



COBRA TILING
0450 949 957



President's Welcome

Well, it certainly feels like the rugby season is here! The Juniors had their sign on day on Sunday and started back at training on Tuesday, our Seniors have their first 15-a-side game this weekend and our Season Launch is on at the clubhouse this Friday night.

I would like to welcome on behalf of the club all new players and their families who signed on over the weekend, as well all our new senior players. I hope your experience with Palmerston Rugby Union Club will be as good as mine has been.

Don't miss your invitation to the Season Launch attached to this week's Croc Tales email. It promises to be a great night: we'll be introducing our 2013 coaches and managers as well as the recipients of the Kerr-Barlow Scholarships, we'll name our club captain as well the A Grade captain, you'll get to meet our Life Members and 2013 sponsors and there will be a jersey presentation for our 7s team. Nibbles and a sausage sizzle for the kids (and hungry big kids) will be included, and there will be happy hour prices at the bar all evening. For those who want to stay on, we'll be replaying the Super 15s on the big screen. Hope to see you there!

Ben Blyton
President



Under 12s at training on Tuesday

What's on this week...

Friday 15 March - 2013 Season Launch

Saturday 16 March - Round 1 (Seniors) commence

- Under 18s v Swampdogs, 1.30 pm @ Rugby Park
- B Grade v Swampdogs, 3.00 pm @ Rugby Park
- A Grade have the bye

WEEKEND 10s ACTION

A Grade



Under 18s



(photos Fiona Austine)

Around The Grounds



A Grade

Update from A Grade coach Kerry Smith

The final round of the 10s competition saw a good turnout of Palmy players. First up we took on Swampdogs who went out to an early lead, but Palmerston got back to equal the score by the final whistle. Once again the boys were a bit slow to get any go forward and defensive structure which is probably more a symptom of inconsistent training than anything else.

The second game was against Dragons and was a much better game across the board. The match ended with another draw but the score was really of small importance. The major focus was to get some continuity of possession and take up space with a defensive structure that would prevent the opposition from getting control and these were achieved very well. I'm still getting to know all the guys and getting to learn names so I won't try to name any individuals, but the feeling was very positive by the end of the day. Every one that ran on to the field did their job and did it well.

We have a long way to go before we get too far into the season but we can achieve all those things and a lot more once we get consistency at training. All players - please try to make an effort to get down to Moulden on Tuesdays and Thursdays at 6:00, even if you can't train for the whole session.

We have a great squad and some excellent coaching and development plans to deliver exciting rugby. The structures and game plans being delivered by the coaching staff and particularly Damian Collie will help all our players to develop their own ability and understand the game plans each Saturday. We have a squad ready for the start of the season this weekend, ready to start with a win!!

Under 18s

The Under 18s were again undefeated on Saturday – another fantastic effort by the players and their coach Justin McKenzie. With six undefeated 10s games to their name, the Under 18s are off to a great start to the season.



The Juniors are back!



Under 8s



Under 10s



Under 12s



Under 14s



Under 16s



THE JUNIORS

We had approximately 66 juniors signing on for the season at our Junior Sign-On Day (and many apologies from families who had other commitments on the Sunday but were still keen to sign-on the following week). It was great to see so many familiar faces along with many new ones all looking forward to another season of rugby! Thank you to all our wonderful junior coaches and managers, as well as committee members, who gave up their Sunday to attend the sign on event.

Coaching update

A huge thank you to Glen Brady for taking on the role of Under 8 coach.

The Under 8s looked as though they thoroughly enjoyed their first training session for the season on Tuesday.



We still require coaches for Under 6 and Under 10. If you are an ex-player, current player, parent or a club member and would like to give coaching a go, we would love to hear from you ASAP! Experience is not essential as the club will support coaches in obtaining their coaching qualifications.

In the meantime, thank you to Robbie Taylor for getting the U10s started this week and to Ben Blyton who will help out with the U6s.

NT Junior Gold Program



The selection trials for the *Pathway to Gold* program continues. Well done again to the following Palmerston players who have made it through to the next stage:

Under 14: **Elijah Simpson**, Under 15: **Matt Ellis**, Under 16: **Felix Byrne**, **Bayley Hakes**, Under 17: **Jordan Boyd**, **Xavier McKenzie**, **Will Bohning**, **Greg Svanfelds**, Under 18: **Cody McFarlane**, **Ryan Cotton**

Palmerston has more players represented than any other club, which is a good reflection on our junior program. Well done to all the boys and their junior coaches along the way, and thank you to the parents (taxi drivers!) for giving these boys a great opportunity to further their rugby experiences.





Noticeboard



CROC SHOP CLEARANCE SALE!

The **Croc Shop Clearance Sale** continues! Drop into the clubhouse after training on Tuesday and Thursday to pick up various past-season items at hugely reduced prices:

SENIORS

Playing jersey	\$20.00
Old style playing jersey	\$10.00
'Marsh' jersey	\$30.00
'Marsh' polo	\$15.00
2012 club polo	\$15.00
Shorts	\$10.00
Socks	\$ 5.00

JUNIORS

2012 club polo	\$15.00
Old style junior polo	\$10.00
Old style playing jersey	\$ 5.00
2 nd hand boots	\$ 5.00



Other News...

NTRU EDUCATION WEEK



Coaches, managers, referees ... if you would like to do any of courses listed below, please let us know. It's essential that skills and qualifications are kept up-to-date and the club will therefore cover the cost of course fees (where applicable) for registered members of the club.

Tues. 12 March	6pm	Sports Trainer Course (Sports Med)
Wed. 13 March	6pm	Running Rugby Course (3hrs)
Fri. 15 March	6pm	Smart Rugby (2.5hrs)
	6pm	Refereeing Laws & Interpretations 2013
Sat. 16 March	1pm	Skills Session (2hrs)
	10am	Coaching Kids Rugby (3hrs)
	10am	Assistant Referee Course (3hrs)
Sun. 17 March	10am	Foundation Course Level 1 Coach/Ref Course (8hrs)
Mon. 18 March	9am	School Visit
	6pm	Smart Rugby (2.5hrs)
Tues. 19 March	9am	School Visit (until 12pm)
	6pm	First Aid Course (Sports Med)

RUNNING RUGBY COURSE

On Wednesday evening Palmerston was well represented at the Running Rugby Course run by the ARU, with Junior Registrar Cassy Chui, Admin Director Wendy Leach and Admin Support Selina Blyton all attending. It proved to be a worthwhile evening and we hope to implement a number of the admin functions discussed.

NEW WEBSITE: www.palmerstonrugby.com.au



Have you checked out are website yet? A major project over the off-season was our exciting new web site. If you have not had a look yet, please do! There is sure to be something there that will interest you.

This week we've uploaded the 2013 Junior Handbook (found under the 'Junior' tab) and added more team photos (found in the Gallery). We'll be updating the news and event on the home page every week, so make the website one of your favourites and keep up to date with what's going on!

CAZALYS
PALMERSTON CLUB



Noticeboard

BUNNINGS BBQ

Our next Bunnings BBQ is on **Sunday 31 March**. There are four shifts: **8 am, 10 am, 12 pm, 2 pm**. Four people are required per shift.

So... get together in a team of four or put your name forward for another team, then advise **Dennis Grant** behind the bar what time you are available.

If you are working a shift please remember to wear closed shoes and socks along with a PRUC t-shirt or polo (no singlets).

Remember...

Our coordinated effort towards fundraising benefits the whole club, both junior and senior. It also allows our membership fees to remain the lowest in town. **We look forward to your valued support of these activities in 2013.**

Fact Sheet: Fundraising in 2013

We have three major fundraising activities for 2013:



Bunnings BBQ

We run 5 bbqs over the year. There are four shifts of two hours each. Four people per shift are required. Committee members do the preparations, you just turn up! *A quick (2 hours) and very social way to do your bit for the club!*

Royal Darwin Show Clean Up

We've been doing this for over 10 years.

We work in shifts over the four days:

- Thursday – Past Players
- Friday – Seniors
- Saturday – Juniors
- Sunday – Seniors

A great fundraiser to be part of. Everyone works hard during their shift then gets to enjoy their free entry to the show afterwards.



Outback & Beyond Camper Trailer Raffle

New for 2013! Club sponsor *Outback & Beyond Camper Trailer Hire* has kindly donated one week's camper trailer hire for a major raffle. Raffle tickets will be

sold at a number of key events (e.g. Darwin Home & Lifestyle Show, Darwin Boat & Outdoor Show) by club members, with all proceeds going towards the club.

PRUC Vision, Mission and Values

These will guide the decision making, governance, culture and behaviours of the Club into the future.

VISION To be recognised as the premier Rugby Union Club in the Top End

MISSION Providing opportunities for players, coaches, administrators and volunteers to develop their skills in a positive, safe, well resourced, supportive and enjoyable environment.

Contributing to the wider community by providing an activity in a family safe environment and one that supports and encourages a healthy, active lifestyle.

VALUES POSITIVE, RESPECTFUL, UNITED, CHARACTER, INCLUSIVE

CAZALYS
PALMERSTON CLUB

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