

# Roos News

## Robina Australian Rules Football Club Newsletter

2012 Preseason – 1st Edition

[www.robinaroos.com.au](http://www.robinaroos.com.au)

December 2011

### WELCOME BACK

Wow. What a Footy Trip that was. Roos News is back after going walkabout for a touch over 80 days – who'd of thought it could be that hard to find your way back to Gilligan's from Mad Cow! Terrified at the thought of having to track down the Greasy Pig in Far North Queensland and continue consuming MIT's like water, Roos News thankfully stumbled across a map which lead me back to the Roo pen safe and sound.

As we prepare to enjoy the break from the first block of preseason training for season 2012 – let's have a quick look back at season 2011.

### 2011 - THE YEAR THAT WAS

We learnt a lot of things during the 2011 season, including wide eyed, chirpy blokes from Tasmania in surfers will end in trouble, having similar looks to a Hollywood tween heartthrob doesn't guarantee you can close with the ladies, not even a free lap-dance could get Humphrey Burgess to speak, cracked front teeth will never ruin a footy trip, and the value of one rats tail grown with love and care over a number of years far outweighs a wine bucket full of change.

But probably the most important lesson we take from season 2011 is that we now know what it takes to play finals footy at this level. Both teams demonstrated during the year that on any given day we have the ability to match and beat the leading teams in both grades. The seniors ended the year as the only team to beat the eventual premiers Coorparoo twice and had it not been for the most blatant act of cheating ever seen in amateur football in Queensland and possibly Australia's history, the Reserves would have beaten eventual premiers UQ in the final game of the year.

The difference between winning and losing in this division is very much all in the head of the 22 blokes who take the field for the 2 hours each Saturday. We must all come back in season 2012 and realize at this level our intensity, concentration and effort has to be consistent for every minute of every game.

Roos News has no doubt that with the retention of the core group of players from 2011 and the addition of some of the new faces we've seen at training already, that 2012 will see both grades figure prominently in September action.

### BEST & FAIREST NIGHT 2011

Roos News would like to congratulate all of the award winners from the Best & Fairest evening.

We would also like to add that Jordan Miller and Zach Nash, winning the Seniors and Reserves B&F's respectively does not mean you don't have to turn up to training until February.

### BACK ON TRACK

After a fairly honest post season evaluation, the tempo has definitely been lifted for preseason 2012.

After continual complaints that we weren't fit enough last year, Popeye has put the boys through the ringer in the initial block of training with a series of testing endurance and sprint sessions that have left many hugging the porcelain.

With numbers floating between the 40 and 50 mark consistently for training, it is great to see that blokes are prepared to put the hard work in. Roos News has distinctly noticed a change in the feeling of the group as a result of guys young and old sweating it out in the December heat.

The addition of the boys from Mudgee seems to have put a spring in the step of some of the older blokes around the club (it's amazing what the talk of fake id's and schoolies can do), and it's great that the affiliation between the two clubs looks set to reap major rewards for the first time.

One thing for sure is that competition for spots in both grades is going to be fierce and with new blokes already putting their hands up, no one is going to be guaranteed a walk up start.

### FEES & PLAYER SPONSORSHIPS

It's never too early to start to think about how you are going to pay for your fees for the year. As in past years if you are able to generate your own player sponsorship to a certain value then your fees will be waived. Player Sponsorships are a great way to get people involved with the footy club who normally wouldn't have a reason to be. Christmas and New Year's is a great time to hit up your employer (no better time to get the boss to commit to something than the Xmas party), that uncle who owns his own business, your missus' family at Christmas dinner or that supplier who is keen to gain your business for 2012. For further information contact Juices Wilson.

## ROBINA ARFC WOULD LIKE TO THANK THE FOLLOWING SPONSORS

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### BURNING UP THE TRACK

After only 4 sessions there are already a group of blokes who have impressed on track. Jade Powe has come back in fantastic shape and has shown Fozzie a clean pair of heels in the early running – Never one to shirk a challenge you can guarantee Fozzie will be putting in a few sly sessions over the break to get his yellow jersey back.

One bloke they will both have to keep a close eye on is Ferg. Despite weighing in at 42kg wringing wet and looking like he might slip between the grills of drain, Ferg can definitely run and will be one to watch post Christmas.

Commando is another bloke who has put his hand up and has impressed in early going. Looks to be the sort of bloke you'd rather have on your team than be playing against and commando's filthy tash has drawn almost as much attention as his competitive nature.

For those of you that have been living under a rock, Muzza is back in town and is looking to make a big impact on season 2012. Madly in love (to the point that most have hidden his posts from appearing on their facebook news feed) Muzza is now showing a softer side of himself that we are hoping has reduced his white line fever.

Cameo's have been made by a few new faces around the place in another tassie boy in Dale, a former Strathpine B&F winner in James and former Southport product Beau all of who we look forward to seeing more regularly around the place.

Additionally a familiar face around Scottsdale drive has reappeared in Dime Craig. Dime played a number of senior games during the premierships winning years of 04 and 05 and it's great to see him back.

### GONE MISSING

Whilst it has been great to see the number of new faces around the club, it has also been interesting to note those who are yet to put in consecutive appearances.

If anyone happens to run into Justin Vella (the shit brother), Porno, Chappy, Boots, AJ, The Dickson family, The Callinan family, Nashy and Smacka over the Christmas & New Year period, please feel free to remind them about training.

### PLAYSAFE MOUTHGUARDS

In the next week or so you will see some brochures for Playsafe Mouthguards around the club. These mouthguards are endorsed by Sports Medicine Australia and are the mouthguards of choice for the Australian Hockey and Waterpolo teams and a number of AFL, NRL and ARU teams. They have 3 different types of mouthguards ranging from medium impact right through to Heavy Pro that is used by MMA fighters. The best part about them is they are self-impression – once you order your mouthguard you are sent a kit with a dvd and the mould and it's as simple as following the real time instructions on the dvd. You then send it back to the lab and they will have your mouthguard back to you ready to go within 7 days. You can fully custom the colour spec, its fit allows you to talk unimpeded and it will last around 2-3 years. They range in price between \$100 - \$150 but those with private health are eligible for rebates. After Christmas we will be doing an increased load of competitive and one on one work where mouthguards will be encouraged – compared to the money you will spend on a pair of boots this year it's worth considering what value you place on your teeth. Anyone who wants more info see Chappy.