

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

For some time now RUPA and the ARU/State Unions have recognised the benefits that a career placement program may have for professional rugby players here in Australia.

Whilst there are considerable advantages in the current services provided by the Athlete Career Education program to players, there is a benefit in exposing players to various industries so that they may gain useful insight, experience and contacts in occupations they might choose to pursue once retiring from professional rugby.

Over recent months, RUPA and the ARU have been investigating current career placement programs available in Australia for elite athletes. Whilst none exist in team sports, the Olympic Job Opportunity Program provides assistance to Olympians in



securing career path employment that allows them to both train for the Olympics and lay the ground work for their professional lives beyond sport. This has been in operation since 1992 and by all accounts appears to be quite successful with 299 Olympic athletes having been placed in various corporate jobs through the system to date.

The subject of negotiation of the Collective Bargaining Agreement at present is an Australian Rugby Job Opportunity Program ("ARJOP") whose function would be to:-

1. Use the information provided by ACE on players to ascertain that players' needs;
2. Discuss potential player candidates with an interested employer;
3. Arrange both informal and formal interviews with the players and liaise with the relevant potential employer during this process;
4. Provide advice on the terms and conditions of any such employment;
5. Negotiate sporting leave requirements;
6. Maintain ongoing contact with both the employer and the player;
7. Advise the employer how they involve the player in employer activities outside the job description.

Any such program will represent an opportunity for players and not an entitlement to develop careers outside of rugby. Careful screening of players will be made to ensure that players are bona fide in their approach to the employment program so that the image and reputation of the program is

maintained. Careful consideration will be given to which players are introduced to prospective employers. The players must be compatible and highly motivated. One of the key aspects of the program will be the placement of players in periods of flexible employment. For example, some players may be offered a position in a corporation for a period of between two to three months in the off-season to do specific projects for an employer whereas other players may be employed by an organisation one day every week or two to carry out more general duties. It will just depend on the circumstances of the player and prospective employer.

The employment positions offered by prospective employers will be meaningful bona fide positions and not simply public relation roles - otherwise the purpose of the program will be defeated.

On a separate note, I wish to welcome to the Executive Committee Messrs Kafer (President), Burke, Herbert and Panoho who have accepted an invitation from the Executive Committee to take over the respective positions of Messrs Robinson, Little, Wilson and Crowley who have departed overseas. Whilst these are temporary positions which must, under the terms of the Constitution, be vacated within six months so that general elections may be held to determine the positions, I am sure you will all agree with me that these men will provide excellent advice to RUPA.

Tony Dempsey
Chief Executive

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the x(pat) files

the ox files

Finally, I have found a haven. A place where front-rowers are worshipped and not abused for there naturally high skinfold levels.

I have never been through anything quite like the rigours of French scrummaging. The highlight of the week is not the game but the 'mellee' training. They usually go for 90 minutes and involve haemorrhoid popping, vocal and theatrical skills, fighting and countless injuries. There is no rest and 75% of the work is fully-contested live scrums. The other day our scrum coach refused to let us breath whilst pushing against a fixed machine for one minute intervals whilst he lay 'under' the scrum. He would then make us run a round the machine and pack again. After the tenth scrum he stopped us and said that

there was no 'talk' in the scrum and we had to start again. He was politely reminded that you cannot hold your breath and speak at the same time. Game time arrives and the focus is on the scrum. All scrums start 6 inches off the ground and end up popping in the air. There is a fight and the referee awards the penalty to the team going forward at the time of the scrum popping. The crowd roars and the coach is proud. The score doesn't matter.

Beziers is a promising club with a lot of backing in its first year in first division for a few years. It has a wonderful stadium and proud tradition. In fact they have 11 French Championships to their name. More than any other club. It is also great to wake up in the morning to the smell of fresh pancakes being cooked in the next village by Aussie team mate Warwick Waugh. The only thing, by the time I get there there is none left. It is also great to have the skills of defensive coach Peter Mulholland (NRL Penrith) in a part of the world that never heard of the word defense. His major breakthrough was that he convinced the coach to

let us stretch before training. That only lasted for one session before it was scrapped. There are a swag of Aussies in France now. Mitch Hardy and Troy Jacques are at Brive. J ack Isaacs (Biarritz), Stillers (Grenoble), Marco Caputo, Steve Nance, John McKee and Tim Lane (Monferrand) . I am sure there are a few others.

My advice about playing in France is:

- make sure you have a good agent and manager
- join the French Players' Association!
- stretch before training and keep touch with the latest techniques at www.kingsports.net
- kiss your team mates every day
- get used to training hard on the day of the game

Regards

Andrew'Ox' Heath



*Andrew Heath . . .
now pops
haemorrhoids in
France for a
living!*

when only the best will do

Law 4 - Padded Clothing or Protective Clothing?

There has been recent discussion in rugby circles, medical and administrative, as to whether or not certain padded garments are protective against injury. This has been more topical following a recent publication in the most recent British Journal of Sports Medicine. This was a study of Scottish rugby players. The investigators reported an increase in injuries at the tackle phase of play, which they partially attributed to the wearing of padded clothing. The authors claim that padded clothing may give a player a psychological advantage in making them feel less vulnerable, and therefore they would enter the tackle with greater force to the detriment of the opposing player. Similar claims have been made by individuals who feel that the game is developing into an American

football / rugby league hybrid.

Is there any substance to this view?

Certainly, mouthguards have been shown to reduce the risk of dental injury and possible concussion. A custom-made mouthguard is the most effective. **Make sure you always have at least two; make sure you have a mouthguard and dental check once per year.** Player clothing such as jerseys and shorts are obviously protective and necessary. As a team physician, I certainly would have a lot of trouble watching some players compete without them!!

Headgear reduces the risk of laceration, but there is no evidence that this reduces the rate of concussion. Shoulder padding reduces the risk of superficial injury, but there is no evidence that it reduces the rate of more serious injury such as dislocation, rotator cuff contusion, clavicle fractures or more severe AC joint sprains. In comparison to rugby league and AFL, AC joint sprains in sub-elite rugby players are much more common. The dramatic increase in serious rotator cuff injury during 1996 - 1999 in elite Australian rugby players compared to other codes may reflect the increase demands on the shoulder girdle through scrummaging, the lineout

and ruck-and-maul phases. It has been shown that clavicle fractures are less common on soft grounds, so it stands to reason that more outer arm padding would 'cushion the blow'. Perhaps shoulder padding should be extended to cover the outer upper arm (deltoid).

Preliminary studies suggest that the wearing of padded clothing does not make players feel indestructible. The subjects studied were from a large schoolboy rugby group. Research into player attitudes at the elite level is not available.

Finally, the commercial aspects of padded clothing use and its marketing is significant. Despite this, it is imperative that independent and unemotional research be conducted in all these areas to ensure that player safety is maintained at all levels of rugby.

John P Best

Medical Director, Australian Rugby Member International Rugby Board Medical Advisory Committee

Dr John Best is the Medical Advisor to the Australian Rugby Union. He may be contacted through his Sydney practices on 93995333 or 93892766.

George Smith
- Young Gun



baby boomers

In last month's edition we reported the birth of another 3 rugby lads bringing the total number for the year to 6 and at the same time questioning the dearth of rugby chicks. We can now advise that in the month of October the drought has been broken.

Congratulations to:

1. Amanda and Rod Kafer on the birth of Samuel Harry on 1.10.00
2. Julie and Phil Kearns on the birth of Matilda Emily on 2.10.00
3. Lara and John Eales on the birth of Sophia Rose on 6.10.00

Keep up the good work boys and girls!

from the big banana



“Answer the Challenge” was the catch cry from coach Rod “Chewy” Macqueen as the new look Wallabies entered day one of their assembly in Coffs Harbour base camp.

Day one saw the coming together of a few old faces and a lot of new young bucks. Not only did we see new young players joining the old, but also new management. Perhaps the most anticipated addition was the new trainer Peter McDonald. In his first brief cameo appearance in the Tri-Nations, little could be surmised about his training techniques or personality, as you couldn't get a word out of him. With a watchful eye on the team and his seemingly disinterest to speak, understandably the boys were rattled. Not wanting to upset the new trainer too much it was settled he would be affectionately referred to as “Humphrey” due to the fact we had to rely on facial expressions to try and read him. Hailing from a rugby league background there was great fear we were once again doomed to sets of six and constant rexing.

By the end of day two it became apparent that indeed our fears had been justified. Instead of “Answer the Challenge” it was apparent the week was to be more adept to being an episode of the T.V. series “Survivor” (the only variation to the T.V. series being that the people wanted to be voted off the camp!). However, the first of the “Survivor” tour started in September, with the first players being voted off what is called Planet Rod (Greegs, Bernie, Tommy Bowman and Sharpey) ... before the tour even started.

With the new trainer came new ideas. The newly introduced F-Troop (for those that are required to do a little extra training when the rest of the boys are finished) has been a big hit. Maybe Pete McDonald has taken a leaf out of Steve Nances’ “old school training manual” but hill runs (likened to the banana tree hill runs of the movie, Coolangatta Gold) followed by some beach sprints has become part of this elite group of athletes. It is called character building training apparently. The criteria for F-Troop was a little confusing at first but it appears to be loosely based on the following:-

- V O2 Max Test;
- How much Dang you were carrying from your skinfolds;
- How good a time you had at the Olympics; or
- Whether you had sufficiently pissed off the coaches or trainer.

With the new youth in the side so too is enthusiasm. The Coffs camp has seen plenty of “Tuesdayitis”, and I don't need to tell you all that the consequences of this can be ugly. For those that came in late, this is as a result of a player taking contact training a little too seriously in an effort to impress the coaching staff.

And, as soon as one player contracts Tuesdayitis, all gentlemen's agreements regarding training etiquette are null and void. With so many blokes fighting for spots, Tuesdayitis has been rife through the week. This is pleasing the coaching staff immeasurably.

We received a visit from the Grafton Police one-day last week. One of the soon to be married bucks was arrested by a policewoman during our team meeting for assault in a recent rugby game. There was a bit of tension in the room for a moment. It was more in the hope that it really was to be the “Wallaby Bucks Tour” and the music might start up and the handcuffs put to good use. But it became apparent that a jersey we had signed was appreciated by a Grafton Police charity and they were there to say thanks. Nice of them, but not what we were hoping for.

Our corporate golf day was a respite from the rigours of training. Greegs made a surprise visit and, from the way he was swinging the club, it appears that his shoulder, neck or heart (whichever it was) is making a great recovery. With plenty of prizes, there were even two “longest drive” awards on one hole. When I queried with one of the better golfers in my group as to why there were two awards, he informed me the shorter drive was for the ladies. It was only when passing the shorter drive that we realised that this award was for the team.

Finally, one could be mistaken for thinking this tour to be called the “Wallaby Bucks Tour”. With Herbie, Tuney and Youngy all getting married within weeks after tours' end, the tour has the hidden potential to rival the Barbarian tour of Canada, 1995, if that is possible. We'll just have to wait and see on that one.

The boys are looking forward to the trip. With good venues and good blokes, there will undoubtedly be stories that will be re-told over and over in the future.

*Bill Young -
yowie power*



kindy with Browney

Training of the Musculo-Skeletal System

Exercises are the key to both the prevention of injuries and to a successful rehabilitation programme. An inelastic scar with decreased ability for contraction is often the end product of an injury to muscles or tendons. This will increase the risk of further injury. After an injury, therefore, therapy should aim to limit the amount of scarring and preserve the strength, elasticity and contractibility of tissue components. Repeated exercises will improve the mechanical and structural properties of the tendons.

Muscle contraction is the basis for all movement and exercise. There are three kinds of contraction:-

- isometric (or static) work involves contraction without a change in the length of the muscle (for example, holding a weight stationary in an

outstretched hand);

- concentric work implies the muscles contract and shorten in length simultaneously so that their attachments are drawn closer together (for example, contraction of quadriceps muscles when climbing stairs);
- eccentric work implies that the muscles contract and lengthen simultaneously so their attachments are drawn apart (for example, the contraction of the quadriceps muscles when walking downstairs).

During activity that involves change from eccentric to concentric muscular work, or vice versa, there is a risk of tearing a muscle or tendon. Concentric work mainly accelerates a moving object, eccentric work decelerates it. Injuries often occur during deceleration.

Different types of muscle training

Isometric or static muscle work

Isometric or static exercises are those in which the muscles are contracted without moving the body. The leg, for example, can be held at right angles to the body with the knee joint rigid, or a weight can be held in the hand with the arm outstretched.

During isometric training the muscles work constantly in a contracted position. The increase in strength is highest around the angle at which the training is carried out. Therefore the muscles should be trained at different angles. For maximal effect, maximal contractions are needed. Pressure can build up to such an extent that the blood flow, and thus oxygen supply, to the muscle is restricted. This creates an anaerobic environment and the formation of lactic acid. As the amount of lactic acid in the muscle increases, its working capacity is diminished. For this reason isometric exercises are often considered to be strenuous and very tiring, but they

are, nevertheless, effective and safe for anyone wishing to build up muscular strength.

Isometrics can increase the circumference and the strength of muscles in the area which is exercised. The increase in strength, however, is also related to and influenced by the angle of the joint across which isometric contraction occurs. Long periods of isometric training impair speed, indicating that this training method has its limitations with regard to preventative and sport-specific training. However, it does have an important role to play after an injury. During training after a knee injury, for example, isometric exercises are very useful as they can be carried out on a knee joint immobilised by a plaster cast or similar support.

Dynamic muscle work

Dynamic muscle work means that the distance between the origin and attachment of a muscle varies, either shortening (concentric) or lengthening (eccentric) the muscle.

The term 'isotonic' implies that the entire movement is performed at a constant level of muscular tension. The speed of a movement can vary according to the load, for example, training using the weight of a leg alone or placing a weight on the ankle. Typical dynamic exercises include knee bending with or without weights on the shoulder, bending the elbow with or without a weight in the hand (concentric work) or extending the elbow with or without a weight in the hand (eccentric work).

When dynamic isotonic training method is used, the weight remains constant, but the lever arm (the distance from the joint centre of rotation) and torque (the product of the force produced by the muscle and its lever arm) vary during the range of motion resulting in the production of varying strengths. For the same

Phil Waugh - young gun 2



Continued page 6

Continued from page 5

reason the load on the joints will vary. This applies to most athletic events but some situations call for special care and attention (for example, the joint between the patella and the femur during knee bends with weights on the shoulders) if injury is to be prevented. The most commonly used isotonic training exercises include concentric work. The importance of exercises using eccentric work has been increasingly recognised as eccentric contraction is common to many preloaded situations in sport, for example, kneeling before jumping. Eccentric contraction results in greater increase in strength and is less energy demanding. The athlete should be aware of the increased risk of injury using these types of exercise.

A combination of eccentric and concentric contraction is common in sport and can be used in sport-specific training. Such training is called plyometrics, and includes jumping, running and throwing.

The aim of plyometrics is to develop power in these movements and to improve the strength of the

muscles and tendons, both properties being important in the prevention of injury. Examples of plyometric exercises include hops, bounds, depth jumps and medicine ball exercises.

Dynamic Isokinetic Training

Dynamic isokinetic training implies that the body acts against an adjustable resistance taking into consideration the changes in the lever arm during the range of motion. The training can be performed at different speeds but the speed of movement chosen remains constant during the range of motion; the higher the speed, the lower the resistance. The training speed - specific, that is the main effect is achieved at the training speed. This means that, for maximum effect, the training should be carried out at different speeds dependent on the demand of each sport. The resistance can be adjusted by choosing different speeds for training in order to compensate for variations in bone or muscle capacity caused, for example, by pain or weakness.

Isokinetic training is the most effective method of active muscle training. It has numerous

advantages and the risk of injury is low since there is little chance of the muscles, joints and connective tissue being overloaded when the appropriate speed is chosen. It is especially useful in rehabilitation, for, if movement over a certain range is painful, the resistance at that point can be reduced while being maintained at a higher level elsewhere. Long training periods at high speed is possible using isokinetics. The combination of maximum speed and maximum resistance is not only conducive to increased strength but also improves the so-called explosive force ("high-speed strength") of the muscle. In other words, isokinetics are extremely effective during all training, including preventative and sport specific training.

Excepts from Sports Injuries - Their prevention and treatment Dr Lars Peterson and Dr Per Renstrom

Malcolme Browne is a former Waratahs and Wallaby physiotherapist and co-proprietor of Northside Sports Physiotherapy - Phone 9416 2033

flashback corner

Johnny Lem with the alley cat look during the tour of all tours - Australian Barbarians to Canada 1995.



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.

RSVP

If you have'nt RSVP for the Players' Christmas Party you should contact MaryAnn Cotter now. The party is being held on 1 December 2000 in Sydney and all members have been invited free of charge.

holly's hot tips

Supplements - what do the scientists say?

Media coverage of the Olympics has brought to light a number of new and old pills and potions that various athletes swear by. No doubt, as you get into training for next season, some of you are bound to be offered "the next best thing" that's guaranteed to make you bigger, stronger, faster leaner etc. Brisbane has just hosted the pre-Olympic Sports Medicine Conference, attended by many of the gurus from the sports science world - so I thought I'd just do a run down on some of their points of view.

Colostrum - very popular research topic on use of a supplement basically made from the early milk secretion of cows. Reported in various studies to enhance recovery and performance during intense exercise, and perhaps immunity.

Most studies are supported by the company who make the \$\$ from the stuff, and the well-respected members of the scientific community can see no good reason at present for athletes to spend money on it.

Creatine - well supported by good studies with regards aiding recovery from repeated high intensity exercise and lean body mass gain - in some individuals. If it works for you, then it is a useful supplement. One study looked at whether it led to increased muscle tightness and therefore predisposed you to injury - but found this to be unlikely.

Co-enzyme Q10 - the theory behind this is that supplementation may enhance the functioning of the oxygen energy system (and increase aerobic power and endurance). It is quite safe, but the most recent research found it not effective.

L-Carnitine - recent well-controlled studies have failed to show any improvement in performance or in aiding body fat loss (this is how it is usually marketed in gyms etc).

Many supplements are difficult to show meaningful results in a small number of subjects when there are so many variables in all aspects of an

athlete's performance. Some things that the jury is still out on may in the future be deemed useful.

The things to consider before you trial any supplement are:

- Is it safe - including any side-effects?
- Is it legal?
- Does it really work for me? i.e. make sure you try it without changing anything else in your diet/training etc at the same time!
- Do I know how to use it properly?
- Can I afford it?
- Am I looking at this as a short cut rather than doing all the real food and training things that we know work?

Just a tip - beware the Chinese herbalist with the latest vial of "monkeys blood", or you could pretty safely kiss your next drug test goodbye! (and if you get advice from a gym junkie - there are no true "Mr. Naturals" in the bodybuilding world).

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

careers day 2000

The recent Careers Day held at Narabeen HQ was the NSWRU's first integrated attempt at placing a greater emphasis on our post-rugby life.

The day was jointly organised by ACE, RUPA and NSWRU, and was attended by both the Waratah and Academy squad members.

Ten guest speakers from backgrounds as diverse as Real Estate, Small Business, Franchising, Stock Broking, Tax, Investment Management and Sports Marketing each spoke for half an hour. We heard about how they entered their careers, what a typical day might involve, specific advice relating to the professional footballer, the workings of fund management, earning capacities, competition in various fields and ethical issues. There was also a lively debate on MBAs, including their cost, which

ones are the best and their relevance to prospective employers. Special thanks to Chris Donohoe, Tony Andersen, Andrew Pierce, Liz Ritchie and Tim McDermott for giving up their time to speak to us.

Of particular interest was a presentation from Ross Summerfield of Ultimo TAFE who outlined a Small Business Course designed for athletes or people with limited opportunity to attend face to face lectures. Similarly, Annemarie Bernie from Open Training and Education Network (Distance Ed arm of TAFE) informed us of the 250 courses available to students wishing to

Continued page 8

the ACE team

contemporary resumes and self marketing techniques ...

In today's highly competitive job market, having a well presented resume goes a long way toward getting your foot in the door.

During pre-season training, ACE Advisors will be talking to you about your annual career plans and more specifically your resumes, interview skills and self marketing techniques.

Below are some useful tips to be aware of when constructing a resume. If you currently have a CV that breaks some of these rules, you might like to consider getting it revamped with the help of your ACE Advisor.

Research shows that employers like

resumes that are....

- 1 - 3 min reading time
- Average 2/3 pages, max 4 pages
- On white A4 paper
- Stapled
- Times New Roman, 12 point font
- Left justification or fully justified
- White borders for note taking
- Content well organised, easy to skim read
- Work History (only 10 to 15 yrs back)
- No need for personal details due to anti-discrimination laws

Employers dislike.....

- Too many words
- Too many pages
- Binding
- Misspelt words/grammatical errors
- Handwritten resumes or changes
- Photos/graphics
- Career aspirations
- Full job description for every role
- Unexplained gaps in employment
- Over marketing
- Courses going back years
- Unnecessary attachments
- Information about children

Your ACE Advisor can not only help you to overhaul the look of your CV, but also to word the document

carefully so that it's the best self-marketing tool you have.

Contemporary resumes are achievement orientated, not merely a statement of where you've worked and the duties you've performed.

Your new look resume will include statements about your situation at the time, the tasks you performed (perhaps to overcome a specific problem/issue), the action/s you took to overcome the problem/issue, and the results you achieved.

These statements clearly outline to the employer your achievements and the skills you possess. Writing it this way also forces you to think back into the memory banks of all the great things you've achieved, both rugby and non-rugby related. You can use a lot of these examples not only for your CV, but also in interviews, and when addressing selection criteria in written applications.

Jenni Dewar

NSW ACE Advisor

Continued from page 7

study by correspondence, including over the internet.

Colin Seery, Sydney Swans Football Manager, explained his philosophy on what makes a good footballer, with the emphasis on producing a well-rounded person who has a number of interests and aims rather than a life completely devoted to football. The Swans training

program for the entire year is set out on the first day of training so the player is able to plan his study and rest periods accordingly. It is written into their CBA that one day a week is allocated as football-free. An education centre fitted out with computers is also being built so that coursework can be completed during spare time on training days. Having been a professional sport for longer than rugby, their program is obviously more advanced and

structured, and sets a good example for rugby to aim for.

I'm sure that everyone who attended gained a lot from the day, in no small part due to the quality of speakers organised by Tony Dempsey of RUPA and Jenni Dewar of ACE.

Stuart Pinkerton

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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