

**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 27<sup>th</sup> November 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.

And much more.



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**Darryl Kelly Wins Toyota National Volunteer of the Year**

By Stephanie Muir, The Daily Advertiser, November 26, 2009. <http://www.dailyadvertiser.com.au/news/local/sport/WAGGA'S> sporting community has always known Darryl Kelly was worth more than his weight in gold, and now the entire nation has been shown his enormous value. The Wagga Rugby League president and prominent businessman has received the ultimate accolade for his dedication and commitment to the sport in the region. At the glamorous National Rugby League One Community awards ceremony, Kelly was recognised for his endless hours of hard work with the prestigious Toyota National Volunteer of the Year award.

The local community legend rubbed shoulders with the cream of the NRL hierarchy at the annual ceremony, before sharing the stage with some of the biggest names in rugby league. The modest rugby league stalwart expressed his surprise at receiving the stunning award, and was quick to downplay his role that earned him the \$10,000 purse.

"This was an extremely huge honour," Kelly said.

"But I am just one person representing Wagga Rugby League, and what we do is a team effort".

"There is certainly, for me, no higher honour I could achieve; but of course you do not aim for awards like this, you just get in and get the job done."

Kelly relished the opportunity to gather with the top of the Australian rugby league community.

"It was a very good night," Kelly said. "There were a lot of people, players and officials that I don't normally get to associate with ... Some of the stories that were told and being surrounded by some of the award recipients were amazing, they were very special."

In typical Kelly fashion, the generous Wagga stalwart has already formed a list of possible avenues for the money he received with the award all which will benefit the Wagga rugby league community.

"There are still things to do, out and around," he said.

"We now have \$10,000 in the kitty, which we hope to make into 20 or \$30,000."

"We are looking at an expansion at the north of McDonald's Park, more seating, landscaping at the entrance, possibly another toilet block and the junior grounds need lights so the senior clubs can train on them." Kelly is eyeing the continued growth and success of the Wagga clubs as a priority for next year.

**Junee Diesels win Grassroots Club of the Year**

By Stephanie Muir, The Daily Advertiser, November 26, 2009. <http://www.dailyadvertiser.com.au/news/local/sport/Group> Nine can lay claim to an incredible two National Rugby League One Community Award recipients. Joining Wagga Rugby League president Darryl Kelly on stage at the annual ceremony were members of the Junee Diesels Junior Rugby League Club. Junee was awarded the Telstra One Community Grassroots Club of the Year. The Diesels beat stiff competition from Leeton Junior Rugby League Club and Thirroul Junior Rugby League Club to take out the prestigious honour. Junee's strong junior base is set to benefit from two Telstra Assistance Packs valued at \$3000 and \$2000. Junee mayor Lola Cummins only received the exciting news of the award late yesterday morning, but was thrilled with the announcement. Cummins declared the award was a testament to the hard-working committee at Junee.

"It's an absolute credit to everyone involved, a lot of hard work is put in by the committee members and this award is very deserved," she said.

"It was really good to see a regional, rural club win the award. "Club administrators, players and parents in metropolitan centres might take for granted a bit the hard work that regional and rural towns have to put into ensure the club's survival.

"It is great for the community." Cummins said the award indicates the strength of the Junee Diesels Junior Rugby League Club. "It is a mighty achievement which signals a strong future for not only juniors in Junee but for rugby league in general in the town," Cummins said.

"Now it's very important to keep the momentum going at the club.

"My full congratulations to everyone involved at the club, it is a huge honour." Cummins was adamant the award was great for Junee, as it put the town with a population of less than 5000 in the nationwide spotlight. "You can not buy this type of publicity," she said.

**Port Player Gets A Bulldogs Spot**

Port Stephens Rugby League player Chris Centrone is enroute to the Canterbury Bulldogs four years after being told he was little more than an "average park player" by a high school coach.

A three-try haul by the Salamander Bay 18 year old in a September selection trial against the West Tigers was enough to earn him a spot at the Sydney club until the end of 2011.

The fledging fullback will play for the Bulldogs in the Toyota Cup under 20s competition next year, where he will be out to prove some old naysayers wrong. "One of my high school coaches told me I would be an average park player and not much more," he said. "When I was picked for the Bulldogs I said to dad, 'average park player hey'."

Centrone played 11 years with Nelson Bay Junior Rugby League before being offered a first grade contract under Bay coach Robert Relf this year. Centrone did not waste his time in the Newcastle and Hunter's top tier, taking out the club's rookie of the year award after an impressive season on the wing. It was through his first grade coach that Centrone came to the attention of Bulldogs recruitment manager Peter Mulholland. Centrone has started pre-season training with the Bulldogs in Sydney.

