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Players have asked for a formal approach to preparation for season 2012

Strength and Fitness Focus

In response to feedback from a 2011 player survey which highlighted “we need to get fit” an off season training program has been published. It is expected that all players wanting to play 1st grade, 2nd grade or Colts in 2012 will start the program beginning mid November.

Targeted strength development programs have been developed for those new to gym workout, those focused on gaining strength and those focused on gaining physical bulk. There is also a supplementary program for those looking to strip weight. A Club Membership

agreement has been confirmed with Planet Fitness that provides subsidised gym access to financial playing members. Players will be advised in the coming weeks of testing which will be scheduled before Christmas.

A fitness program will be conducted in parallel to compliment the strength development program.

Player skills assessment will be conducted in late November to round out off season preparations.

All players are expected to attend and new players welcomed.



Ellis Meachen
Head Coach

Coaching Appointments

Members would be aware of the following coaching appointments:

- 1st XV and Head Coach - Ellis Meachen
- 3rd Grade - Steve Lee
- Colts - Warren Badger & Roddy Scott
- 4th Grade – Mick Jennings & Max Walker

The gaps are obvious. We are still searching for coaches to fill the role for the 2nd grade and women's teams. If you believe you have the skill and desire or know someone that does please contact Mick Noonan on 0422674147.

Traineeship Opportunities

An annual traineeship opportunity for Wanderers playing members was created in 2011 by agreement with Lawler Partners. The arrangement was established with club contact Mitch Griffiths a partner at the respected firm. A position is not guaranteed but the opportunity to be considered is.

After interviewing several candidates the successful applicant was Jack Nicolas, one of our colts in 2011. Jack said he was very grateful for the opportunity to be considered for the traineeship and "fully stoked that he got the gig".

Let's hope Mitch doesn't work him too hard because a solid off season should see Jack knocking on a 1st grade spot in season 2012.



**The team after training with
Coach Anthony Spence in
white**

Yancheng Red Cranes

A Club relationship was established with the Yancheng Red Cranes in April 2011. Anthony Spence, an Australian, is the head Coach and unofficial president of the club. Yancheng is in Jiangsu Province, China. They are a new club having just been formed. Despite Rugby being an undeveloped sport in China their aim is to develop Rugby in our city as well as the county and the Province of Jiangsu.

Although still the early days of development they have plans to try and introduce the game into the primary and junior schools. Information about the Club is available at www.yanchengrugby.com

As well as Rugby, Tony is into blues music and said "We are open to a visit from your club any time. We will try our best to show you all a great time and the best of Chinese hospitality."

An article was recently published in the Newcastle Herald about Tony and Rugby in China by Journalist Jeff Corbett.

Coaching Development

The first initiative being developed by Coaching Director, Andrew Cushing is a coach development plan that will be sent to all coaches.

The purpose is to ensure we understand and coaches formally consider their coaching aspirations, what will be needed for them to be realised within the selected time frame, and what they need to do to achieve those things.

Although typically developed for a 1, 3 or 5 year horizon, Andrew explained we will keep things simple and start with 1 year. Coaches will be asked to think about

their vision, how they will achieve it, and the general areas of content they need to plan for. They consider the stage of development of players, how to address personal learning and thinking skills of players, and elements of player lifestyle relevant to their performance.

Andrew said, "This is quite an ask for coaches but a necessary and valuable exercise." The plan and supporting notes are being compiled before being distributing to coaches in preparation for Andrew's arrival in Australia around mid January 2012.



Andrew Cushing
Coaching Director



The Academy logo has adapted the recognised Wanderers brand.

A collaboration within Wanderers has established the Wanderers Rugby Academy to transition Wanderers junior

Wanderers Academy

rugby members into the senior playing culture.

The Academy provides an inclusive program for all ability levels targeted at the U15 to U20 age groups. The introductory phase will consist of specifically tailored coaching sessions held from November 2011 to March 2012. Ultimately the Academy intends exposing members to a broad range of areas including:

- Rugby Skill Development
- Strength and Conditioning
- Personal Development and Mentoring
- Health and Injury Management

The Academy is being managed by Dan Beckett with assistance from Rod Scott. For more info contact:

Dan 0425364913

daniel.beckett@mn.catholic.edu.au

Rod 0413939657

roddyscott@hotmail.com

SGM and AGM Reminder

Notices have been sent out advising a Special General Meeting will be held on Sunday 4 December at the Cricketers Arms Hotel. Registrations will be at 1:00 pm and the meeting set to start at 1:30.

The AGM will be held immediately after the SGM is finished. Almost all the existing committee are set to set down and there is an impressive list of candidates ready to move us forward.

Follow the link http://www.wanderersrugby.com.au/links_and_resources to read notices and the Annual Report listed on our web site.

Be there to be an active part of the exciting future for Wanderers RFC.

