



Parent and Player Diary

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## 2015 BBC RUGBY TOUR

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SANIX WORLD YOUTH RUGBY TOURNAMENT  
FUKUOKA, JAPAN

25 APRIL – 8 MAY

## Welcome to the tour diary.

This booklet contains all the information you'll need to know prior to leaving and will act as a central reference point whilst away.

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## TEAM MANAGEMENT

### MANAGER

Mr Stephen Phillpotts  
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### ASSISTANT MANAGER

Mrs Wendy Phillpotts

### COACH

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### COACH

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## TEAM LIST

Number	First Name	Surname	Number	First Name	Surname
1	William	Andersson	27	Samuel	Vaughey
2	Josh	Betar	28	Kris	Verevis
3	Jakob	Brown	29	Daniel	Wall
4	Nathanael	Carswell	30	Chris	Yanopa
5	Connor	Christensen	31	Mr Stephen	Phillpotts
6	Fraser	Cotton	32	Mr Bryan	Belcher
7	Tom	Edgecombe	33	Mr Tim	Mosey
8	Sean	Farrell	34	Mr Ben	Spearritt
9	Jack	Farrell	35	Mr Greg	Towers
10	Lachlan	Foulds			
11	Benjimen	Gunter			
12	Isaac	Henry			
13	Cailleán	Hope			
14	Lenny	Ikitau			
15	Jack	Middleton			
16	Jayden	Ngamanu			
17	Frances	Njau			
18	Nicholas	Porter			
19	Tiaontin	Raoren			
20	Lachlan	Schofield			
21	John	Seabrook			
22	Saula	Senituli			
23	Adam	Simpson			
24	Ben	Simpson			
25	Joe	Stead			
26	Darcy	Tai'mua-Swain			

# EXPECTATIONS

## BBC SANIX WRYT PLAYERS

Selection in this touring squad provides you with a special opportunity to represent your family, your College and your country in an international tournament overseas. It is an honour of which you have every right to be proud.

People will now be looking at you with greater expectations than you may have ever had placed on you before. Unfortunately, a minority will be looking to find fault with you. You must therefore ensure you present yourself in the best possible way – at school, off the field, on the field and in public. When on tour, this can be achieved by:

- Always using 'please' and 'thank you' when dealing with those who are serving or helping you.
- Be polite, courteous and attentive, when people who are interested ask "Who are you?" or "What are you doing?"
- When travelling, stand back and let other members of the public join queues.
- When standing in groups, be mindful of not obstructing other members of the public.
- When travelling on a plane, we will be the last on and the last off the plane.
- When in public areas, speak quietly to each other.
- Be mindful of your language and the discussions you have in public.
- At formal functions, wait to be invited to eat or collect food – there will always be plenty provided.
- When others are giving speeches or presentations, be attentive, clap or applaud them appropriate to the situation.
- Turn phones and iPods off when attending formal functions, meetings, etc.
- Be well groomed, as is expected at our College – cleanly shaven, and no extremes of hair style or colour. No 'bling'.
- Treat your team mates with care and respect.
- Play hard, committed and aggressive rugby to the best of your ability, within the Laws, traditions and spirit of the game.

You will find if you are courteous to people and respectful of your opposition, they will give you the respect and admiration you deserve for being an Australian rugby player.

Duty boys are assigned each day on tour. Their job is to assist with the packing and unpacking of buses, transfer of gear, filling water bottles and looking after training gear, cleaning up after meals and generally assisting the management. Every player as part of the team is expected to do their share.

Whilst we do not foresee any problems, it must be clearly stated that there will be high expectations placed on standards of behavior and dress whilst on the tour. Students are subject to all rules of the College 24 hours of each day on tour and need to comply with all staff directives. Breaches of any College rules could see sanctions imposed including police involvement and sending a player home at the cost of the family. This is a fantastic opportunity for the boys to come together as a group and we hope to have an enjoyable and productive tour with lifelong memories shared together.



# A MESSAGE FROM THE MANAGER

## TOUR COSTS / FUNDRAISING

Undertaking such a significant overseas tour requires a huge commitment from many; both in giving of their time and financially. Parents Craig Andersson, Julie Porter and Liz Hope have been a significant driving force behind the campaign and very early on formed a committee to assist the fundraising. This has included:

- Sizing and ordering BLK tour kit for players and staff (BLK wheelie bag, back pack, gear bag, cap, hoodie, gym shorts, training shirt, and playing shorts)
- Sourcing sponsorship as direct dollars to offset total tour costs. Thanks to Scifleet Lexus, Scifleet Hino, Wests Rugby Union and 1824 Premium Beef as sponsors, and also Mr Conrad Brown who assisted in sourcing these sponsors.
- Approaching a number of people to gain sponsored prizes to form a tour raffle. These include David Cotton (Raine and Horne Port Douglas), Bruce Simpson (40 Winks), Scifleet Lexus and Hino, the Hope family and Brew Booth coffee. David Cotton sourced a further six Port Douglas businesses to generate a holiday package valued at over \$5000 to become the major prize. Bruce Simpson was able to source a \$4000 40 Winks bedding package to form second prize. The Hope family (Brew Booth coffee) donated a signed and framed Reds jersey (valued at \$750) and Sarah Andersson donated a \$500 Lexus Hamper. These significant prizes have enabled each family to raise \$200 towards offsetting tour costs by raffle ticket sales (\$6000 total) as well as being provided the opportunity to offset their own tour costs in this same way.
- Julie Porter (an accountant by profession) undertaking to work as Tour Treasurer keeping a tight reign over the financial records and accounts. This has been of enormous assistance to me and she has been totally professional in working with the College Finance Department also.

- Brew Booth (Liz Hope) providing 10% income from coffee sales at BBC Rowing functions to the Tour.
- Sourcing a sponsored gift of 50 Carwash gift vouchers through Hoppy's Car Wash, Toowong.
- Organising to run a Tour Fundraising Lunch and Cocktail function. With the help of Conrad Brown, a luncheon and cocktail event will be held at Iceworks, Paddington on Friday 27 March (12 – 3pm). As well as promote this touring opportunity, fundraising will occur including raffles, and a number of excellent items will be auctioned.
- Sourcing Intercultural Consulting Group to provide a Supporters Tour package as well as provide a full day sightseeing tour for the playing group to Beppu Hot Springs on tour.
- Sourcing sponsors (advertising space) for a Tour Booklet to be produced as a record of the entire tour experience.

I am indebted to these people in enabling this two week overseas tour to take place. It will be an amazing opportunity for all involved and one which will provide lifelong memories for our students.

**STEVE PHILLPOTTS**

DIRECTOR OF RUGBY



# PLAYER PACKING LIST

A significant amount of kit will be issued to all players. Below is the recommended packing list. Players will travel with one kit bag (Sanix wheelie bag) and a back pack (take on luggage). The issued (third) gear bag will be taken on tour inside your wheelie bag and used in Japan especially on training / match days.

**PLAYERS MAY ONLY WEAR BBC KIT AT TRAINING, OR WHEN TOGETHER AS A TEAM.  
ALL GEAR IS TO BE NAMED CLEARLY TO IDENTIFY OWNER**

**Note:** *Players are to wear their College uniform (blazer – no boater) to and from the tour and at official functions*



## COLLEGE UNIFORM

- Grey long trousers
- Black belt
- Short sleeve College white
- Green shirt (top button must be done up)
- BBC tie
- Blazer
- Black leather shoes
- Grey socks
- College Tracksuit (pants and top)
- College PE shirt

## CASUAL CLOTHING

- Jeans / casual pants
- Shirt / t-shirt
- Shorts
- Casual shoes
- Wet weather / rain jacket

## PERSONAL ITEMS

- Underwear – 7 pairs
- Socks – 6 pairs sports, 2 pairs grey
- Pyjamas
- Swimmers
- Towel
- Toiletries
- Computer and study material

## RUGBY GEAR

- Mouth guard
- Boots
- Running shoes
- BBC Rugby Socks  
*(black with green turnover)*
- BBC Highlander training shirt

## OPTIONAL

- Spare boots / runners
- Head gear
- Compression garments (eg Skins)
- BBC pins / clothing to be used as possible  
'swap' items with other players
- Protein Powder – the 'typical' Japanese diet  
is rich in carbohydrate and this protein can  
supplement muscle recovery
- A golf / tennis ball for triggers, foam roller

## THE FOLLOWING KIT WILL BE ISSUED TO PLAYERS

- Wheelie bag
- Back pack
- Gear bag
- Cap
- Hoodie
- Training gear – Gym Shorts
- Training shirt
- Playing gear – Shorts
- College Jersey (on loan each match)

# TRAVEL DETAILS

## INTERNATIONAL TRAVEL ARRANGEMENTS (ALL TIMES ARE LOCAL TIMES)

Departure	Date	Flight	Origin	Destination	Departure Time	Arrival Time
	25 April	KE 124	BRISBANE	Seoul	8.25AM	17.45PM
	25 April	KE 781	Seoul	FUKUOKA	18.35PM	19.55PM
Return	Date	Flight	Origin	Destination	Departure Time	Arrival Time
	8 May	KE 790	FUKUOKA	Seoul	16.25PM	17.55PM
	9 May	KE 123	Seoul	BRISBANE	20.05PM 8 May	6.50AM 9 May

## DEPARTURE

Saturday 25 April (Remember this is the 100th commemoration of ANZAC Day with significant Dawn services – be aware of any traffic closures etc)

### Option 1

**4:45am** meet at BBC Boarding House in College uniform (blazer no boater) to load College Bus - this is optional for students only (boarders and any days students dropped off here can travel). Please CONFIRM with Steve Phillipotts you are travelling this way (so we don't leave without you).

### Option 2

**5:25am** meet at Brisbane INTERNATIONAL airport (players and any family/supporters) Players to be dressed in College uniform (blazer no boater).

Arrive at Brisbane International Airport and proceed to the Korean Air check in counter.

For check-in, you will require your airline ticket and a valid passport. For security reasons, passengers are required to handle their own luggage. Please note there are restrictions on the volume of liquid you are able to carry on board the aircraft.

**For further information visit <http://travelsecure.infrastructure.gov.au/international/lags>**

## KOREAN AIR BAGGAGE ALLOWANCE

Check in baggage allowance: 1 x piece weighing 23kg maximum (this is your wheelee bag). The total of 3 dimensions (length, height, width), must not exceed 203cm. Carry-on baggage allowance: 1 x piece measuring 56cm x 36cm x 23 cm (115cm total) – 7kg (this is your back pack).

## TRAVELING WITH MEDICATIONS

If you are travelling with prescribed medicine or medical needs, please ensure you have a certificate from your doctor explaining your medicines and equipment. Medicinal needs for the duration of the flight only must be carried in your hand luggage. Customs may query these items and a doctor's certificate will be requested.

Once check-in is completed we will make our own way through Customs and Immigration. You will need to have completed your OUTGOING PASSENGER CARD (available at check in counters) and hand this to the Immigration Officers along with your passport and boarding pass.

Return: Saturday 9 May (Remember this is the day of the Senior Formal; Ballroom Le Grand, Sofitel (6:30pm – 11:00pm).

Arrival 6:50am. We will provide a College bus to transport players from the International Airport to the BBC Boarding House (anticipated 8.30am arrival at BBC Boarding House). Players are welcome to use this service or meet family at the airport and depart with them from there.

## IN FLIGHT TIPS

Both Seoul and Fukuoka are minus ONE HOUR (i.e. one hour behind Brisbane). Our transfer is broken into two travel legs:

**Brisbane – Seoul:** 10 hours 20 minutes - our body clocks will be set to 'day time'  
**Seoul Airport:** We will have a 50 minute stopover and direct transfer to another flight  
**Seoul - Fukuoka:** One hour 20 minutes - our body clocks will be set to 'evening'

- Move as much as possible (every 30 minutes when awake).
- Exercise, stretch, self-massage where possible (can be done seated or standing).
- Some sleep or rest is beneficial! You will have been up early and may need some 'catch up' Use ear plugs and eye shades to improve rest / sleep.
- Maintain adequate hydration by drinking small volumes frequently, but don't overdo it.
- Wear compression garments (full long skins) and good quality socks.
- Pack an empty drink bottle that can be filled up once through security prior to boarding.
- Consider any snacks that might be needed on the flight (nuts and dried fruit or flavoured milk). A good guide is 'don't feel hungry – don't feel full' during the flight. Meals are provided in flight.

## WEATHER

- March, April and May are Spring in Japan, thus we will be visiting in mid Spring.

### Typical weather in Fukuoka at this time is:

- Temperature range minimum 11 – 13 degrees C and maximum 20 – 22 degrees C.
- 13 ½ daylight hours with sunrise about 5:30am and sunset 7.00pm.
- 58% chance of moderate rain each day.

# PERSONAL FINANCES

The tour costs include meals and all accommodation. Costs also cover the provided sightseeing opportunities as scheduled in the itinerary. Additional money would only be required for meals at the airport (eg breakfast on 25 April) and any healthy snack / drink purchases additional to provided meals. Additional money would also be required for any souvenir or personal purchases.

## MEDICAL

The Sanix WRYT organisers provide medical coverage for all tournament matches. Additionally BBC will hire a physiotherapist (Japanese professional rugby medic) on an hourly rate for matches and triage. Additional medical coverage will be available as required and may be covered by the travel insurance and student personal accident insurance.

## INSURANCE

The tour costs include Travel Insurance coverage for players, staff and supporters. This is required by the PMSA for all school overseas tours and covers normal travel items, eg. Laptops (providing reasonable care was taken), loss of travel bags, cancellation of fare due to illness. The policy also responds to treatment costs overseas for illness\ injury. Players are also covered by BBC's Student Personal Accident Insurance. Full documents are available from Mr Steve Phillipotts or Ms Trish Whellum.

## CONTACT

Fukuoka is minus ONE HOUR (i.e. one hour behind Brisbane). Players will have access to Wi-Fi in many venues to access and communicate online. Mr Steve Phillipotts will provide details of his phone contact to access in emergencies whilst overseas. Students may purchase (at their own expense) a local prepaid SIM in Japan to also assist families with communicating directly.

## ACADEMIC

The tour is during academic time (10 school days) in week 12 and 13 of Semester One. Weeks 17 and 18 are Senior Exam Block. This tour has been approved by the College Executive and students are responsible to meet all academic requirements of their subjects. Time will be allocated for students to study in Japan and access BBC Coneqt for online study material. Students may also email their teachers. Four academic staff on tour will also be available to provide academic support to students.

# TOUR ITINERARY

SATURDAY	25 APRIL	BRISBANE - SEOUL - FUKUOKA
	4.45am	Optional meet at BBC Boarding House for provided transport to airport (players and luggage only).
Check-in	5.25am	Arrive at Brisbane International Airport and proceed to the Korean. Air check in counter.
Depart	8.25am	Depart on Korean Air flight <b>KE124</b> bound for Seoul.
Arrive	5.45pm	Arrival at Seoul International Airport. Proceed to your connecting flight through to Fukuoka. Please monitor the TV screens located throughout the terminal.
Depart	7.55pm	Depart on Korean Air flight <b>KE781</b> bound for Fukuoka. Arrival at Fukuoka International Airport.  The group will be greeted on arrival by an English Speaking Guide and escorted to Fukuoka city by private coach.  You will be accommodated for the next 2 nights on a bed and breakfast basis at:  <b>Hakata Green Hotel</b> 3-11 Hakataekichuogai Hakata Ward Fukuoka 812-0012                      Tel: +81 92-451-4111  Rooming: 1 double room, 11 twin Japanese rooms and 3 quad Japanese rooms



**SUNDAY 26 APRIL FUKUOKA - HIROSHIMA - FUKUOKA**

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Breakfast at hotel.

9.00am Meet your English Speaking Guide at your hotel's reception.

9.19am Depart by bullet train Mizuho 602 to Hiroshima.

10.21am Arrive at Hiroshima station where you will meet your coach. Visit the Atomic Bomb Dome and Peace Memorial Park. Lunch will be served in a local restaurant. After lunch, visit Hiroshima Castle.

Return to Hiroshima station for your bullet train back to Fukuoka.

4.27pm Depart by bullet train Sakura 561 to Hakata.

5.34pm Arrive back at Hakata Station.

6.00pm Dinner will be served in a nearby restaurant.

7.00pm Return to your hotel.

**MONDAY 27 APRIL FUKUOKA**

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Check out of your hotel. You will be transferred to the Global Arena Hotel by Sanix. You will be accommodated until 7 May.

*All arrangements including accommodation, transfers and meals from 27 April through to the morning of 7 May are provided by the Sanix Rugby Tournament.*

**TUESDAY 28 APRIL FUKUOKA (GLOBAL ARENA)**

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Today the group will enjoy the morning at leisure until the mid-afternoon training session. The group will participate in a 90 minute training session during the day.

2.00pm **Managers' Meeting**

**WEDNESDAY 29 APRIL FUKUOKA (GLOBAL ARENA)**

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**Opening Ceremony Sanix Rugby Tournament**

The Japanese Rugby Union has extended an invitation to eight countries to each send a top schools team to its World Youth Tournament in 2015. The countries nominated are Australia, France, Ireland, Korea, New Zealand, Samoa, South Africa and Uruguay. The invitation comes from the President of JRU and former Prime Minister Mr Yoshiro Mori.

Match Day 1 – Pool Stage - Brisbane Boys' College Vs.....

**THURSDAY 30 APRIL FUKUOKA (GLOBAL ARENA)**

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**Sanix Rugby Tournament**

Match Day 2 – Pool Stage  
Brisbane Boys' College Vs.....

**FRIDAY 1 MAY FUKUOKA (GLOBAL ARENA)**

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Today after breakfast the group will enjoy a full day sightseeing tour organised by Sanix Rugby Tournament (Nagasaki).

**SATURDAY 2 MAY FUKUOKA (GLOBAL ARENA)**

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**Sanix Rugby Tournament**

Match Day 3 – Pool Stage  
Brisbane Boys' College Vs.....

**SUNDAY 3 MAY FUKUOKA (GLOBAL ARENA)**

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**Sanix Rugby Tournament**

Match Day 4 – Finals Stage  
Brisbane Boys' College Vs.....

**MONDAY 4 MAY FUKUOKA (GLOBAL ARENA)**

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Today after breakfast the group will enjoy a full day sightseeing tour organised by Intercultural Consulting Group (Beppu Hot Springs).



## TUESDAY 5 MAY FUKUOKA (GLOBAL ARENA)

### Sanix Rugby Tournament

Match Day 5 – Finals Stage  
Brisbane Boys' College Vs.....

## WEDNESDAY 6 MAY FUKUOKA (GLOBAL ARENA)

### Sanix Rugby Tournament

Match Day 6 – Finals Stage  
Brisbane Boys' College Vs.....

## THURSDAY 7 MAY FUKUOKA

Check out of your hotel and transfer (organised by Sanix) for one night to Hakata Green Hotel where you will be accommodated for one night on a bed and breakfast basis.

Rooming: 1 double room and 17 twin rooms.

The rest of the day will be at leisure.

## FRIDAY 8 MAY FUKUOKA - SEOUL - BRISBANE

After breakfast please check out of your accommodation.

1.00pm You will be met by your English Speaking Guide in the hotel lobby. Depart by coach to Fukuoka International Airport.

On arrival at Fukuoka Airport please proceed to the Korean Air check in counter.

Check-in 1.30pm Fukuoka International Airport.

Depart 4.25pm Korean Airlines Flight **KE790** bound for Seoul.

Arrive 5.55pm Arrival into Seoul International Airport.  
Please proceed to your connecting flight home to Brisbane.

Depart 8.05pm Korean Airlines Flight **KE123** bound for Brisbane.

## SATURDAY 9 MAY BRISBANE

Arrive 6.50am Arrival into Brisbane International Airport.  
BBC Senior Formal is this evening 6.30pm Sofitel.

# LANGUAGE

The following common phrases have been compiled as a reference point for communicating in Japanese.

## COMMON PHRASES

English	Japanese
Welcome	yōkoso
Hello (General greeting)	konnichiwa moshi moshi - on phone
How are you?	o genki desu ka
I'm fine, thanks.	hai, genki desu
What's your name?	o-namae wa nan desu ka
My name is ...	... desu eg William desu
Where are you from?	Dochira kara desu ka?
I'm from Australia	(watashi wa) Australia shusshin desu
Morning greeting	ohayō gozaimasu
Afternoon greeting	konnichiwa
Evening greeting	konbanwa
Parting phrase	Sayonara
Good luck	gambatte ne
Have a nice day	Yoi ichinichi o
Excuse me	sumimasen
How much is this?	ikura desu ka?
Sorry	gomen nasai
Thank you	arigatō gozaimasu
Response	dō itashimashite
Where's the toilet?	toire wa doko desu ka?
Would you like to dance with me?	isshoni odorimasenka?
I like you	suki desu

NB ALL students are required at School Monday morning 11 May as it will be a full academic day!

## LANGUAGE DIFFICULTIES

English	Japanese
Do you understand?	wakarimasu ka?
I understand	wakarimasu
I don't understand	wakarimasen
I understood	Wakarimashita
I don't speak Japanese	Nihongo ga dekimasu en
Do you speak English?	Eigo ga dekimasu ka?
Can you translate it for me?	yakushite kudasai
What does this mean?	kore wa dōiu imi desu ka
How do you pronounce that?	kore wa donna fū ni hatsuon shimasu ka

## EATING OUT

English	Japanese
Is there a restaurant near here?	chikaku ni resutoran wa arimasu ka?
Do you have an English menu?	eigo no menyū wa arimasu ka?
Have a nice meal (Have a good meal)	itadakimasu - said before a meal by those eating it  gochisōsama deshita - said after a meal by those who have eaten it

## EMERGENCIES

English	Japanese
Leave me alone!	hotoite!
Help!	tasukete!
Fire!	kaji da!
Call the police!	keisatsu o yonde kudasai!

## ATHLETE CARE

The Sanix WRYT is essentially a 'war of attrition' with six tough matches in eight days. The teams who have maximised recovery strategies during this time will be in 'best shape' for the finals.

STRATEGY	DOES IT WORK? STRENGTH OF EVIDENCE	WHAT SHOULD YOU DO?
Nutrition and Hydration	YES – lots of evidence to support	<p><b>Ingest Carbohydrates within one hour of exercise</b> Piece of fruit / tinned fruit Sandwich</p> <p><b>Protein/Amino acid ingestion within two hours of exercise</b> Chocolate milk / Up&amp;Go Protein shake Yoghurt</p> <p><b>Hydration</b> Plenty of water Urine should be clear / pale yellow first thing in morning</p>
Sleep	YES – lots of evidence to support	<p><b>Recovery strategies should promote quality &amp; quantity of sleep</b> caffeine, alcohol light &amp; noise (eyeshades, ear plugs) Turn off electronic devices 30-60min before bed</p>
Active Recovery	Yes – some evidence to support	<p><b>10-15min of light aerobic exercise</b> Can be performed immediately after session Can be done on day following Ideally off-legs (bike, pool, elliptical)</p>

Massage	Yes – some evidence to support	reduces muscle soreness increases perceptions of recovery reduces Inflammation
Stretch	Yes – some evidence to support	increases range of motion Static stretching/Band Stretching/PNF stretching
Compression garments	Yes – some evidence to support	<b>Use post training</b> Wear for 2 hours post training Wear during sleep

## HYDRATION

To avoid the potential of dehydration during a game follow the advice listed below.

### Daily

- Monitor your waking urine colour.
- Always carry your drink bottle with you, including to all meals.
- Perform USG on the prescribed days.
- Make use of higher salt foods with drinks – this helps you to retain the fluid rather than peeing it out, e.g. bread, soups, vegemite, cereal, pretzels.
- Have a major focus on fluid intake on the day before the game.

### Game Day

- Pre and post-game weigh in is compulsory – drink 1.5x body weight lost in the few hours post game.
- In the few hours before the game, allow your fluid intake to back off.
- Take a bottle of ice cold sports drink before the warm up – this primes the gut to maximise the uptake of fluid during the game.
- Take every opportunity to take fluid on board during the game – both formal and informal breaks.
- Sports drinks are your fluid of preference during the game.

## NUTRITION

### Game Preparation

#### 1-2 days prior to a game

*Enhancing fuel reserves and optimising body fluid levels*

- Nutritious carbohydrate rich foods should form the base of all your meals and snacks.
- Feel comfortable topping up energy reserves with more refined carb rich foods e.g. juices, cordials, sports drinks, thicker spreads of jam or honey etc.
- Don't blow your energy budget.

- Moderate your intake of protein rich food.
- Keep it low in fat – it's not 'Garbo Loading'.
- Breakfast = high carb options eg cereal, toast, baked beans, pancakes etc.
- Lunch and Dinner should include a mix of carbs, protein and veges (your plate should have a double fist of carbs, a single fist meat and a single fist of veges).

### Game day

*Top up fuel and fluid and maximise gut comfort*

- Carbs remain a focus.
- If nerves are an issue for eating on game day then focus on getting your fuel supply in the day before and top up with smaller snacks such as fruit and yoghurt, smoothies and shakes, cereal and milk, sports drinks, sports or cereal bars etc) on game day.
- Important that food sits in gut comfortably so stick with high carb, low fat options and foods that you know you tolerate easily.

### During game

*Providing fuel and fluid to the muscles*

- Sports drinks are your fuel of choice during the game.

### Recovery Post-Game

*Promoting muscle refuelling and repair*

- Immediately post game – foods/fluids high in carbs and protein.
- 1-2 days post game – high protein with some carbs focus for muscle repair and growth.

## RECOVERY

It is important that you take responsibility for your own recovery outside the designated pool, field and stretch recovery sessions to ensure you are ready for the next training or game. Some key points to remember:

- Endeavour to get at least eight hours sleep each night.
- Wear skins to sleep and after training/games (rather than during training).
- Act on any red flags evident during your morning SAT's.
- Carry your water bottle with you at all times and at all meals (there will be checks) and ensure you rehydrate adequately during and after each training session and game.
- Minimise the time on your feet during down time.
- Avoid walking in thongs as much as possible (not good for your feet, calves etc).

- Take time to stretch and perform trigger releases (equipment will be in the team room).
- Bring things from home to help you relax and switch off from rugby during down times, i.e. study books, music, books, games etc.

In order to maximise your gains from training it is important that you are doing all that you can to allow your body to recover during, after and between training. This document describes some different recovery options for you to try to incorporate into your training week on top of the Recovery Tools listed below.

#### Recovery Non-negotiables

- Balanced Diet – 3 moderate meals a day but with top-ups.
- Post Training Snack.

*Good Options: Low-Fat Yoghurt, Banana, Up & Go, Protein Shake/Bar*

### HYDRATION

- Consume 500mL in first hour of waking and continue to sip water all day.
- Urine colour should be pale with plenty of flow.

### TOOLS

#### Diet/Hydration

- Pre and post training snacks.
- Weigh in pre and post training – drink 1.5x body weight lost in fluid over the next hour or so.
- Maintain eating/hydration plan on weekends or holidays when out of normal routine.

#### Compression Tights/Socks

- Wear after training (rather than during) for at least two hours.
- Wear to bed if possible.
- Wear during any travel greater than two hours in duration.

#### Contrast or Cold Shower Options

- 1 min Hot / 1 min Cold x 3 - 5
- 30s Hot / 30s Cold x7-10
- 2 min Hot / 2 min Cold x3
- 3 min Cold / 1 min Warm / 3 min Cold

*Benefits of cold water immersion/contrast water therapy include: decreases inflammation and pain, improves recovery, mood and assists with improved sleep.*

#### Ice Bath Options

- 1 min Ice Bath / 1 min Warm Shower x8-10
- 1 min Warm Shower / 3 min Ice Bath x3-4
- 2 min Ice Bath / 2 min Warm Shower / 5 min Ice Bath x2
- 2 min Warm Shower / 2 min Cold Shower / 2 min Ice Bath x 3

#### Water Recovery Sessions

15 - 20mins light aerobic activity (water running or swimming) plus dynamic and static flexibility.

#### Massage

- Daily Self massage – Golf/Tennis ball triggers, foam roller

#### Static Stretching

15 - 20mins of static stretches with emphasis on problem areas. Hold stretches for at least 45s each side.

#### Daily Monitoring of Training

Keep note of each session completed and general well-being/injury status for each to fill in your Weekly Monitoring and Recovery Sheet



# TEAM SONG

## I AM AUSTRALIAN

I came upon the prison ship, bowed down by iron chains.  
I cleared the land, endured the lash and waited for the rains.  
I'm a settler, I'm a farmer's wife on a dry and barren run  
A convict then a free man, I became Australian.

I'm the daughter of a digger who sought the mother lode  
The girl became a woman on the long and dusty road  
I'm a child of the depression, I saw the good times come  
I'm a bushy, I'm a battler, I am Australian

*We are one, but we are many  
And from all the lands on earth we come  
We share a dream and sing with one voice:  
I am, you are, we are Australian*

I'm a teller of stories, I'm a singer of songs  
I am Albert Namatjira, I paint the ghostly gums  
I am Clancy on his horse, I'm Ned Kelly on the run  
I'm the one who waltzed Matilda, I am Australian

I'm the hot wind from the desert, I'm the black soil of the plains  
I'm the mountains and the valleys, I'm the drought and flooding rains  
I am the rock, I am the sky, the rivers when they run  
The spirit of this great land, I am Australian

*We are one, but we are many  
And from all the lands on earth we come  
We share a dream and sing with one voice:  
I am, you are, we are Australian*

I came from the dreaming, from the dusty red soil plains  
I am the ancient heart, the keeper of the flame.  
I stood upon the rocky shores; I watched the tall ships come.  
For forty thousand years I've been the first Australian.

*We are one, but we are many  
And from all the lands on earth we come  
We share a dream and sing with one voice:  
I am, you are, we are Australian  
We are one, but we are many  
And from all the lands on earth we come  
We share a dream and sing with one voice:  
I am, you are, we are Australian  
I am, you are, we are Australian.*

## NATIONAL ANTHEM

### Advance Australia Fair

Australians all let us rejoice  
For we are young and free  
We've golden soil and wealth for toil,  
Our home is girt by sea:  
Our land abounds in nature's gifts  
Of beauty rich and rare,  
In history's page let every stage  
Advance Australia fair,  
In joyful strains then let us sing  
Advance Australia fair.