

Agenda B ... The RUPA Rag



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The Official Newsletter of the Rugby Union Players' Association

BE ONE ☆ BE STRONG

from the sideline

The recent media controversy surrounding the ARU's signing of Wendell Sailor to Rugby must be food for thought for players.

Is it appropriate for the ARU to abandon its usual guidelines and reportedly pay a player who is yet to prove himself in rugby more money than what regular test players might receive? What type of signal would selecting a rugby league player on the 2001 end of season Wallaby tour send to players vying for a position in the team?

A number of players contacted me during this recent controversy expressing some concern over the Wendell signing. They pointed out to me that there were many regular members of the Wallabies (some of whom have participated in the recent World Cup, Bledisloe Cup and Tri-Nation series triumphs) who were receiving less money than that reportedly offered to Wendell. Understandably they feel the ARU



has undermined its own philosophies and principles of rewarding only those players who have reached a certain level of standard within rugby.

There is some merit in players feeling this way if of course the amount being paid to Wendell as reported in recent media articles is correct. The reality is however no one (other than presumably a select number of ARU employees and Wendell's agents) know exactly what the financial arrangements are.

The ARU have assured RUPA that the payments are not above that of other Wallabies and that media reports of Wendell's salary were grossly exaggerated. (Members will need to make up their own minds as to this).

What members should be aware of however is that the soon to be finalised Collective Bargaining Agreement between RUPA and the ARU/State Unions should mean significant increases in pay packets for those players negotiating contracts from 2001 and beyond. Furthermore the payment of a Wallaby sized pay packet to a non-Wallaby (let alone non-rugby player) has set precedents that will assist those players who are re-negotiating.

Interestingly the ARU have defended their action in signing a non-rugby player to a Wallaby level salary on the basis that he is tremendous athlete who has the potential to be a great rugby player in the future. Furthermore, they argue that the growing band of disillusioned rugby league fans will turn to rugby in the hope of watching a former league star make it in rugby. Whilst there is some merit in these claims, it will be several years yet before anyone can cast an accurate judgment on the astuteness of the ARU's decision.

Perhaps the easiest issue to deal with in this whole controversy is that of selection. Should a rugby

Australian Sports Medal

Congratulations to our CEO Tony Dempsey on being awarded an Australian Sports Medal by the Governor General Sir William Deane and the Prime Minister Mr John Howard. The award was made for his services to Rugby Union in Australia and in particular for the instrumental role he played in the establishment of RUPA and its ongoing management. Tony was founding President of RUPA back in 1995 and since then has continued to advance the work conditions of professional rugby players here in Australia.

Members have benefited greatly from your work - keep it up Demo.

Rod Kafer
President

league player be selected sight unseen on a Wallaby end of season tour? The answer must be NO! The prestige and value placed upon the Wallaby jersey that has been built up over years of commitment from many players must not be undermined by such a selection. Selectors, players and the broader rugby community need to be satisfied of a player's worthiness to wear the jersey before that opportunity is given. Wendell must first prove himself.

Tony Dempsey
Chief Executive

P.S. I hope Wendell doesn't take offence to this article and still becomes a member of RUPA!

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from the Premier State



Waratah Whispers ...

Things appear to have changed for the better at Camp Waratah. The new venue at Narrabeen has many benefits including the facilities, the serenity and just a short drive to the beautiful beaches of Newcastle. The occasional influx of teenage girls on school camps also provides some eye candy, with **Jono West** showing scant regard for the "look but don't touch" policy.

New coach **Ned Flanders** has introduced some fresh talent to the Management Team. However, rumours of hidden agendas surround the newcomers. In particular:

* Physio **Marty Roebuck** scheming his way to the Head Coach position;

* Academy coach **Adam Leach** actually wanting his old No. 7 jersey back;

* **Scott Wisemantle** accepting the video analyst job to be close to the jewfish in Narrabeen Lakes; and

* Special Projects Co-ordinator **Scott Johnson** just wants to take over the world!

A plan to to alleviate the Rugby Union's debt has been introduced in the form of the fines for player lateness and other misconduct. Thanks to **Luke Inman** we should be in the black before the season's end.

A "changing of the guard" is the theme for the 2001 squad. **Scott Staniforth** no longer has the largest coin pouch after being "sacked" by **Todd Olivier** during a recent stretch session. **Christian Warner** confirms his new position as No. 1 big spender over **Matt Burke** with an alleged purchase of a \$400 pair of thongs. Inside centre come-ball-boy **Paul Dineen** wants the role of the new Campo, boasting the number plates PD-0012 (minus the BMW).

In other news, **Phil Waugh** was left with no choice than to recruit a fashion consultant for his personal management team after attending a recent NSW suit and tie affair in white linen pants and dark jacket and tie. Congratulations to **Brendan Cannon** for his academy award nomination for best actor in the film *Gladiator*. **Dr. Sharon Flahive** has been sporting her new swollen abdomen look, now making it easier to distinguish her from **Chris Whitaker**.

Overall, it's Happy Days for the Waratahs at this stage with **Nigel Waugh** and **Nathan Grey** in particular unable to stop smiling!

The Whispering Back

hey big spender

Most of you would have received last year your API Membership Handbook and membership giving you access to nationwide discounts on more than 1,200 restaurants, accommodation and tourist attractions.

Additionally, membership entitles you to discounts on movie tickets, petrol, travel, health insurance, recreation and social activities,

holiday accommodation, home loans and other entertainment.

Retail outlets such as Woolworths, Big W, David Jones, Jeans West, Sportsgirl, Roger David and Coles are offering discounts of up to 10% of their products for members. These discounts are available to both you as a member and your extended family.

There is also a telephone shopping service enabling you to purchase products over the phone using Mastercard at substantial discounts.

In the period April to November 2000:-

- 4 players purchased cars under the scheme with one player saving \$2,000 off the fleet price of a Toyota Prado;
- 93 tickets were purchased by members for movie theatres etc

at reduced prices;

- 65 discount shopping vouchers were purchased by members, thus reducing their shopping bills;
- 48 players used the home shopping facility to make savings on products such as discmans, personal organisers, binoculars etc.
- 19 members received discount on fuel through applying for the fuel membership card;
- 3 players took out insurance policies under the API insurance scheme.

If you have any enquiries in relation to the use of the benefit program you can contact API direct on the telephone number set out on the back cover of the membership handbook.

from the nation's capital



sucking in an assortment of the afore mentioned items in their first games of the year.

The Brumbies have just completed a series of trial games against Otago, Waikato and Wellington. The first trial game was played in Invercargill in front of a crowd of about 3000 people with a head count of 6000. We took a large squad to NZ, all of which took part in the game and we were able to get through the match without any serious injuries. The match itself was a fairly stop start affair with players and referee developing some interesting interpretations of the new tackle laws. It was pleasing to see big Owen running around again and reeking havoc amongst the opposition - and of course upon his own team members!

We bid a sad farewell to sunny NZ after a short four day stay and began preparing for our next trial against The Chiefs. We were all disappointed to see that the DS Maori, Greg Smith was no longer playing at hooker. The week leading to the game against the Chiefs we worked on getting our plays right and all of our set piece

up to scratch. Kaf, Giff and Bernie assumed their usual positions on the sideline and watched everyone train. Kaf has been likened to Brian Lara because he adjourns to the rub table at the start of hard training sessions and only appears for the team run. Giffo (Studsy) is usually not far from anyone in the coaching staff telling them how good he is and Deebies (Bernie) is busy eating himself through another meal deal and doing burn-outs in the McDonalds drive-thru.

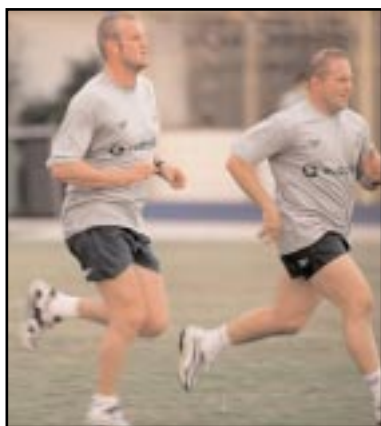
The game in Cootamundra was another great spectacle with Gus blowing his lips off on his way to 39 penalties. A quick country visit was welcomed by the players and it gave our resident country bumkin Angus Scott a chance to play in his home town. The biggest cheer of the day was reserved for Gus when he came on. We are convinced though that they were cheering because Youngy was going off. Big day for Youngy, he executed his first side step in a game.

We are now preparing for the trial against Wellington and things are travelling nicely, should see Kaf, Giff and Deebies at training soon because the team run is around the corner. We welcomed James Grant and Dave Devon Barnhill to the coaching staff and look forward to their input. Not much else to report from Brumbie land but no-doubt there will be a plethora of stories and stitch ups as the season progresses. Cheers from the Sanchez..

Seagulls, pelicans and feathers are three things that remain constant with the start of every trial game period at this time of the year.

Game fitness is not something that can be easily replicated and as a result all players invariably end up

David Giffen getting outspinted by Dan Crowley at Wallaby training in '99.



when only the best will do

Does sex affect physical performance?

Across most professional sports, the topic of sex and physical performance is discussed and theories flourish. Conflicting theories are only slightly clarified by recent medical evidence.

A recent literature review of sex before competition was summarised in an editorial of the Clinical Journal of Sports Medicine. One view expressed is that athletes should

abstain from sex for important competitions because the act of ejaculation may draw testosterone from the body and weaken the athlete. Conversely, other views suggest that the relaxation factor following sex is beneficial to the athlete and may enhance performance.

One study from the 1960s measured maximum effort grip strength the morning after sex in 14 married male athletes, and again measured grip strength following at least six days of abstinence. There was no difference. Other unpublished data from researchers at Colorado State University in 1990 measured grip strength, balance, reaction time, aerobic power and lateral movements. Sex did not affect any of these parameters. A 1995 study suggested that sex 12 hours prior to testing had no affect on aerobic power and recovery from exercise.

Therefore, one might conclude that sex prior to competition is unlikely

to affect performance in a negative way. It has been shown that 'normal' sexual activity between married partners expends only 25-50 calories (similar to walking up two flights of stairs). The lack of negative physiological effect is understandable.

All authors concluded that more research is required and agree that the psychological factors are the most important to measure - aggression, motivation, alertness, anxiety and attitude towards competition. My personal view is that maintaining your normal routine before significant sporting events is important and a good night's sleep, with or without sex, is critical.

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beautiful one day ... perfect the next!

Goodbye to the OLD - Hello to the New

After ten long years I never thought the day would come. Pre-season 2001 and there was no "Knuckles" Connolly, no "Helmet" Horan, no "Bomber" Wilson, no "Sojo" Eales (Sorry typo error I'll make sure this is cut and pasted for the August edition).

With the new coaching staff, never have we seen so many people actually training. With the "Knuckles" stalwarts now having to train, and the enthusiasm of the new younger generation, competitiveness has never been better. Gone are the Knuckles coaching manuals



Anthony Herbert . . . reintroducing Herbie's Happy Hour



"How to Play with the Minds of Footballers" and "Train Specific: 80 Minutes of Rugby Compacted into Three Hours of Training" and my personal favourite "The Art of Time Management".

In place is the new coaching staff of Mark MacBain, Roger Gould, Alec Evans and Manager, Anthony Herbert. Things are humming along quite nicely. In particular the boys are extremely happy with the appointment of Anthony Herbert as Manager. The boys are looking forward to the reintroduction of H.H.H. (Herbie's Happy Hour). For those old enough to remember, Anthony Herbert had a tradition of having a happy hour in his room every day at 5:00pm. It never ceased to amaze me, that it didn't matter what country you were in, but Herbie always managed to fill his bath tub with ice cold XXXX.

Already the boys have reaped the rewards of having Herbie as Manager. The boys are doing activities and functions that they actually enjoy doing. (Maybe enjoy is a bit generous, perhaps bearable is a better word).

Case in point. Everybody can relate to how painful signing sessions are. It would appear the problem has now been solved. All you need to do is get the head boss of the brewery (in this case Don Jackson of XXXX), get he or she to have a BBQ at their home with endless amounts of seafood, alcohol, pin-ball machines, more food and dare I forget to

mention a couple of bottles of Grange Hermitage (84 in case you are interested). The solution: no whingeing, sponsors and the union get their gear signed, and a good day is had by all. Thanks again to Don and his wife for opening up their home.

Footnote:

It was soon discovered that such an occasion was an annual event with the Brisbane Broncos. The only difference being their signing session goes into the wee hours of the morning. The boys were quick to recommend another signing session later in the year after the season was over. Readers will be kept updated on this new development into signing sessions.

2001 will hopefully see the emergence of the players that will take us into the next era. Some exciting new players to watch are David "Wendal" Croft, Jason "Goondarba" Ramsay, Steve "Junior" Kefu, Scott "Sexual Chocolate" Fava and John "Doctor" Roe.

The older players are happy to see the influx of the many Y.S.B's (young single blokes) into the squad. The only person to have been heard whingeing was Sam "Boiler" Cordingly. Many believe his complaints aren't really aimed at the younger blokes, but more at the fact Knuckles isn't around for Sam to run off his shoulder. With all the Y.S.B's in the squad it will indeed make the announcement of the room list on the bus that much more enjoyable.

Finally congratulations need to go to Ben and Gail Tune, Daniel and Serena Herbert, Nick and Anna Stiles and Damien and Bronwyn Smith on tying the knot in the off-season. We wish all the happy couples the very best for the future.

Wayne Erickson -
39 penalties in
one match.



baby boomers

Congratulations to Stuart Pinkerton and Micky Murphy on the birth of their daughters Josie and Ella on 4 January - a fine start to the year . Rumour has it that two frontrowers'

wives north of the border are expecting soon -one of which will be their fourth kid .(Even if its not a boy Dwarf it is time to think about the SNIP)

kindy with Brownney

Water Based Training For Athletes With Injuries

Fitness is important to all of us, whether we are able-bodied, have a disability, striving for general fitness or aiming to be a Paralympic or World Champion. In order to improve fitness, either for health purposes or high level performance, the principles of overload and progression are applied to training programs. The result is an increase in the training load required to be completed by the athlete.

Increases in the physical demands on the body often result in corresponding increases in the risk of stress related injuries and/or long term damage which can result in arthritic conditions and discomfort later in life.

For athletes with an intellectual disability (learning difficulty) generic training principles can be applied with excellent results. However, for those athletes with a physical disability and a body structure that is biomechanically inefficient, the risk of injury is escalated where training involves absorbing body-weight under the influence of gravity. This generally occurs during most land based activities, and, in particular, training that takes place on hard surfaces

*Wendell Sailor -
rugby players
hold the ball in
two hands.*



such as jogging or running on the road.

Water Based Training can help avoid such risks and when developed correctly can:

- improve sport specific fitness, and/or
- enhance general fitness.

What is Water Based Training?

Water Based Training involves effectively performing exercises and movement patterns in water rather than on land.

The option to train in water, which is a 'forgiving' medium, enables the athlete to improve fitness levels while reducing the inconvenience of muscle soreness and impact injuries encountered during land based training programs.

Water Based Training can also be used as an effective method of maintaining fitness levels whilst an athlete is injured. There are numerous success stories associated with athletes who have used water as a training alternative when carrying an injury and then returned to competition rapidly and successfully. It is now clear that Water Based Training can offer much more than a background for general fitness or an alternative for injured athletes.

As the basis for much of the conditioning and many of the physiological aspects of training programs for almost any sport, Water Based Training now provides a safe and effective alternative for athletes with disabilities.

Atlanta Gold Medalist and world record holder for the shot Hamish MacDonald of Australia states:

"In order to be successful internationally I need to training as many as 18 sessions per week. Without the Water Based Training sessions I would not be able to complete the weekly workload or recover effectively between each session."

"I have cerebral palsy and the pool sessions enable me to develop my body systems to the desired levels without the biomechanical stresses I encounter on land. I thoroughly enjoy training in water. The benefits are both physical and psychological."

Benefits of Water Based Training

The benefits of training in water are numerous. For any athletes with disabilities water provides the only safe environment in which to train effectively. For others it is the least 'impacting' means of attaining fitness and provides a faster rate of recovery.

The Benefits of Water Based Training Include:

A Water Based Training program can be used in conjunction with a land based training program, or on its own to achieve increased in general fitness, muscle tone and specific fitness for sport.

Advantages of Water Based Training over traditional training methods:

1. Reduced impact and mechanical stress on the body

When training in the water the body is protected from the impact that it must encounter during weight bearing activities such as running, skipping or aerobics. Therefore, a greater amount of work can be done, which means that the desired level of fitness can be achieved in a short amount of time.

2. Low impact exercise means fewer overuse injuries

The minimal effect of gravity and the resultant reduction in weight bearing enables the athlete to train more consistently without developing overuse problems. Dramatic reductions of stress transmitted to the musculoskeletal system enables injured athletes to train effectively without losing fitness. Reduced impact also enables the following groups of people to benefit from a Water Based Training session:

- athletes required to complete large volumes of training
- athletes with disabilities
- injured athletes, and
- large athletes with weight problems.

3. Improved functional range of movement

The resistance provided by the water requires the athlete to work the limbs although the full range of the exercise, which results in an improvement in the functional range of movement of the athlete.

continued page 6

continued from page 5

4. Increased cardiovascular endurance

Continual movement against water resistance places a load on the body which in turn results in an increase in heart rate. Consequently, appropriately designed Water Based Training sessions can result in an increased efficiency of the cardiovascular system.

5. Improved muscle tone

Similar to weight training, water provides resistance for the body to work against. With regular exercise, this can result in increased muscle tone.

6. Increased power development

It is possible to increase the power output of the athlete by utilising the fast twitch muscle fibres in the pool sessions. This occurs when attempting to move quickly against the resistance of water.

7. Recovery is much faster

The external pressure on the body by water (hydrostatic pressure) results in an increase in the amount of blood returned to the heart. This leads to blood being pumped through the body more quickly, resulting in faster recovery. The massage effect in water also assists with recovery.

8. Overweight individuals are able to exercise effectively

Many overweight people and athletes with disabilities who have had little opportunity to exercise regularly are reluctant to commence exercise programs as they may have been exposed to negative and/or inhibiting experiences such as taunts or comments from others. A Water Based Training program is ideal for overweight people as it:

places less stress on joints
enables greater freedom of movement than on land
makes the individual less conspicuous once in the water and allows them to exercise undisturbed by others.

9. General well being

Water provides both physical and psychological benefits for those using it as a training environment or as a means of improving general fitness. It also provides an environment which is safe for children, adults, the elderly and those with disabilities.

How does all this affect Water Based Training?

The properties of water outlined previously effect the body in the following ways during Water Based Training:

Heart Rate

Will generally be lower compared to land exercise due to:

- effects of less recovery time required between work intervals within a session
- hydrostatic pressure
- reduced effect of gravity from buoyancy
- water's cooling effect

Exercise frequency

Buoyancy results in less or no stress and impact. This means that you can exercise longer, more often and more safely with less impact injuries.

Speed

Water resistance results in decreases of movement speed (compared to land)

Muscle balance

All muscles are forced to work against a resistance (eg no recovery

phase in running stride). It will also increase strength safely as no eccentric component is required (injury prevention)

Energy expenditure

Is higher than on land as more muscle fibres are recruited to overcome resistance. It is also higher again in cold water due to thermal stress. However energy expenditure will generally be lower for women than for men, as women's greater levels of body fat and its distribution tends to increase buoyancy

Cardiorespiratory demands

Are increased due to arm as well as leg movements being necessary for many exercises

Thermoregulation

Constant temperature while exercising influences thermoregulation

Fitness and Variety

Potential to improve fitness and provide variety within a training program (infinite variety of exercises and training sessions possible)

Recovery

Recovery from heavy training loads

Strength and flexibility

Increases strength and flexibility as you work against a constant resistance

Injury

Injury prevention and rehabilitation is possible

*Scott Fava . . .
once we were
Waratahs.*



the x(pat) files

Je suis un Rugbyman

Not quite Bill Wyman, but in Grenoble it gets pretty close.

“Gateway to the Alps, some of the world’s best skiing, Cosmopolitan and dramatic city with a rich cultural history and home to a large university” is how my French guidebook (a relic of the ‘98 tour) describes my new home. Interestingly it also has an entry for Clermont-Ferrand - “An industrial and commercial city that won’t draw your attention for more than a few hours”. Give Laney my best, Roffy.

The only other info I had on Grenoble before arriving here was courtesy of late night childhood WWF. The home of Andre the Giant. I was hoping there would be a prominent monument in the town centre I could appropriate as my own, but have yet to find it.

Like Vincent Vega’s Amsterdam contrast, in French rugby it’s the little things you notice. I mean it’s

the same game here as you have there, but:

The Ca va; It is absolutely essential to personally greet each individual player, coach, trainer, administrator, regular supporter, waterboy on a daily basis. The usual “G’day mate” does not suffice. On a daily basis each individual requires a handshake (at a minimum, close friends require the traditional double kiss on the cheeks) and a hearty welcome. “Salut” “Ca va” “Bonjour” etc.. But only the once mind. Having seen a person at a morning training session it is not necessary and in fact quite rude to greet them at the afternoon session. Save that “Ca va’ for tomorrow. This may sound at first fairly normal, but in practice is bizarre. Among 40 players and staff this process involves 820 separate handshakes and commonly occupies the first 20 minutes of a training session. Particularly at an afternoon session where players arrive late. The entire squad has to stop while each arriving player searches through the group “Ca va”ing each appropriate player.

French professionalism; Get caught spreading butter on your bread at a pre-match meal and you are in for a dressing down from the Club Doctor. A glass of red wine? But of course monsieur.

The language; The current squad consists of six Argentineans, several South Africans, a Russian, a Nigerian, a Canadian, a Cameroonian (?), three New Zealanders, French Polynesians, oh and even a couple of ridgy didge Johnny Rouge’s. Consequently at every training session and during the match there are often 3 or 4 languages being spoken at any one time. However, I have been working hard at speaking French and am proud to report that I have finally received my first yellow card for talking back to the referee- “Mon Dieu monsieur. C’est pas possible. Vous etes un bouffon”.

The Gallic attitude; There are three separate rugby competitions for the First Division Clubs of France. The

Championnat de France, The Coupe de la Ligue, and the European Cup or European Shield. However, of these the only competition the club is interested in is the Championnat de France. And even in the Championship it is the home games that REALLY count. The club has on several occasions sent the second team to an away fixture on the grounds that we are unlikely to win anyway!

The Filthy Lucre; With a rose always come the thorns. Every foreign player I have spoken to in France has had significant contractual problems with their employer. My problems have been minor compared to a certain bovine Australian former team mate whose club had him arrested by the police after he refused to turn up to training after a contractual dispute. Beware - there is no RUPA in France!

The Weather; Snow at training, knee deep mud, freezing fog, anything is possible. Fortunately the training facilities have been upgraded along with the re surfacing of Stade Lesdiguieres. After almost a decade, they have finally removed the last remnants of Tony Dempsey’s jaw from the playing surface.

Some things are the same. Last weekend we went to Paris and beat Stade Française. I wore my Waratah blazer to the after match function. Ahhh if only you could have seen Knuckles face.

John Welborn

*John Welborn -
now runs
Grenoble rugby
club.*



holly's hot tips

Foods and moods

Grumpy, irritable, depressed at the thought of another long week of training.....perhaps you should look at your food intake to improve your mood and motivation for the tasks ahead. A recent theory has suggested that keeping up your intake of omega 3 fatty acids may be one way to keep your mood elevated as well.

Consuming adequate omega 3's is reasonably easy if you enjoy fish and seafood (particularly swordfish, salmon, Bluefin tuna, Sydney rock

oysters, sardines and mackerel), but they are also found in walnuts and certain types of oil such as canola, soybean, mustard seed and flax seed. These type of polyunsaturated fats have been connected with a reduced risk of heart disease (which can develop at a much earlier age than we might think), but also may have a direct effect on the brain chemistry and protect against depression. Some studies suggested that when individuals followed a very low fat diet, heart disease rates were lowered but the rate of suicide was up! The old wives tale that fish = brain food therefore may not be so far from the truth. One more good reason to reduce your intake of saturated fats, but maintain your use of the good oils.

Other positive effects on concentration and mood are related to eating breakfast. If you tend to race off to early morning training sessions without sufficient kilojoules (in particular carbohydrates), you are likely to lack concentration, be

irrational and indecisive, and more likely to be involved in an accident (on the way in the car or with the gym equipment).

To end on a lighter note though - the anticipated enjoyment of consuming something delicious (your favourite dessert, good quality chocolate or a great wine) also gives you a definite mood lift, but is probably not the best choice for your early morning kick start!

Holly Frail
Sports Dietitian

Holly Frail is a sports dietitian and co-proprietor of Holly Frail and Kerry Leech Nutrition Consultants. Phone: 0412 982 462.

flashback corner

*No its not Howdy
Doody time - its
simply Simon
Poidevin circa late
80's.*



A competition is being held to see who can come up with the funniest photo of a player - either past or present. Each month a new photo will appear. At the Players' Christmas Party in December the funniest photo will be announced and the winner presented with a mystery prize!!

If you have a photo you think should appear in flashback corner send it to the editor at GPO Box 4448 Sydney NSW 2000.

Special Thanks to Col Whelan at Action Photographics for many of these fine photos.
Phone 9663 2699 for all your action photographic needs.

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