

THE SOUTHERN FLYER



Season 2020 - Issue Number 1

<https://www.southerndistrictsrugby.club/>

FROM THE PRESIDENT

Welcome to the relaunched Southern Flyer!

With a new committee in place we are working towards building a successful 2020 season for all our members and teams. Some new and old initiatives we are getting ready for next season are; a proactive and visible Child Safety Officer who will work to ensure our kids have the safest and most enjoyable rugby experience possible, a wider social media presence including an Instagram account and this newsletter, some fantastic sponsorship initiatives, a pre-planned social and fundraising calendar and some strategic coaching measures to build the skills across our junior base.

Our junior survey has now closed, thank you to all those that provided feedback. We gained lots of positive responses and lots of insight as to how we can improve the club. We hope to implement many of these changes over the next 12 months.

We have recently advertised for coaches across all our programs and invite anyone who might be interested in contributing in this area to give it a go and become involved. Coaching and developing young people is extremely rewarding and the club will support you in gaining the required certifications, getting you a support team, and setting you and your team up for a successful year.

Our end of season Pirates Picnic is scheduled for the 8th December at the club grounds. It will be a great opportunity to finish the year as a rugby community, meet the new Committee, and have some fun together.

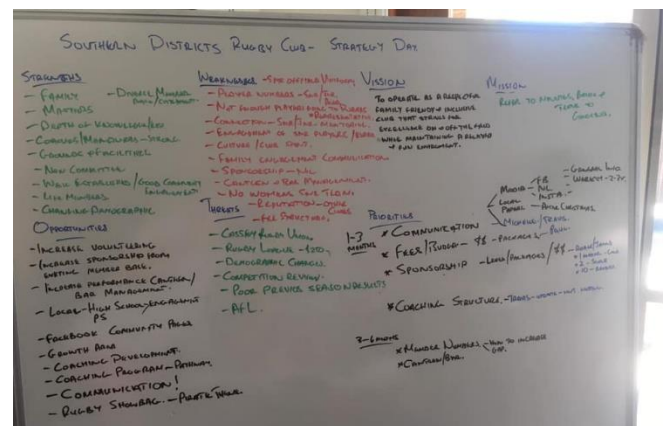
A safe and Merry Christmas to all our members and supporters and I look forward to seeing you at the picnic or for pre-season training in the new year.

Travis de Gelder
President

AROUND THE CLUB

Recently the committee held the first of its strategic planning days for the 2020 season and beyond. Beginning the process of drafting the mission and vision plan for OUR club for the next 3 years.

The team was able to incorporate the responses from our Junior Teams Survey into the plans. If you missed the opportunity to respond to this survey the committee would still like to get you input through the Southern Districts Rugby Club survey that was recently emailed to all members. A link to the survey can also be found on the club web page and social media platforms



SAVE THE DATE

Upcoming Events

- Sunday December 8th Pirates Picnic

[CLICK HERE FOR MORE INFO](#)

Next Round

Seniors – Season starts April 4th 2020

Masters – Season start TBA

Juniors – Season start TBA

HEALTH AND WELLBEING

Hello to our Southern District families, welcome to the health and wellbeing section of our newsletter! This 2020 season and moving forward we are taking a positive move towards empowering our players and families alike with a strong focus on positive mental health and wellbeing. This section of our newsletter will provide various topics strategies, tips and tricks, community events and resources all with the main focus of wellbeing.

To kick things off, and given the festive season is upon us it is really important time to not only enjoy every moment that comes with it, but to also keep your wellbeing in check! Here are some tips to balancing yourself during the festive season!

- **Try not to overcommit** – its OK to say no if it means reducing your stress levels
- **Get creative** – Purchasing the perfect gift doesn't always work, why add stress try making something. Or even just the wrapping paper
- **Take a walk** – if your needing a break, a simple quick walk can be the perfect mental break
- **Create new traditions** – if your current traditions are causing stress to make work, try creating something new, less stressful and fun for the family

Sincerely Jessica – Child Safety Officer

Health Vitality
Fitness
Happiness
Lifestyle
Wellbeing
Energy
Healthy eating **For you**

**BECOME A
SPONSOR**
YOUR LOGO HERE

COACHES WANTED

We are now recruiting for coaches and managers across both our junior and senior programs.

We have ambitious plans to increase the number of teams across both programs, including a women's team in the near future.

If you are interested in being part of a rejuvenated and welcoming club, where you can help build the ranks and positively influence the culture, then we would love to talk to you. Please contact Travis De Gelder on 0430 510 168 or email sdrccpresident@gmail.com

SPONSORSHIP OPPORTUNITIES

Do you or someone you know want to get on board the Pirate Ship and become a sponsor for 2020 and beyond?

Our sponsorship packages will provide your company with a wide range of marketing opportunities and increased visibility at all Pirates events. This is a target, community audience at a grass roots level.

We have 4 levels of packages to fit every level, including Game Day signage with marques and or flags around the ground, to shirt sponsorship and comprehensive online socail media campaigns to over 1500 followers.

For more information contact Adam Loveridge on 0466 618 672 or James Rice on 0415 343 661 or email sdrccsponsorship@gmail.com

PLATNIUM – 1 only

Exclusive Naming Rights, Ground/Clubroom Singe, Senior Dress Promotion – Chest, Online/Social Media, Rebels/Bledisloe Tickets Framed Club Jersey, and more.

GOLD

Ground/Clubroom Singe, Senior Dress Promotion – Sleeve, Online/Social Media, Rebels Tickets Framed Club Jersey, and more.

SILVER

Clubroom Singe, Online/Social Media, POTD +

BRONZE

Online/Social Media, POTD +

[CLICK HERE FOR MORE INFO](#)

YOUR COMMITTEE FOR SEASON 2020



President: Travis de Gelder
Super rugby team: Rebels
International team: Wallabies
Rugby memory/experience: All the times spent playing rugby with my mates



Secretary: Cammy Rossouw
Super rugby team: Bulls and Rebels
International team: Wallabies and Springboks
Rugby memory/experience: Seeing the Springboks win the World Cup



Treasurer: Paul Smith
Super rugby team: Blues
International team: All Blacks
Rugby memory/experience: End of year trip to Hamburg, Malta and Lithuania with USC Old Boys London



Junior Coordinator: Troy Coggins
Super rugby team: Rebels
International team: Wallabies
Rugby memory/experience: Coaching my son's U7 Team last season



General Committee Member: Adam Loveridge
Super rugby team: Highlanders
International team: All Blacks
Rugby memory/experience: Winning the championship with Nelson Rugby Club and Timaru Rugby Club in the 1990's



General Committee Member: James Rice
Super rugby team: Blues
International team: All Blacks
Rugby memory/experience: Being at the Japan Ireland RWC game in 2019



General Committee Member: Jessica Te Hiko -
Super rugby team: Rebels
International team: All Blacks
Rugby memory/experience Attending first union game watching crusaders play, sparked the love for the game.



General Committee Member: Matthew Grenfell
Super rugby team: Rebels
International team England
Rugby memory/experience Playing 2nds, 3rds and Fourth Grade for Souths



General Committee Member: Bryce Foothead
Super rugby team: Hurricanes
International team: All Blacks
Rugby memory/experience Winning Dewar Shield with Power House in '96, '97 and '98



General Committee Member: Michelle Lisi
Super rugby team: Crusaders
International team: All Blacks
Rugby memory/experience The entire 2019 U11s' season- watching the boys connect on the field!