



COUNTRY RUGBY LEAGUE of NSW



Country Rugby League  
Level 5, 165 Phillip St  
SYDNEY NSW 2001

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## COACHING COURSE REGISTRATION FORM Senior Club Coach Courses – (NCAS Level 2)

Course Location: Canberra  
(venue to be confirmed) in  
conjunction with the Canberra  
Raiders. Final Registration Date  
for the course is : Friday 27<sup>th</sup> No-  
vember 2009  
(Note LATE registrations will only  
be accepted at the discretion of  
the course coordinator)

### Course Dates.

Friday 11<sup>th</sup> December 2009  
11.00am to 9.15pm  
Saturday 12<sup>th</sup> December  
9.00am to 9.30pm  
Sunday 13<sup>th</sup> December 2009  
9.00 am to 3.15pm

Note : Lunch and Dinner breaks  
form part of these times.

For further details contact:  
Michael Dabin- 0409464276  
(Coaching & Development  
Manager)

Cost of Course \$150.00 per  
participant (non residential)  
Full Payment of course fees is to  
accompany your application  
Payment is to be made out to.  
CRL Coaching Panel  
Address for Course Registration  
and Payment.  
CRL P.O. Box 327 Cootamundra  
2590

### Please Note

Accommodation and meals are  
available in the area, participants  
are required to organize these  
items themselves as they see fit.

Topics covered in the Course  
include:-

- Movement Analysis
- Conditioning for Rugby League
- Advanced ball skills
- Analyzing Performance
- Legal Responsibilities
- Sports Safety
- Scrumming
- Nutrition/Hydration
- Performance Psychology
- Planning the program
- Principles and Pattern of Attack and Defense.



## Lower Clarence Magpies Finalists in National NRL

The Lower Clarence Magpie Rugby League Club have been named one of the three finalists in the National Rugby League's (NRL) annual One Community Awards. The prestigious NRL One Community Awards has eight categories in which any rugby league club, player or administration throughout Australia can be nominated. Of these eight categories the Magpies are in the running for the 'Service to the Community Award'.

President of the Magpies Garry Anderson is jubilant over the recognition at a national level. "As far as I am concerned this is an unbelievable honour for our club to be recognised in this way. We are the NRRRL 2009 major and minor premiers and to make the finals of the NRL's One Community Award, well it doesn't get much better than that.

Our club has for a number of years had a firm commitment to give back to our community on a number of levels. Whether our players are encouraged to be role models or our sport is used as a platform to build community capacity either way it is about our sport providing leadership in a positive manner.

This year we were one of five clubs within Australia to put our hand up for the 'Let's Tackle Domestic Violence' campaign which saw our entire three grades involved in the consultation process of issues surrounding domestic violence. The flow on effect of this campaign was none of our 60 players went before the NRRRL judiciary, the only club in the group to do so.

The other major community event we staged was the Aboriginal Cultural Day in honour of the United Nations World's Indigenous Peoples Day of Celebration. Over 2000 people celebrated this amazing day with us at Maclean Showground" Mr Anderson said.

New Magpies coach Matt Michael echoed Andersons enthusiasm. "To be a finalist in these awards shows how hard the club has worked throughout the season on and off the field, it is a real credit to the Magpie rugby league family" Mr Michael's said.

The AAMI Service to the Community Award is presented to a grassroots volunteer, administrator, player, club or organisation for providing an outstanding service to the community - through their involvement in rugby league. Nominees are judged on how they have met the needs of their local community, and hence improved the impact of rugby league on the wider community in their area in some way. The judging criteria is based on the significant and unique contribution to the community, meeting an identified need in the community through rugby league and the demonstrating of leadership and best practice. The winners will be announced at a gala ceremony at the Museum of Contemporary Arts in Sydney on the 24th November.

## Widening the window of opportunity

Western Rugby League will continue its push to encourage growth at under 18 level in the 2010 season as league's look to widen the window of opportunity. The western region welcomed the addition of ten sides in the late teen division, this equates to approximately 200 extra players spread across the Castlereagh Cup, Woodbridge Cup and Group 10. Western Chairman Peter McDonald attributes the boost in numbers to simply providing an opportunity.

"It shows there are plenty of players who want to enjoy rugby league it's just a matter giving the clubs and players a chance to compete and reach their potential," McDonald said.

"The has been promoted more heavily across various league's in the region and we will continue this approach," McDonald said. The main contributor to growth was the Castlereagh Youth League, which saw five teenage teams take shape including Gulgong, Gilgandra, Coonamble, Dunedoo and St John's Dubbo. A new addition to the Castlereagh Youth League in 2010 could be the Warren Bulldogs as the blue and whites look to canvas interest from youth within the town. While Dubbo Macquarie and Dubbo CYMS have also been asked to consider fielding two under 18s sides, with their second tier outfits likely to compete in the Castlereagh Youth League. "The success of our Youth League in 2009 has certainly boosted depth across our competition and we see potential for further growth," said Castlereagh Cup president Dean Leach. In region's south there are promising signs for the formation of a six team Woodbridge Cup under 18s competition. Cabonne, Grenfell and a 2nd Forbes Magpies under 18s side are all working hard to join the 2009 trio of Peak Hill, Condobolin and Canowindra.

"The longer we keep our youth in the game the greater the chance of retaining those players in grade," said Woodbridge Cup president Arthur Cooper. The prime example of this came in Group 10, where the return of Oberon Tigers and Blayney Bears in under 18s laid the foundation for the Bears return to Group 10 senior ranks in 2010.

