

NEW YEAR'S MESSAGE, 2020

Welcome Southern Lions to 2020. 2020 promises to be another exciting year for Southern Lions.

We are hosting a **FESTIVAL OF RUGBY** on **Saturday the 22nd February** with -

- the City of Cockburn 10s,
- a Western Force Trial match, and
- Round 2 of the Super W competition with WA hosting the Queensland Reds.

It is without doubt the **BIGGEST** and **MOST EXCITING** day in our recent history.

We need **ALL** our members to get behind this day to make it a **HUGH SUCCESS** and show Australia how great our club is. The match will be broadcast on Fox Sports for all to see.

In January, pre-season starts for our Seniors in the Premier Grade competition. 2020 will be our 3rd season at the top level of Perth rugby union. The Seniors competitive season starts on 28th March 2020.

For 2020, we are making some necessary changes.

The Premier and Reserves Grades will train together as 1 squad. The Premier Grade & Reserve Grade teams will be selected from the squad. There will be no separation. Any player in the squad can be selected For Premier Grade.

We will have a vocal and active Senior Leadership Group comprising our new Club Captain Joey Claes, Committee Members/Players Rhys Delamere & Victor Yong, Player Steve Charlwood and Colts Player Will Burroughs.

The leadership group will drive player standards, interaction and involvement in our great club. These players have great energy and promise to create an atmosphere to be envied.

In February & March, pre-season starts for our Juniors. The Juniors competitive season starts on 2nd May 2020.

There is plenty of work to be done **ON** and **OFF** the field over the coming months, but all at Southern Lions should be looking forward to an exciting 2020 and the growth of our club.

CLUB VALUES

We are releasing our updated club values statement in the near future.

Southern Lions is known as "The **PRIDE** of the South".

"**PRIDE**" will be the word that summarises our core values and what we stand for as a club.

PRIDE stands for "**PASSION - RESPECT - INTEGRITY - DEVELOP - ENGAGE**".

- **PASSION** - LOVE RUGBY, LOVE WHAT YOU DO.
- **RESPECT** - RESPECT THE GAME, RESPECT THE CLUB, RESPECT YOURSELF.
- **INTEGRITY** - BE HONEST WITH YOURSELF, BE HONEST WITH YOUR EFFORT.
- **DEVELOP** - BE THE BEST THAT YOU CAN BE. DEVELOP THE PERSON, DEVELOP THE PLAYER.
- **ENGAGE** - ENGAGE WITH RUGBY, CLUB AND COMMUNITY.

"THE STRENGTH OF THE PRIDE IS THE LION. THE STRENGTH OF THE LION, THE PRIDE."

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A LOOK BACK ON 2019

Firstly, **THANK YOU** to the Committee, Junior & Senior Coaches, Junior & Senior Managers, Sports Medicine team and Volunteers for all your hard work in 2019.

Southern Lions would not exist without the endless and tireless hours of service you give to our club.

We are always here to listen and help. If you would like to discuss anything, don't hesitate to call us.

Happy New Year to our rugby club members, supporters and community.

Yours in Rugby,

Ronan O'Shea

Club President
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Sandra Leef

Vice-President Juniors
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Gus Harriman

Vice-President Seniors
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SENIORS

For our Seniors, 2019 had several highs and lows and lessons were learned.

We had the high of 3rd place in the Premier Grade competition after wins against Perth Bayswater, Kalamunda, Joondalup, Coastal Cavaliers, Curtin Uni and Cottesloe in the first 6 Rounds.

The players were growing in confidence and were starting to really believe in what the team was doing and what the team could achieve.

The lows followed where increasing bad luck with a growing injury list cruelled our chances of finals rugby. Lady's luck was nowhere to be seen, but Murphy's Law stood tall.

The team's depth was tested to the limit. To the 2020 season there is work to be done if the side is to be more competitive with fitness, skill development and player depth high on the list.

We had the high of Reserve Grade reaching Southern Lions first Grand Final in the Premier Grade era for the club. The club is very proud of this achievement of the Reserves team.

The Reserves improved throughout the season and some very good results saw the team finishing 7th, courtesy of a long range last minute Kurt Delome wonder try in the last game. A great semi-final win over Nedlands resulted in a Grand Final appearance against Joondalup at home.

Unfortunately, Reserves went down by 2pts, in a great game of rugby, 27-29. They'll feel they left the win behind.

We had the high of a very competitive Colts team throughout the season, achieving several wins and not being far from the finals. Jock Tiernan and Kevin Venning have developed the players into a strong group that love their rugby and respect the coaches and club.

The Colts won 4 games and lost 4 games by less than 3 points, which shows how well they competed though out the year. The big focus moving forward is to make sure we as a club keep fielding a Colts team every year.

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Excitingly, 11 Colts players played senior rugby either at 3rd, Reserve or Premier Grade levels. This confirms that the players will graduate easily within the club into Reserve or Premier Grades.

Some recent off-season planning including all clubs and RugbyWA will hopefully result in a strong Colts competition in 2020.

We had the high of exceptional numbers in 3rd Grade throughout the season.

Again, the Thirsty Thirds improved throughout the season, and a very close loss in the last game meant that they missed out on finals by 1 place.

We had the high of Oldies once again being the team to "beat" in the Masters competition. Mark Gidvani continues to do an amazing job with the team that is the beating heart of our clubrooms! Their continued support of the Senior All Abilities program is essential to its success and is much appreciated.

Although, we had a relatively successful season, there is some disappointment. It's important to remember that we need to improve each year. We've learnt some valuable lessons, but there's always room for improvement. We can all work on doing something just a little better. When everyone does that, the results can be amazing, and we know that each and every one of us wants the best for Southern Lions.

We have work to build a culture of excellence, success, family and oneness within the whole club. 2019 taught us some valuable lessons about how important a tight knit coaching and playing group is to our success.

The All Abilities team motto - "One for all and All for one" - seems apt.

An overwhelming success has been the after match meals at Senior games. Thank you to Storme, Nina, Sharon, Sandra and Samantha for organising these meals, with the help of all the senior players.

Thank You to Gus Harriman, our Senior Vice-President. 2019 was Gus' first year in the role. 2020 will see Gus grow into the role completely and put his stamp on it. Gus is committed to work hard to develop a total senior culture that the club can be proud of.

Also, Thank You to Rawiri Hinder, our outgoing Club Captain. Ra has been exceptional in this role in last few years. Ra will continue to be an important member of our Senior group, but also needs time for his young family.

Also, a big thank you to all the juniors that helped out with Ball boy and Water boy duties for home and away games - it was really appreciated by all seniors.

JUNIORS

2019 had many successes for our Juniors, including -

- June - Bledisloe Cup Part of More march. This was an awesome opportunity for the kids and also volunteers. The club colours were great to see at the huge international event.
- 1st Junior Academy
15 Players - ranging from U/11 – U/17 numbers in 2018/2019. The 2019/2020 academy is currently running. Thanks to Jock Tiernan for putting together this great initiative.
- 229 Junior Players - Boys, Girls and All Abilities
- 1st Junior All Abilities Program

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This program has taken it's first steps and promises to grow every year. It was great to see Junior players being involved as mentors. Thanks to Josh Holt, Connor Atkin, Kynan Atkin, Athan Cable, Brennen Leef, Lauren Cable and Kane Gittings

- Teams - 2x U/6, U/7, 2x U/8, 2x U/9, 2x U/10, U/11, U/12, U/14, U/15 Girls, U/17
- Junior Ball Boys for all Senior Home Games
- U/11 came 2nd, and Grand Final Winners
- U/12 Minor Premiers, and Grand Final Winners
- Girls finished 4th, lost in Semi Finals
- U/14s Regionals South - Brennen Leef, Darius Bothma, William Crew and Bailey Harbour, Jock Tiernan Coach, Ronald Atkin Manager
- U/15s Regionals South – Connor Atkin, Jock Tiernan Coach, Ronald Atkin Manager
- U/16s Regionals South – Junior du Plessis, Andre Scholtz, Ludwig Esterhuyse and Oliver Chappell-Danagher
- U/16s Gold Training Squad – Andre Scholtz, Ludwig Esterhuyse and Oliver Chappell-Danagher
- U/16s Gold Final Squad – Oliver Chappell-Danagher
- U/17s travelled to Singapore and **WON** the 12th Centaurs International Rugby tournament
- Great season Thanks to all Coaches/Managers and Committee Members

Many Thanks to Sandra Leef, our Junior Vice-President, who excelled in her first year in the role. The position is Sandra's for years to come. Sandra's personality is perfect for the tough coach/parent/player relationships.

Thanks also to Sam Nunn as Junior Coaching Coordinator, for organising the coaches and coach courses for all junior coaches. Sam has stood down from U6 coach after this season, after 7 years in the role. Many thanks for your dedication to undoubtedly the toughest job in coaching.

ALL ABILITIES

2019 has been Season 3 of the Southern Lions Senior All Abilities Rugby Union Team, and Season 1 of the Southern Lions Junior All Abilities Rugby.

The season has been successful and most enjoyable for all concerned.

The All Abilities programs continue to grow with up to 18 players on the list for seniors, and 11 for the juniors.

The **Seniors All Abilities** continue to be supported by the SCRUM Oldies competition, who has allowed us to compete in an exhibition match at the end of their carnivals. There is no doubt that the standard has grown considerably over the past 2 seasons with a lot of support from the coaches.

Special mention goes to Justin Arthur (Head Coach), Michael (Red) Cairns and Dave Reid (Parent and sponsor), whose input has been tremendous. We have seen 4 new players this season arrive to train and play. The players travel from our local area and as far away as Scarborough, Wanneroo, Rockingham and Safety Bay.

The **Junior All Abilities** in its first season has reached 11 players.

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This has been a very challenging group to work with given their disabilities, like Autism, William Syndrome and intellectually challenged. They are young and striving to live in the “real world” which is challenging for them at the best of times. The rugby program has challenged them to the maximum.

Dealing with strange and unacceptable behaviours is part of the challenge however and we have risen to it. Early days for the junior's but as they get older they will grow with the program.

Our **Junior All Abilities Peer Support system** has been tremendous. Brennen Leef, Josh Holt, Connor & Kynan Atkin, Lauren & Athan Cable and Kane Gittings have far surpassed my hopes and expectations. It has been difficult to keep the “Buddies” occupied at times with lack of numbers, but they have stuck at it.

SPONSORS

Our many Sponsors continue to be very generous and Southern Lions is very grateful to them. Please use their services where you can.



LET'S ALL **ROAR** INTO 2020