were boarding an enemy ship and were battling the other sailors with swords. One of the enemy cut my hand off."

"Incredible!" remarked the seaman. "How did you get the eye patch?" "A seagull dropping fell into my eye," replied the pirate.

"You lost your eye to a seagull dropping?," the sailor asked incredulously. "Well," said the pirate, "it was my first day with my hook"