



CONTENTS

- 2 **Coach Talk**
Interview with Royce Simmons - Penrith Panthers Head Coach
- 9 **The Football Manager**
Max Nines, St George - Illawarra Dragons Football Manager
- 11 **The Conditioner**
Billy Johnstone, Conditioner Canterbury Bulldogs / Qld / Aust.
- 13 **The Role of the Physio**
Tony Ayoub, Physiotherapist Melbourne Storm 1999 / Aust.
- 15 **Coaches Insight**
Andy Goodway, Great Britain Lions National Coach
- 17 **Aquatic Therapy**
By Brad Walker
- 19 **Defence & Tackling Drills**



Coach Talk



ROYCE SIMMONS PENRITH PANTHERS

Royce Simmons' playing career consisted of 233 First Grade matches, 10 State of Origin appearances for New South Wales and 10 Tests representing Australia. In 1986 he toured with the Kangaroos. His coaching career began in 1992 with Hull (UK) and since 1994 he has been the man in charge of the Penrith Panthers.

Royce is a fine example of a successful player who has turned to coaching and in this interview you will learn of what he believes is required to coach a successful Rugby League side .

RLCM How do you see your role as a coach?

R.S. First of all I think a coach needs a good culture and I think it is important to get good people right through your whole club.

When I first came here as a coach I spoke with Mark Levy CEO an ex Penrith player and the first thing that we both agreed on is that we would surround ourselves with good people from the Penrith area.

For example operations manager Allan Mair, he's from Penrith. Len Stacker was with me in the early days, Len was an ex Penrith coach, Jimmy Jones Development Officer, ex Penrith player, Peter Kelly reserve grade coach, ex Penrith player, Johnny Cartwright Under 19 coach, ex Penrith player, Col Vande Voort with the junior representative sides, ex Penrith player

They are all good local people with the Penrith Panthers at heart. When Len Stacker left in '98 and I added Peter Mulholland from Camden and Rex Wright is very professional in his position as head trainer.

Secondly we wanted to surround ourselves with players that have good lifestyle and training standards with no attitude problems and looking for what they could put back into the juniors. Then knowing that they have those qualities, we would only then look at their football capabilities. For the season just past we had some tremendous young guys that were just terrific in all of the aptitudes of what we were looking for and they could play football also.

When you mix those players with your senior players who already know what is expected from them, you really get the culture in the club that Mark Levy and myself first spoke of.

RLCM What do you think is your strength as a coach?

R.S. Relating to the players and I am willing to learn and I listen to other coaches.

For instance when the team is in Brisbane I make sure that I have a quick chat with Wayne Bennett. I pick up a lot of things from him.

Basically I can relate very well to the players and teaching players skills is another strength. I am right into skills, skills under pressure, skills at speed.

Being honest is a big plus I won't lie to the players.

Respect is another strength. I wouldn't say that I was a great mate with any of the players and I don't think you can be great mates. I have got a lot of respect for them and I show it.

So to condense it down communication, ability to learn and to teach would be my main strengths.

RLCM Do you ever reach outside the game to other coaches.

R.S. I am going to try to get over to Europe and have a look at how soccer operates and hope to pick up a few things.

In '98 I went through some of the England soccer clubs looking at trying to pick up an odd thing here and there.

A lot can be learnt from other coaches, just listening, you can learn a lot. I have been around the game for a fair time, but I don't stick my head into the sand and think I know everything.

RLCM You went to Hull in England and you coached, was that part of an apprenticeship you feel that you served, did you get much from it?

R.S. It was the best apprenticeship that I could have served I was raw when I first went there. The beauty at Hull was there was no one to seek help from. I couldn't go and say, "Oh listen Tom, I am struggling here could you give me a hand?"

I learnt about everything, I was over there by myself and I was trying to instruct players how to do weights, so naturally I had to learn it myself. I read up on weight training and then developed weight programs. I was the conditioner, when the Australians came over I was their real estate agent, I was doing all my own editing of the videos. I was the manager with a budget to sign the players. I had to do everything involved with the game.

It was the best apprenticeship I could have had and I learnt from the school of hard knocks. I learned to appreciate what my conditioner and trainers are doing.

I learnt to appreciate an assistant coach is someone to bump some ideas off. I learnt what all the aspects of training were about. I know now how important they are. I think that was good.

The most important thing I learnt was the game. If I had a problem with defence or attack or any problem at all there was no one to give me a hand. I was there alone and I had to fix it alone by myself.

Some local guys came in and helped which was good because I was educating them at the same time.

The great experience for me about going to Hull was becoming your own coach. The two years hardened me up and it taught me to cover the whole of Rugby League. I had to find out answers, I had to develop my own skills.

I went over there without any skills and as soon as I got there I had to develop my own. The big thing about Rugby League is skills so I made them up from scratch.

Everything was done from scratch so, to answer the question, yes it was my apprenticeship and I think it was my best coach education.

They are a lot more advanced now over there, I don't know whether you'd go through the same thing. Stuart Raper is over there now and I think that is great. He stepped up from here and he went over and I think he will return tougher and no doubt a better coach for it.

RLCM How do you go about getting your players to perform each week at the level required?

R.S. It comes back to having good character in the club. The club needs players who want to learn and train, who are willing and want to win. That attitude should be for the whole club in general.

Variety is a must whether it is the training methods or just how you talk to the players, I don't think you can keep coming back each week with the same thing.

Try and mix it up with mostly positive stuff. But you cannot always be positive, sometimes you have got to come down.

Generally in the end it comes back to asking them what they can do for you and the team, more than me telling them what they are going to do.

At Penrith we have game books which we fill in each week. We view the opposition's strengths and weaknesses and from this the players will write down their performance goals and the team goals. We check them regularly and then during the next week I might go over their individual videos with them.

I will discuss their last few games and give them a couple of things which I think they can improve on. I only give the player generally one thing in defence and one in attack and we work on that for a couple of weeks. A few weeks later the player will come in, if he has fixed that we will move on, and then fix something else up.

I think you might overcome the performance issue if you come back to my first answer. You get people of good character and they will back up. It comes back to the people you surround yourself with.

If you do that you will keep coming back to people who want to play Rugby League and they will want to play for each other.

RLCM How do your players react to travelling away?

R.S. Playing away from home should not affect you. Our past record is not good away from home. So the season just past I tried to make it as much like if they were at home.

For example in the past when we were playing away, we would have a nine o'clock breakfast, at ten o'clock

we go for a walk, then we will have a team meeting at twelve thirty and go to the game after that.

I think now, we don't do that at home games. You get up when you want to, you go for a walk when you want to. So the rules, generally now are, when we are away to prepare yourself as best you can, as close to our home conditions, if they want to sleep in until 11, we let them sleep into 11.

If they want to go for a swim, and they want someone with them, we will send someone. If they feel flat and one of them wants to talk to me, then they can come into my room and we talk.

Personally I believe that we go to another ground the same size as our own, the people over the fence are the same except they are yelling out for a different side. That's what I truly believe and it shouldn't worry anyone where they play. So maybe the preparation can put people off. I am trying bring it as close home as possible.

not know this but a lot of players at grade level cannot pass correctly and need practice on their passing and at Penrith the players practice a lot.

We practice playing the ball quick and all sides do. We do a lot of drills, we have about 150 different drills and they are all good. Peter Mulholland, Len Stacker and myself have put them together over the years.

Sometimes we practise basically the same skill, but in a different game related situation, the players enjoy them and they are getting fit at the same time.

We work with heart monitors at training and after one physical skills session during the year we did some running after it. The players could not believe that the monitors showed the same heart rate with the running as with the skills.

We do conditioning type things between the drills. We might do a drill and go and do a conditioning thing. Then come back to the drill and then backwards

Why do the skills and why practice them, if when the opportunity arises the player is not allowed to use that skill that he has practised.

RLCM Spectators and commentators marvel at the great skills of NRL players every weekend, how do you go about maintaining the high skill level needed in the competition?

R.S. We really work hard on our skills, even in pre season training we are doing four skill sessions a week. The skills and drills have conditioning involved with them, they are done quick, we do them under pressure and the drills are designed to be game related both in attack and defence.

Penrith spent more time on defensive drills during the '99 season than what we have done in the past and this was because we had a weakness in defence in '98.

Sometimes we will just warm up 100 passes just to each other, even before we run, just 100 passes, backwards and forwards, backwards and forwards.

It has been said of players that came into grade in years gone by that they should know how to pass. Unfortunately that is not true. Aspiring coaches might

and forwards between the drill and conditioning.

We realised through the heart monitors that we were getting the same work out doing drills as we were in our running programme, but we were having fun and improving our skill level.

I love doing skills, the players love doing them, you get a work out, and it keeps the variety and the enjoyment there.

RLCM The mental skills to perform at the top level, how do you work out their mental capacity to play as against their physical?

R.S. We have had sports psychologists in the past I strongly believe in the mind game but last season we went without one.

There was a feeling that the players attitude towards it was not positive and it was time for a break. Although I believe in it. I thought maybe that I could do the job this year, but in a different way with story related things.

I still talk about the things that were learnt from the sports psychologist, I read books and more often use videos highlighting outstanding achievements by individuals and teams.

I was a very dedicated footballer, I tried very hard and was lucky enough to play for Australia but I was a long way from a champion footballer. I tell the players stories about how to achieve goals, I relate stories how you become a good player when you have average ability and a lot of dedication. I tell them about players like Chris Mortimer and the other guys I played with that had good attitudes.

I started giving them a little bit of my sport psychology this past season. But, I think I will need some help and will be looking at bringing a psychologist in for

Coach Talk



ROYCE SIMMONS PENRITH PANTHERS

the 2000 season for his expertise every now and then. I am always looking for some advantage and to try something new and if I find this edge I'll try and use it.

RLCM 'Off the Ball plays'? A player may only have the ball in his hands for 6 - 8 minutes in the whole game. What do they do for the rest of the time? Do you do much on that with your players?

R.S. Skills bring all that together, I think that is what skills are for, it is all about getting your angles and your decoys right and we are talking about decoy plays.

You are doing a drill and you show players what they are doing 'off the ball'. You practice it, but it all comes back to the skill factor. The drill maybe repetitious, it maybe a set move. Explain it and you say "look if you were on the right side and we are doing a reverse pass, if you start running too early, you are going to give it away." They must understand that the drill is for honing their 'off the ball' awareness.

I think it is a very important part of the game but I don't think you want to talk about it too much indoors.

You do it out on the paddock and have skills for it. Players want to run the ball, carrying the football is what the game is about. I believe that if you are doing that and the repetitious stuff is not boring the skill factor for 'off the ball' plays will improve.

RLCM You have players in your team who could be classed as impulse or reactive players. How, do you coach those players? They do their own thing to a large degree, they run the game for themselves but are they coachable or do you let them have their own way?

R.S. Ryan Girdler has a flick pass. People have said to me "I can't believe you let him do those flick passes". But let me tell you this, Ryan is always practising his flick passes, he doesn't just go out there and all of a sudden pull one out. He practises it and the other players know and are aware and looking for it during the game and at practice.

If a player goes out there and does something he hasn't practiced I get cranky. For instance if a player does a chip or grubber kick and I have never seen him do either of those kicks in training, then I would not be happy with him. If he has practised it and he thinks it on, good.

All teams have a game plan, they may be trying to achieve certain field positions or attack a particular player. The players are the ones that are out there and I let them know, if we are making forward momentum and everything is going OK then I haven't got a problem with them playing impulsively.

Although, if we have a breakdown in possession and things are not falling into the groove or we are starting to get fatigued, then I get the message out telling them to come back to the basics, let's get it right again, let's get back into the groove.

This is also the same at training when they get out of the groove or are fatigued, we stay on the paddock we do a few little set routines to keep working out of it. Then when they get back into the groove the momentum picks up again and away we go. We have a couple of calls where we will do different types of things whether it is dummy half running with the ball, whatever but we will come back to some basics.

We will settle back down, we have got a few set things we might do early in the tackle count. But if a player sees an opportunity I am believer in him taking it.

Why do the skills and why practice them, if when the opportunity arises the player is not allowed to use that skill that he has practised.

RLCM What type of messages do you send to the players?

R.S. It depends on the game and what stage it is at for different messages. You are dealing with a different situation every time. Sometimes I don't think it is good to send out a message, I let the players do what they want to do.

Sometimes after the opposition scores a try and a coach sends down ten messages to the players. If the coach sees the need to send down a number of instructions either he or the players haven't done their job well during the week.

I have tried to cut back on messages. When I first started I would be sending messages out all the time. Now they are short and are very simple "get to the defensive line quicker", "play the ball quicker" that sort of stuff.

RLCM What is your opinion of game plans and patterns?

R.S. We don't go away from our game plan much at all. Although in a particular game I might say let's hit side A or position B or whatever a bit more. That would be if I think they could be vulnerable and I would say "Let's go there a little bit more and when you are hitting there, look for this?"

I don't try and change the pattern too much. I may change little bits around the park to suit the side we are playing but only subtle changes to suit the occasion.

RLCM A rule was brought in through Super League and the scrum was moved in 20 metres. It appears to us that no one seems to be using the short side from the scrum for attacking plays. Do you have an opinion on that?

R.S. I think the scrum is a great place to attack from and my players have got enough plays to put some good scrum plays on if they want

With the speed and fatigue factor of the game these days some players see scrums as a time to recover and they are not thinking about putting a play on. I think the fatigue factor prevents more attack coming from scrums.

RLCM Could you explain the work you did on your defence last season and how you put your defensive patterns together.

R.S. We had a think tank of Lennie Stacker, Peter Mulholland and myself. We spoke to various people. I talked to John Muggleton who is now working for

Rugby Union as defence skill coach and I spoke to other coaches we shared and swapped skills. I played around with many defences, the three of us kept talking and we came up with what we thought were good patterns of defence.

The most important thing we did after we decided on the 'patterns' was to advise the players of basically what we wanted to do. We wanted them to own this new 'pattern of defence'.

We said to them that every pattern had two or three ways to put it together, and as the three of us had worked on many different defence patterns. We wanted our top 25 players to decide.

They had to select option A, B or sometimes C. We asked them what they thought of each particular pattern. Many times they were not sure so we went to the park. Once the players okayed the pattern right down to the drill and the basic skills, we then told them that they owned it and it was up to them to make it happen.

We set the structure up and steered them down the channel, but in the end they made the calls that they thought were best. At the end of the day the players owned Penrith's defensive pattern.

We made up a lot of basic drills that suited our new defence. But communication was the key principle, you had to talk and you really had to communicate in defence, we did many 'communication in defence' drills and in the end they just got used to talking.

Naturally you work with your defensive partners together all the time in the drills. We made these drills competitive and we went from one on one tacklers and never letting the player beat you on the inside, to two on two, three on three, three on four, four on six right up to left against right.

We made different people own their different areas of the park. After initial breaks were made people had to respond to their position on the park. We made it very competitive across the board.

RLCM You recruited players who could effect 'one on one' tackles.

R.S. We needed players that could tackle. Nigel Gaffey is a real good attack player. I watched him and I realised that he is a better defensive player than he is an attacker, we signed him. I watched Scott Sattler, people had said he wasn't a good defender, I though he was, the defensive partner with him wasn't helping too much. Johnny Cross is a great defensive player and we built up a good mobile back row.

Coach Talk



ROYCE SIMMONS PENRITH PANTHERS

I agree though, if you can't do a 'one on one' tackle in the game today, there are not too many places for you. So, I am happy, I haven't got a problem as to which way they defend, as long as they can tackle 'one on one' and the players want to talk in defence.

RLCM How much do you use videos in your overall coaching?

R.S. The players are given their own individual tapes, every week, both grades. At various times I will take players aside and watch their tapes with them.

Both Peter Mulholand and myself use videos a lot. For example, after the game Peter will watch the eagle cam a couple of times and pick out some good things and some bad things we have done in defence and edit them onto a tape.

He would bring it into me and we edit it again if we think it is too much. I will watch the normal video and I might pick out some things in regards to the overall defensive line and individual close up defence.

I will then look at the attacking part of our game and that is edited down into 20 minutes of [1] good stuff and [2] not so good stuff. We now have two tapes and we will edit them down to down to 20 - 30 minutes of football.

Peter watches the opposition play three times on video from any of their past 8 games. If something comes up from the opposition that we could put into action, maybe showing a strength or a weakness or somewhere we can use our strenghts or pick up on our weakness.

We will edit the opposition tape to 10-15 minutes to show the players. I don't like to show too much of the opposition, rather I like to concentrate on what we are doing

RLCM How much input do you have with your Junior development and Talent Identification?

R.S. Jimmy Jones our Development Officer runs most of that, he has I think about 12 scouts out there, and they are out there every week going around the junior clubs. Mick Leary is the club's talent scout, he works outside the area, going around the country.

Jimmy has the structure set up very well. We have our junior league representative sides, our Under 20's, 18's and 16's, then we have some development squads 15's and so.

Between all those teams and the junior league development squads that start at 15, we have got our finger pretty well on the pulse.

Some of the people at Penrith wouldn't agree to that, because there are a lot of players out there and it is very hard to keep them all.

Lennie Stacker occasionally works with Johnny Cartwright the Under 19 coach on skills so they are doing the same drills First Grade are doing but taking their skill level back.

Next year again we will bring our U20's and U18's in to train on Tuesday nights with First and Second Grade

That is good for the kids and it is also very good for the full timers too.

I thought it was very good for the First Grade because they would pull a kid aside and say. " Hold it there son, you are not running the right angle, you have got to run this angle". Some of the time they are not running the right angle themselves but now they are telling kids they aren't running the right angle they become more aware of what they are doing themselves.

RLCM How do you look after your young recruits?

R.S. If we get kids from the bush we won't bring them down until they finish school. We have lost a few players by doing that. We sign them to a scholarship, pay their way at school. We might send them some track suits and boots.

We are not going to pay them big money. We believe strongly in leaving them with their mother and father they need to learn off their parents. Their parents make sure things are happening. When they have finished their schooling we will then bring them to Penrith.

We have lost some players through doing it that way another club might come over the top and offer more money.

The role of the Football Manager

By Max Ninness

St George/Illawarra Dragons Football Manager

Written by Vanessa Arthur

Gone are the days when the manager of a football team ensured the safe keeping of the players' possessions, during a one-hour Saturday match.

Today, the role of the football manager involves more than an hour's work. Indeed it's become a full-time occupation, where the manager is required to shadow the coaching staff, monitor the players' performance, act as the team's chief organiser and, of course, keep an eye on the opposition. Undoubtedly the call of duty for a manager has far outgrown its primitive days of orange-slicing.

Max Ninness is testimony to this.

As Football Manager at the St George/Illawarra Dragons club, he's the organisational team's utility player. Characteristically wearing a stack of caps, he orchestrates the team's skills sessions, weekly schedules, match plans, tip sheets on opposing players and monitors the opposition.

"Mine is a seven-day a week job. I'm responsible for a lot of things and everything around you is football. Any spare time you have, you'll go and watch a game," says Ninness.

And it's this dedication to the game that he believes drives his success. Coming from a strong background in the sport, where he played for the St George club for five seasons, Ninness says he's seen the role of the manager evolve, just as the game has. He concedes it's now a highly sophisticated position, requiring the support of office staff and others. Ninness and his managerial team are the backbone to the players' success, doing all in their power to ensure the smooth-running of the club. Without hesitation, Ninness says if there's a timetable clash, he'll change it. If there's a recruitment dilemma, he'll fix it. If a player's got a problem, he'll talk to him. Essentially, if there's a man who can do it, it's Ninness.

"It's all part of the job and I really enjoy it. I have to say I deal in a lot of areas, especially when it comes to skills. That is the other title I have as well. If anything is going wrong with their skill, it's up to Maxo to fix it. So that happens," he says.

Underlying his capacity as a manager, are precisely his good communication skills. Ninness is adamant a manager will fail if he doesn't possess the ability to talk, not only with the players, but also with the coaching staff and supporting office workers: "I'm not one of those persons who thinks he controls anybody, but you have to communicate, otherwise people will get their nose out of joint when they don't know what's going on."

His role at the Dragons requires him to liaise primarily with head coach David Waite, scheduling administrative matters into a timetable geared towards yielding the players' best-possible performance. Ninness says, though, that an open relationship with those you deal with is the key to success as a manager: "With the players, there's no way they would not come to us (the managerial team). That's the sort of rapport we have established."

He says those who take on managerial positions within football clubs should endeavour to foster free-flowing communication at all tiers of their club. This, Ninness says, will ensure objectives for the club are clear and provide a platform from which the best possible results can be reaped. It will also ensure the longevity of the club, for the game will remain enjoyable for the players, as opinions are voiced at ease.

Being able to discuss certain issues with the players and coaching staff invariably aids Ninness' managerial capacities, but his standing is also boosted by his ability to organise. The qualified high school physical education teacher is a firm believer that to do well at

anything, organisational skills are vital. "Being a manager, things have to be completed and if you have time frames for them to be completed in, you end up with a much better product. Setting out what needs to be done also allows you to keep a track of what's going on." With a vast array of tasks falling under Ninness' managerial umbrella, there's no disputing he's busy. In fact, since the St George/ Illawarra merger, he says he's the busiest he's ever been. Thus, Ninness employs a handful of organisational strategies to strengthen his personal performance as a manager:

- (1) Keep a diary - Ninness says it's impossible to monitor what is going on if there is no record to alert you of up-coming events. A basic diary will also allow you to plan ahead.
- (2) Confirm all plans - Whether it is an accommodation or training booking, you must be positive the plans are fixed.

A good manager will involve himself in every aspect of the game and be aware of all that is going on, even if it does not fall under his job description.

- (3) Inform all - All parties involved must be aware of the itinerary. It's pointless informing the coach of the departure time and not the players.
- (4) Delegate tasks - Your success as a manager will be bolstered if this step is undertaken. As the saying goes, you can't have a finger in every pie.
- (5) Be flexible - Scheduling to suit the sentiment and wills of those around you will enable you to cater for the majority. Good listening skills will also aid your performance in this area.

The latter of these five basic organisational steps - flexibility - deserves added attention. Ninness rates it as imperative to his position at the Dragons, stressing the importance of being a team player and going with the flow: "Say the Chief Executive Officer wasn't around or whatever, obviously you would have to fill up those roles." And he adds that, while it's good to specialise in certain areas, a manager who cannot don another cap at any given time, will lag behind. He says there's a strong likelihood of this happening, too, as the game becomes more complex: "There are a range of extra things to do these days. For example, players get injured, as the game becomes more fast-paced, and people are needed to follow up on injuries and go to hospital and do all that sort of stuff." Given

Rugby League Coaching Magazine

the diversity of duties in the game today, Ninness suggests both the manager and his fellow colleagues become familiar with each other's positions. This, he says, will cater for the unpredictable, ensuring there is always a person who is equipped to carry out the job. Further to this, he is a firm believer that a manager must have a cool head and not let stress override his performance, for flexibility will pave the way for other options to be explored.

Coupled with the need to be flexible is the vital step of performance evaluation. A good manager will indeed expect nothing short of a top performance from himself and his associates, yet Ninness asks, how can this be determined if some form of evaluation is not carried out? He says aside from the manager's obligatory duties, ranging from motivating the team to booking transport to and from the game, a good manager will not simply rate his standing, but will also engage in sighting the performance of his players.

Cyclic evaluation, as it may be called, is a process whereby all associated with a particular team's game are constantly monitored to allow for improvement. Ninness employs this strategy at the Dragons: "We evaluate the year, we evaluate the players, and we just go again. In fact this provides an interest for all in the activities we are involved in." With all members of the team under the spotlight, difficulties can be detected and rectified at a premature stage. And there is scope for the acknowledgment of praiseworthy deeds, set to inflate team confidence.

Ninness concludes the role of the manager, while undisputedly different to that of its founding days, is a multi-faceted job, requiring great dedication. His position with the Dragons entails coordinating training and organisational matters, but he concedes variety is the spice of life. A good manager will involve himself in every aspect of the game and be aware of all that is going on, even if it does not fall under his job description. He needs to look ahead, communicate with all involved, and be both organised and flexible if he is to yield the best outcomes from his pool of players. An extensive evaluation process will determine this. And if posting such successful results, as the Dragons have done last season, is any indicator, Ninness's performance as manager of the club has been first-class. □

The Conditioner

Billy Johnstone - Conditioner Canterbury Bulldogs / Queensland State of Origin / Australia Tri-Nations

Written by Robert Rachow

TRADITIONALLY the physical conditioner is the most avoided and despised member of any Rugby League team. A disciplinarian, critic and harsh taskmaster all rolled into one, the conditioner is often viewed along the same lines as a school principle or an overbearing boss. But by driving their troops to the ultimate peak of fitness, both physically and mentally, they are assured at least the admiration of their players, if not the adulation. And just like another maligned footballing identity, the referee, without them the game would barely be of a standard worth watching.

Billy Johnstone has overseen countless seasons with the rough and ruthless Canterbury Bulldogs and has enjoyed honing Queensland's State of Origin team to perfection on many occasions. Yet while his high expectations and emphasis on effort have made many enemies, his use of variety and ability to keep up with the latest sporting trends has earned him a spot as possibly the most respected conditioner in the NRL.

In view of a season, Johnstone likes to break his training regime down to 4-6 week blocks, beginning with the pre-season, then the mid-year and pre-finals periods and finally ending with the off season. With the pre-season beginning for most teams, around early November, Johnston gives his troops approximately six weeks of intense physical training prior to Christmas. However, unlike years past, he does not stick to the tired methods of road runs, hill sprints and exhaustive distance running. Instead he splits the team into four distinct categories, with individualised targets for each group.

"At Canterbury we have a speed group, a composite group, a low impact group and a rehabilitation group," reveals Johnstone.

"Obviously the speed group is for guys we want to heighten their acceleration and footwork, the composite group is for general cardio-vascular work, the low impact group is for older players and the rehabilitation group is for those recovering from

A Disciplinarian, critic and harsh taskmaster all rolled into one.

injury. Each group has specific methods of training that will best assist the club's goal of being highly competitive the next season.

"In all, we probably only train as a team once a week until Christmas and that is more football-oriented than fitness-minded. Things like running on bitumen and sprinting laps are a thing of the past because in the long run it does more harm to the players' bodies and attitudes than it does good."

The maximum distance Johnstone expects his troops to sprint is 150 metres, with decreased recovery times being the key to increased fitness. He emphasises variety and competitiveness as the essentials in keeping players focused on training and enthusiastic about the season that looms ahead. After Christmas, the first four-week block consists mainly of football-oriented training, with physical fitness continued through a range of ball-handling drills that incorporate explosive running. Following that, Johnstone prepares the team for the first rounds of competition by keeping the team off their feet with boxing, rowing and low intensity gym sessions.

"Running is the basis of Rugby League and whenever you try to perfect something, you start from the ground up," believes Johnstone.

"So you have to find a balance whereby you've trained the players to the best of their running ability, but kept their legs fresh enough to reproduce it in a game.

”I like to create football-oriented drills that involve a fair bit of running, because quite often the players won’t realise how much work they’ve actually done if they have a ball in their hand.”

Some of the guys in the low intensity group, like Ricky Stuart and Brad Clyde, have more pool sessions and less running to restrict injury, but you still need to create a healthy base for them to work with. ”I like to create football-oriented drills that involve a fair bit of running, because quite often the players won’t realise how much work they’ve actually done if they have a ball in their hand.”

Around the middle of the season Johnstone still maintains his individualised groups, but begins to watch the technique rather than the effort of a particular skill. Overall Johnstone says he uses only a handful of drills in a season, with subtle variations on the one repetitive activity. Over time this leads to the players becoming more focused and developed at the skill, but doesn’t allow them to become bored with the same old drill. It is around the middle of the season that conditioners must also ensure their players are not being over-trained and becoming physically exhausted.

”One of the easiest things to do as a conditioner is to over-train your players,” Johnstone says.

”You get so caught up in pushing them and expecting more, that you need someone else’s perspective. That is when player feedback becomes important and you have to learn which players to listen to and which ones to disregard if they’re perhaps prone to whining.

”You can pick up signs of over-training when guys who are normally chirpy start to become lethargic and the team gets a few niggling injuries. Be flexible enough to recognise that you can’t train everyone to the same level and learn when it’s time to take a step back.”

Then there is the semi-final or representative stage of the season. It is around this time of year that premierships are won and teams either realise or fail targets they have set at the beginning of their campaign. Canterbury are renowned as strong finishers and Johnstone believes the Bulldogs’ results

are as much to do with how they have trained throughout the year as the decisions made over the final rounds of competition. However there are certain steps that can be taken to maximize the chances of a lengthy and fortuitous September. Reducing the length of sessions can be effective in increasing the team’s quality output, while an air of optimism undoubtedly furthers the psychological edge needed in do-or-die matches.

”You can’t make the player any more fit by the time it comes to August, so you should look at other aspects like quality,” offers Johnstone. ”In the late stages of the season your three main priorities should be technique, discipline and responsibility. Sometimes it might only be necessary to train for half-an-hour each night if you’ve given the players enough ammunition to perform on the weekend.

”Encourage the players to explore other avenues away from football, because quite often you will find that there is mental fatigue creeping in and perhaps a subconscious desire for the season to end soon.”

Once the season is over and done with, the limits of the team conditioner are somewhat restricted. While professionalism has certainly encouraged players to arrive fit for the next season and many players save themselves the pain of being ‘broken in’ again, at many levels it is still considered a free-for-all holiday. Johnstone suggests that the conditioner should already have in his mind the players that will need most work in pre-season training and remind them that if they drink or eat to excess, then they are required to do extra weights in their period of absence. However the off-season is also a period that allows desire and enthusiasm to foster itself once more inside the players’ minds and, in turn, readies them for another season of grueling physical work. And in many ways it allows the conditioner to reflect on the success of their methods and plan for the year ahead.

HEALTHY & READY TO PLAY

TONY AYOUB - PHYSIOTHERAPIST

1999 Melbourne Storm / Australian Tri-Nations

AS one of only three full-time physiotherapists in the NRL last season, Melbourne medico Tony Ayoub has treated almost a lifetime's worth of bumps and bruises. And as a staff member with both the premiership-winning Storm side and the Australian Tri-Nations team, he has also become distinctly familiar with the taste of success. However Ayoub, a university graduate in Applied Science, recalls that it was just over a decade ago that his skills were considered superfluous to the needs of a football team competing at the elite level.

"When I started out with Canterbury in 1987, physios were regarded as second-class citizens among most other teams," Ayoub reveals. "A lot of my colleagues at that time were never really asked their opinion about certain injuries. They were just expected to treat them. "But to the Bulldogs' credit, they revolutionised the role and saw the importance of keeping their players healthy and ready to play. My role adapted so that the team consulted me more frequently and I reported to them throughout the week on specific matters. Pretty soon my position became full-time and it's at the stage now where I don't have a day off between February and October. Things have definitely changed."

Among the reasons for the transformation of the physiotherapist's role is the heightened awareness of early and ongoing treatment to injuries. Gone are the days when a corked thigh would be treated simply with a bag of ice and a long night of drinking with teammates. Now, both players and coaches alike recognise the importance of quick and concise action to deny the possibility of long term physical damage.

"Injuries need to be identified and treated straight away, whether that be during a game or in the dressing shed after the match," says Ayoub.

"A great way to avoid injury is to warm-down following a match, because not only does it give your body sufficient time to adjust to the new conditions, it helps you detect little injuries that would otherwise pass unnoticed. At Melbourne we keep a database of injuries from every game so we can follow them up at training or question players who say they can't train because of soreness.

"Hopefully everybody by now should be aware that alcohol mixed with injuries is a very big no-no. What alcohol does is that it dilates the blood vessels and you end up with more blood in the affected area, consequently resulting in a higher rate of tissue cell death. In some cases drinking after the game can postpone recovery of an injury by up to a month."

A typical week for Ayoub is a non-stop seven-day-a-week consultancy and rehabilitation for his injured players. While not all clubs at all levels can provide such comprehensive assessment, Ayoub insists that the majority of the following principles can be used uniformly across the board:

Day 1 - Post-Game

- Treat injured players and document all injuries
- Accompany players to nearest medical facility if needed

Day 2 - Day After

- Follow-up injuries
- Establish playing/training status of injured player
- Determine treatment for upcoming week
- Pool session if possible to aid recovery and reduce impact on body

Day 3-5 - Mid-Week

- Aim for treatment of injury once a day
- Continue training program established at beginning of the week

the wear and tear on players should be more closely studied by both Administrators and medical experts.

Day 6-7 - Late Week

- Fitness test for upcoming match
- Continue training and treatment
- Possible rest day to aid recovery

Day 8 - Game Day

- Stretch and hydrate players throughout the day
- Make sure dressing room is cohesive to preparation in advance of players arriving
- Communicate with support staff
- Spend time with players of concern
- Oversee team warm-up before the match
- Ensure medical supplies on the sideline are sufficient
- Warm interchange players and treat match injuries as they occur

In terms of long-term injuries such as the shoulder injury which waylaid star five-eighth Scott Hill for much of last season, Ayoub also has a system of treatment to follow. While the specifics of the program change depending on the nature and location of the injury, the basic principles stay the same.

Surgery

- Watch operation to grasp the extent and mechanics of the injury
- Ask surgeon what long-term restrictions the player will experience

Weeks 0-6

- Nothing for first 5 days after surgery
- Assess lay-off time
- Begin to mobilise and rehabilitate injury

Weeks 7-12

- Pool sessions, stationary bike work, light weights and jogging
- No contact training

Months 3-5

- Develop a fitness program with ever-increasing targets

Months 5-onwards

- Establish game restrictions to injury and prevent further damage
- Increase player confidence
- Be positive and willing to assist/listen to player's problems
- Begin contact work

After 13 years and three premierships at the top level, Ayoub has noticed the many subtle and not-so subtle changes the game of Rugby League has undergone. While he doesn't directly begrudge the spectacle of hard clashes or the increased wages being offered to rising talent, he believes the wear and tear on players should be more closely studied by both administrators and medical experts.

"The damage the game is doing to players in the long-term is really out of hand," Ayoub warns.

"Last season Melbourne played close to 40 games, which is just unbelievable for the contact that exists in the NRL. And next year they are starting the season earlier so I can only see more and more injuries occurring and more and more players having to retire at a young age. Playing in the heat accumulates deficiencies in the body and makes muscles easily susceptible to injury, so over time there is definitely going to be a player break down.

"I suppose the fact the sport is a business now doesn't really help either, because people are going to ignore injuries so that they can win or earn another contract."

Ways around these problems, Ayoub suggests, include decreasing the number of seasonal matches and ensuring games are scheduled for periods of cooler temperature. Eventually he believes teams will have to adopt larger playing rosters and employ a variety of support staff similar to other football codes such as Australian Rules, soccer and gridiron.

“You can do what you want as long as you’ve done what I told you”

ANDY GOODWAY Great Britain Lions National Coach

Written by Robert Rachow

GUIDED throughout his career by the likes of Bob Fulton, Malcolm Reilly and Graham Lowe, Andy Goodway has now been handed the reigns of the Great Britain and Ireland national side. So how does a former player, who only retired five years ago, handle the task of coaching one of the three most powerful teams in global Rugby League?

“I try to take on board the best aspects of each coach I played under,” Goodway reveals.

“For instance - Reilly was the ultimate at man management skills, Lowe was a fantastic motivator and Fulton always expected his players to put in that little bit more effort than usual. In many aspects I try to emulate what they taught me or alter it slightly with ideas I think may be beneficial.” I’m loathe to use my own personal playing experience because it is not always applicable to the players I coach now. I like to listen to a variety of sources and pick up what I want and disregard the rest. Certainly it’s good to have a look at all opinions, but if you try to do everything, you end up being confused.”

Goodway has also deviated from some of the beliefs of his former coaches and focused on a range of issues that have come to light in recent years. As part of his individual psyche, he places particular importance on player education, being a players’ coach, monitoring recovery and allowing a free reign to talented members of his squad.

He believes the British game has fallen behind the Australian game because too many administrators and coaches fail to plot a path to long-term success rather than short-term glory. The key to this, Goodway says, is to bring the education level of the players up to a significantly higher level so that they can make

decisions for themselves and improve the overall standard of northern hemisphere football. In terms of being a players’ coach, the 24-Test veteran is of the opinion that training programs and gameplans should be customised to the individual rather than to an overall team outlook. Considering the individual also comes into play when selecting a team. He prefers to assist or encourage a player going through a rough patch rather than drop him and expect relegation to serve as a means of tutelage.

One area of Rugby League that is undergoing reformation is the process of monitoring and expediting player recovery. With the advent of full-time professionalism and more and more games each year, players bodies are experiencing more wear and tear than ever. But while trainers are honing their steeds to the peak of fitness and player expectations are constantly increasing, the question begs; when is enough enough? To overcome burnout Goodway says League should take a leaf out of soccer, where squads are increased in size and player rotation is more constant. He says triple cup holders Manchester United have spent extensive money and time researching recovery specifics and place as much importance on rest times as other preparation techniques. And in regards to allowing his star players unrestricted freedom in their decisions, Goodway promotes the concept of providing parameters to assist the player.

“If the player is smart they realise that a certain amount of structure actually helps their game performance,” espouses Goodway.

“I don’t like to put a reign on anybody, but I give

them key areas to work in. They have to realise that these key elements complement the gameplan and at any one time, they have a number of options that will change the match in a particular way. "I've learnt to live with attitude as a means to success and your game breakers need to be left alone. My motto is "You can do what you want as long as you've done what I told you". I prefer to under-coach rather than over-coach."

Currently the British game is being reviewed and tighter restrictions are being placed on areas such as the acceptable overseas quotas for individual clubs. Officials are also endeavouring to smooth the linear progression of players from Under 19 talent squads and BARLA (British Amateur Rugby League Association) clubs into the elite Super League competition. Goodway believes administrators should take this approach one step further and ban overseas players from competing in all grades except for the top level.

"We have a problem in England whereby we don't have enough players in key positions," he declares.

"It is happening because you have Australians and New Zealanders playing, for example, in the halves at every level of some clubs. We can't foster talent and expect the game in the UK to improve if someone is always blocking their way. "We also need to make some drastic cutbacks, like in Australia, because teams don't face the possibility of being beaten every week.

Sometimes you will get two hard matches in a row, but more often than not you won't. Physically we are on a par with Australians, but mentally we are still some distance away."

Goodway laments the downturn of interest in international Rugby League and says without full-strength Tests, Union will swamp the 13-man game with its larger participation and superior marketing campaigns. He reasons that human instinct is to prove your country is stronger than all others and playing for your nation should be viewed as a priority rather than a bonus. To level the international standard, he believes more tournaments such as this year's Tri-Series should be staged to "give us enough time to acclimatise but not enough time to start draining mentally". Goodway implores a willingness from the three major nations to invest time, money and effort in progressing the global development of Rugby League and for countries to share their knowledge in the interests of the game.

Finally the 39-year old leaves this word of advice, to not only aspiring coaches, but for all coaches presently guiding a team.

"It is easy for a coach to be dishonest and go around a problem when it involves feelings or emotion," he says, "But if at all possible, you should confront the problem front on, because down the track you don't want to still be dealing with the same old issue."

NOTES

SPORT
EXERCISE
FITNESS
HEALTH

AQUATIC THERAPY

Brad Walker
Associate Diploma of Health & Science

It's been called everything from deep water running to aqua aerobics and water gymnastics. However, it's more than just kicking up and down the local pool or spending some time in a hot, bubbling spa. Used correctly, aquatic therapy is a marvellous tool for both increasing athletic performance and assisting in recovery from hard training or serious injury. As you will see the benefits and uses of aquatic therapy are virtually endless.

So what is actually meant when someone talks of deep water running or aquatic therapy? In its broadest sense, aquatic therapy can be any activity that is

able to perform exercise without any significant impact at all.

This feature alone makes aquatic therapy stand out from a number of other recovery and rehabilitation exercises. When injured it is extremely difficult to find exercises and activities that allow you to maintain your current level of fitness and not jeopardise or risk further injury. However, the use of aquatic therapy or deep water exercises puts the body in a near zero gravity environment. Meaning there is virtually no impact or jarring on any of the body's joints, muscles, ligament, tendons or bones.

AQUATIC THERAPY IS A VERY SAFE AND BENEFICIAL FORM OF EXERCISE

performed in water. However, I like to break these activities into two major areas that relate specifically to sport, exercise, fitness and health.

Firstly, aquatic therapy is any exercises done in water to complement and enhance training and performance. And secondly, aquatic therapy is any activity performed in water to assist in rehabilitation and recovery from hard training or serious injury.

One of the main features of aquatic therapy is that it allows you to exercise without the jarring and jolting experienced when training on land. It is estimated that body weight is compounded up to five times during the heel strike when running or jogging. This does not occur during deep water or aquatic exercise. The buoyant properties of water mean that you are

www.rlcm.com.au

This is especially important for contact sports such as Rugby League. Even during a game where no significant injuries were experienced, there is always the possibility that small, minute injuries occurred during heavy player contact.

It is these small, minute injuries which, if left unattended, can build up over time and lead to major debilitating injuries which can cost a player weeks, if not months in recovery time. This is where aquatic therapy can assist by helping recovery without any loss of training time.

Another important feature of aquatic therapy is that water increases the resistance experienced while training. The great thing about this increased resistance is that it's variable. Meaning, the faster

and harder you work against the water, the greater the resistance you encounter and the harder the workout. So, if you're injured or just looking for an easy workout, you can take it slow and lightly move your limbs against the water. However, if you want a tough workout, go as hard and as fast as you can, the water will always return an equal resistance.

From the two features mentioned above you can see that aquatic therapy is a very safe and beneficial form of exercise. As well as a number of cardiovascular and respiratory benefits, aquatic therapy also helps to:

- increase and maintain muscular flexibility;
- improve mobility and range of motion;
- increase muscular strength; and
- improve coordination, balance and postural alignment.

Other benefits include:

- a high calorie consumption;
- a massaging effect on your muscles;
- the ability to train during very hot weather;
- a great supplement or alternative to regular training;
- is usually pleasurable and very relaxing; and
- because your body is supported by water your heart rate is slightly lower, meaning aquatic therapy is relatively safe for overweight individuals.

THE PRACTICAL SIDE OF AQUATIC THERAPY

Now that you can see the benefits of aquatic therapy let's have a look at some of the more practical ways to use aquatic therapy and deep water exercises.

Firstly, what are you going to need? Besides from a pair of bathers and an open expanse of water, the only other thing you need is a float of some sort. There are specially designed float belts and vests that you can buy, but any old life jacket, ski belt or floaty will do the trick as long as it keeps your head above water. Just make sure it doesn't interfere with the movement of your arms and legs too much.

Before we move into a sample workout, let's have a look at your body position in the water and a few common problems. You want to position yourself in a similar posture to that of land running. Keep your head up and your shoulders back. Your torso should be relatively straight with a slight (very slight) forward lean. Do not bend forward at the waist and alternately do not lean back into a sitting position.

Rugby League Coaching Magazine

Now, in this position you should be free to move your arms and legs in all directions. There are a number of actions you can take. The standard is the running motion. This should be performed as you would run on land. Make sure you have long strides, fully extending your legs, thinking smooth and long. Don't forget your arms, move them back and forth, keeping your shoulders relaxed.

Or, try cross country skiing, keep your arms and legs straight, moving them back and forth like a cross country skier. Or what about over exaggerating your stride, like a runner over hurdles. The choices are endless, make up some of your own.

Before going straight into a serious workout, spend a couple of sessions just concentrating on your technique and getting comfortable in the water. Once you've mastered this new form of exercise then you can move onto a more structured workout. Try the example below:

Sample workout

Warm Up: Run for 10 to 20 minutes, gradually increasing the speed and intensity. Do a few stretches to loosen up the muscles and finish the warm up with a few short, fast sprints.

Main Set: Run or cross country ski hard for 1 minute, then run easy for 1 minute. Repeat the above 8 times.

Or: Run 1st minute easy
2nd minute moderate
3rd minute hard
4th minute flat out
5th minute hard
6th minute moderate
7th minutes easy

Repeat the above 2 or 3 times.

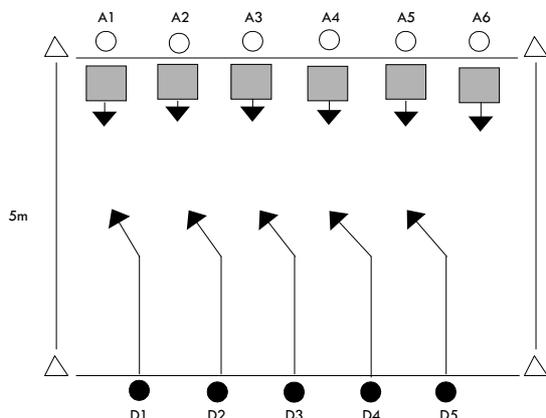
Or: Run at a moderate to hard intensity for 30 to 40 minutes

Cool Down: Run easy for 10 minutes gradually decreasing the intensity. Finish with a good stretch and you will feel great.

When you are looking for a change, a new challenge or an injury free form of exercise, remember aquatic therapy. You can make the workout as hard or as easy as you want with virtually no risk of injury.

Defence Nomination

Setting: Six attackers and five defenders. Each attacker has a hit pad, attackers in a line 5m away from the defenders.

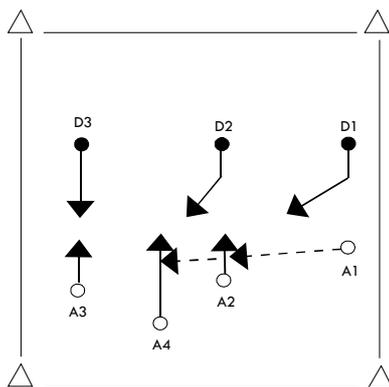


DRILL

- Coach call left or right and the defenders move up in that direction, nominating by name the attacker they will engage.
- Players engage the pad then move back changing place with another defender on the way back.
- Emphasis nomination amongst defenders.
- On returning emphasise communication amongst defenders.

Situational Defence

(d) Against Extra Man



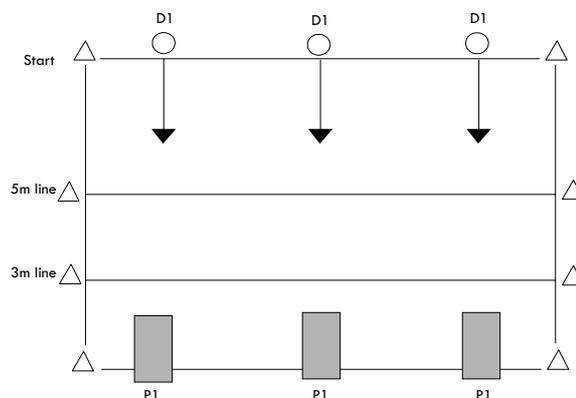
7 players - 4 attackers and 3 defenders

DRILL

- A1 passes to A2
- D2 and D3 move up
- A2 passes to A4
- D2 must move up and out
- D1 (or inside man) takes A2

Reaction Drill

Setting: Six lines of players opposite six tackle bags.



DRILL

- Player P1 holds bag up in front. He moves bag left or right when the tackler D1 reaches the 5 metre mark.

VARIATION

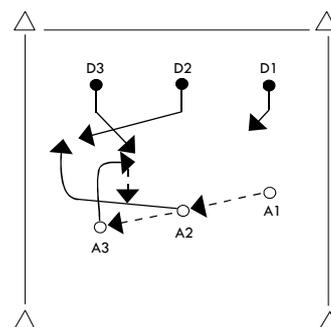
- Reduce distance ie 5 metres to 3 metres etc

Situational Defence Drills

Setting Next 4 Drills:

Small groups of players work in 10m x 10m grids - The defence's role, after the ball has passed his opposite, is to take the inside position on the next, outside attacker (this can not occur under a wedging system)

(a) Against Run Around



6 players - 3 attackers and 3 defenders

DRILL

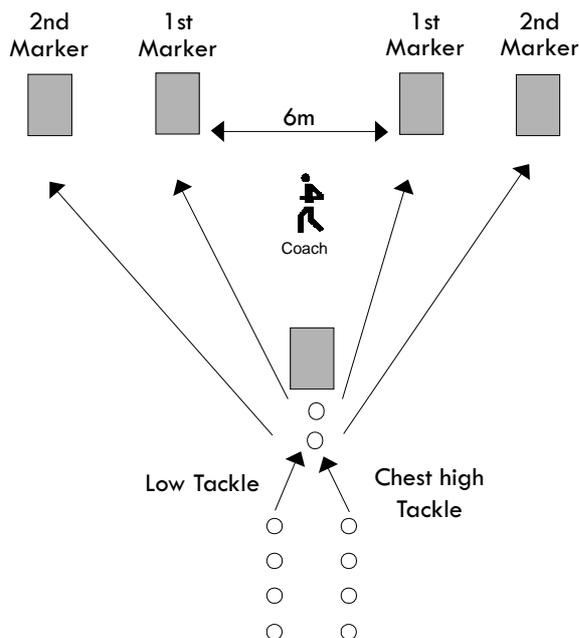
- A2 around A3
- D3 takes A3
- D2 follows A2
- D1 fills in

ALTERNATIVE

- A2 around A3
- D2 communicates to D3 to take out A2
- D2 takes A3
- D1 fills in

Also use A1 around A3

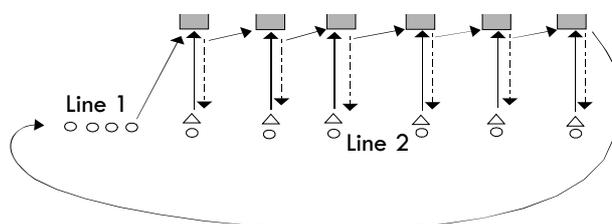
The Postman



Players perform double tackle on front bag.

The coach rolls a ball to either the left or right markers. The players then chase and tackle the designated tackle bag, opposite the position of the football.

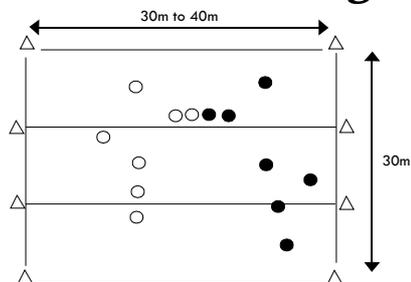
Flop



Tackler No.1 hits the bag low, whilst tackler No.2 is the second player and hits the bag chest high.

Players from line 1 will tackle 6 bags, whilst players from Line 2 will only tackle chest high on the allocated bag directly in front of them.

Double Zone Tag



Aim: Defensive adjustment and communication attacking development of space creation.

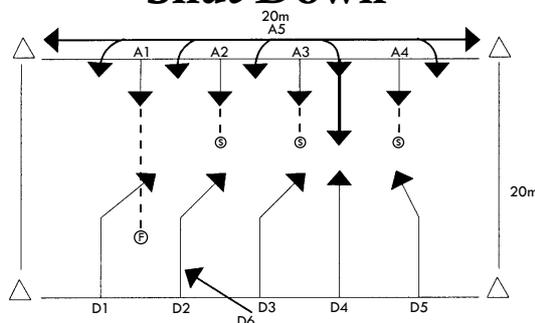
Equipment: 8 markers (2 colours), 1 football, 12 to 16 players, tag belts if available.

Set Up: Playing area (using cross field markings) 30 metres wide by 30-40 metres long. Markers identifying "centre" or "double zone" area.

Drill

- Small sided game with rules as set by coach ie number of passes, allowable kicks etc.
- Outside thirds of field player 'tagged' by single player.
- 'Centre' third is the 'double-zone' where attacker must be tagged by two players (or both flags removed).
- Scoring can be adjusted ie 3 points between 'double zone' markers, 1 point outside thirds.

Shut Down



Aim: To develop vision and decision making skills of "middle" defensive players.

Equipment: 4 markers, 1 football, 9 to 15 players

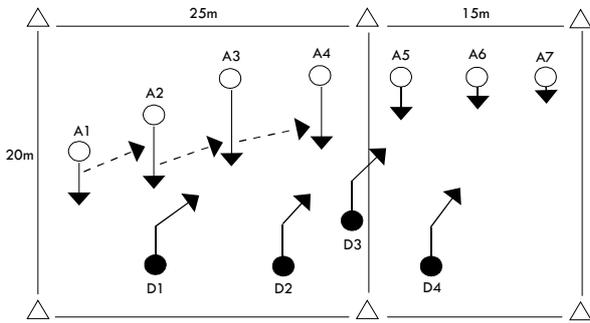
Set Up: Set grid 20m x 10m. Place players at each end of grid with defenders having one extra.

Drill

- One attacker(A5) jogs behind line carrying football
- On coaches signal (or players choice), he enters attack line and runs STRAIGHT.
- Other attackers move up straight in support
- Defenders must call BALL CARRIER with TWO players contacting ball carrier.
- Defenders D1 to D5 (after shutting down ball) must next shut down CLOSEST support.
- The FREE player (F) is shut down by cover defender.

Last 15 Defence Drill

Setting: Seven attackers on four defenders, grid 40m x 20m

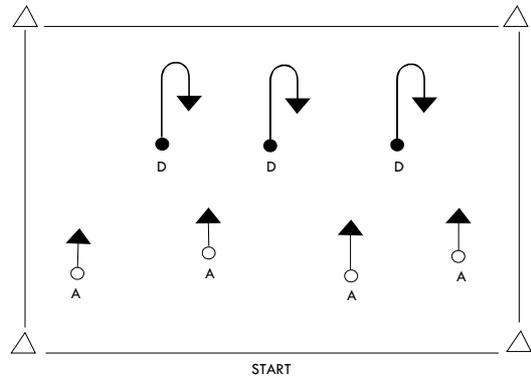


DRILL

- Attackers attempt to score within the last 15m width of the field.
- Defence must show the edge to the attackers
- Last two defenders should work to shutdown the last four attackers on the edge.
- The remaining two defenders should work in cover to ensure no inside balls are successful

React & Defend

Setting: Three attackers (A) on three defenders (D), grid 15m x 15m



DRILL

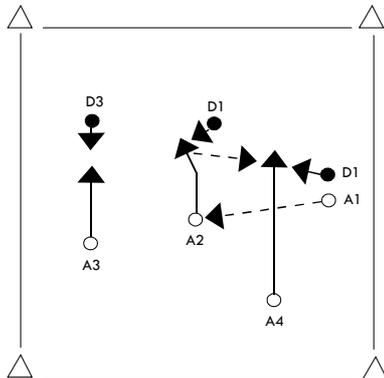
- Defenders jog down the grid
- Followed by attackers about 5m behind
- On coach's call defence turns and adjusts to the attack

Advance to multi tackle 3 on 3

Commence with 4D x 3A, 3D x 3A, 2D v 3A

Situational Defence

(b) Against Reverse Pass (see run around)



7 players - 4 attackers and 3 defenders

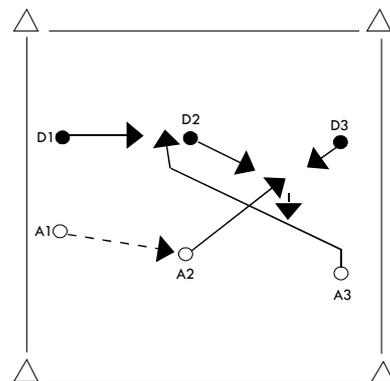
DRILL

- A1 passes to A2
- A2 moves across field
- A2 REVERSES to A4
- D1 fills in
- A1 passes to A2 onto A3
- A2 around A3
- A3 REVERSES to A4
- D3 stays with A2 (or A3)
- D3 takes A3
- D1 fills in on A4

ALTERNATIVE

Situational Defence

(c) Against Scissor (angle)



6 players - 3 attackers and 3 defenders

DRILL

- A1 passes to A2
- Attacker (A2) drags D2 across toward D3
- Attacker (A3) moves inside A2 when A2 commences to draw D3
- A3 is taken by the Cover D1 or D3

RUGBY
LEAGUE
COACHING
MAGAZINE

www.rlcm.com.au



The publishers wish to thank the Queensland Rugby League and the New South Wales Rugby League for their editorial contributions and assistance in compiling this publication.

RLCM

3 Andrews Street,
Southport, QLD, AUST. 4215
Phone: (07) 5591 1430
Fax: (07) 5591 6623
Website: www.rlcm.com.au
Email: rlcm@rlcm.com.au

Publisher

Gary Roberts

Circulation Manager

Keith Hookway

Contributors

Royce Simmons
Billy Johnstone
Max Ninness
Tony Ayoub
Andy Goodway
Brad Walker

Writers

Ashley Bradnam

Production

Reagan Roberts

Photographer

Ian Thompson

DISCLAIMER

The information in this publication is given in good faith and has been derived from sources believed to be reliable and accurate. However, neither Shamrock Books, nor any person involved in the preparation of this publication accept any form of liability whatsoever for its contents including advertisements, editorials, opinions, advice or information or for any consequence for its use.

No part of this publication may be reproduced, stored in any retrieval system, or transmitted in any form or by any means electronic, mechanical, photocopying, recording or ink-jet printing without prior written permission of the publishers.

ISSN 13281526
National Library Collection
National Sports Information Library

www.rlcm.com.au