



COUNTRY RUGBY LEAGUE of NSW

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 27th November 2009
(Note LATE registrations will only be accepted at the discretion of the course coordinator)

Course Dates.

Friday 11th December 2009
11.00am to 9.15pm
Saturday 12th December
9.00am to 9.30pm
Sunday 13th 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.

And much more.



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Welcome Central Coast Crusaders

Rugby League on the Central Coast has today received a boost with the announcement the region will be represented in all New South Wales Rugby League run competitions in 2010.

The Central Coast Crusaders, a new partnership between the Newcastle Knights and the Central Coast Rugby League, will play in the state's premier open age competition, the NSW Cup while The Entrance Tigers make their return to the Bundaberg Red Cup competition.

Country Rugby League Chief Executive Officer Mr. Terry Quinn believes this is step in the right direction for Rugby League on the Central Coast.

"With today's announcement grade and junior players now have a complete representative pathway available to them from under 13s through to the National Rugby League with the Newcastle Knights," Quinn said.

"It is exciting news for both the junior and senior branches of the Central Coast Rugby League the new Crusaders branding will be worn by all representative teams from the under 13's through to NSW Cup.

"It gives our juniors something to strive for and will hopefully keep them in our game."

The Crusaders side will be selected from elite local players and Newcastle Knights contracted players not involved in NRL or Toyota Cup matches.

The Central Coast previously competed in the NSW Cup under a joint-venture agreement with the Melbourne Storm which began in 2007 while the Entrance Tigers are also no strangers to NSWRL open age competitions having won the 2007 Jim Beam Cup Premiership.

The Central Coast is also represented in the NSWRL's elite junior competitions with teams in both the Harold Matthews Cup and the SG Ball Cup.

The Central Coast are giving Rugby League fans the opportunity to design a logo that fits the Crusaders name. Please forward all suggestions to Scott Wyatt swyattcrl@bigpond.com

Top 3 for Central Coast referee legend

Central Coast 'legend' Bill Curnoe has made it to the final three of a national award to recognize service to refereeing.

Bill is 68 years young and began refereeing in 1966 – over forty years ago. He is still an active referee on the Central Coast both in juniors and in seniors. He is the current Referees Association delegate on the Central Coast Divisional General Committee as well as being a mentor for new referees for a number of seasons now.

At an age when most people would be avoiding the criticism and abuse, Bill continues to provide his services and is still competent at controlling games whether it be mini / mod or international rules. His participation in the seniors is more as a touch judge these days but he will step into the centre to referee lower grades without hesitation when needed.

He has refereed Grand Finals from under 18's to 1st Grade, a University Shield Final, a Harold Matthews Cup Grand Final with his last 1st Grade Grand Final appointment back in 1977.

Before the growth of the Central Coast when the area was known as CRL Group 12, he had the centre when the Group 12 representative team played against the touring Papua New Guinea side on two occasions.

With a history like he has, Bill could be excused for retiring from rugby league and finding another hobby but he appreciates the current need for referees and understands the importance of their contribution to the game and his continued participation is an endorsement of rugby league as a great sport if not an inspiration to every referee.

Over the years Bill has filled a number of roles within the local referees association including Patron, President, Vice President, Executive Committee, Social Committee, delegate to the senior Division General Committee, delegate to the junior Division General Committee as well as a proxy delegate to the CRLRA.

He volunteers to referee games among the detainees at the local juvenile detention centre when required and will referee school games and carnivals (as long as they don't conflict with his bowls schedule). Bill was a lecturer at Referees courses for many years as well as an examiner and has been a mentor for referees on the Central Coast before the formal system was introduced in '08. When the mentoring program was initially established in '07, he was one of the few experienced referees who contributed to the scheme by watching over high school students in control of mini-league fixtures when it meant arriving early in the morning on game day before his own appointments to make sure they had the necessary guidance, protection and support. After giving his time there he would spend the rest of the day controlling matches he was appointed to referee sometimes into the early hours of the evening.