

GRAMMAR CARLTON



RUGBY FOOTBALL CLUB



NEWSLETTER

December 2009

Wishing you all a very Merry Christmas and Happy New Year!!



Welcome to the December 2009 Newsletter.

www.grammarcharlton.co.nz



Director of Rugby:

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Employment opportunities for Grammar Carlton Players

Several existing club players and new players to the club are looking for work. Any employment Opportunities will be considered. If you are employing or know of anyone who is employing contact;

Hamish Munro 021 977410 Mike Donovan 029 2012788

Auckland Sevens Squad named for Nationals

Grammar Carlton has 5 players named in the Auckland Sevens Squad for Nationals in Queenstown in January 2010.

Congratulations to these players ó it is a great achievement!!

Tutu Tairea, George Moala, Irwin Finau, Rocky Khan and Iopu Iopu.

Committee Members 2010

Chairman: Martin Mackenzie
President: Mike Donovan
Hamish Munro
Mike Williams
Martin Broad
James Dalglish
Ant Strachan
James Brownlie

COD Representative:

Mike Donovan

GC Sevens Upcoming Tournaments:

Next year we will also be taking part in the inaugural Four Nations Sevens Tournament held at College Rifles RFC on Saturday 16th January 2010.

The big tournament following that is the annual ōMt Maunganui Sevensö on 31st January, which we won last year so are hoping to go back and defend the title!!

There will be training on Monday December 21st at 6.30pm. January trainings are 11th / 13th / 18th / 20th / 25th & 27th
ó If there is anyone who would like to join to play or just come along for fitness you are most welcome. Monday trainings are on Grammar Carltons Rugby Fields, Wednesday trainings are on the League Fields.

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Off Season Running Groups / Speed Training

The Director of Rugby, Alfie will be holding Running Sessions around One Tree Hill. These will be starting from Wednesday 13th January at 6.30pm and every Wednesday thereafter. Meet at the Grammar Carlton RFC Carpark at 6.20pm. Players looking to do some endurance work before pre-season are more than welcome to attend.

Speed Training sessions will be held at GC fields every Monday, Tuesday & Wednesday morning at 11am. This will continue up until Christmas and will start back on Monday 11th January.

GC Fifteens Pre-Season

The Grammar Carlton Fifteens pre-season training is scheduled to start on Tuesday 9th February 2010. If you have any queries please contact Alfie : 523 4251 / 027 2863269.

2010 Coaches

Premiers: Craig Hall Ph: 021 645868
Premier Reserves: Mike Brough Ph: 021784299
Under 21s: Chris McLachlin Ph: 021 0691759
Under 19s: Bryce Anderson Ph: 021 1461995

Managers

Jeremy Parkinson Ph: 021727543
Nick Cella Ph: 0274715756
John Bodie Ph: 021532037
Graham Robinson Ph: 021477155

Grammar-Carlton Rugby Club would like to thank the following Trusts for their Support

- Nautilus Foundation
- The Trusts Charitable Foundation
- North South Foundation
- First Sovereign Trust
- Perry Foundation
- Four Winds Foundation Limited

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Fatu & Donna Fuatavai
Rhys Faleafa
Lawrie Knight



Y-Fitness at the YMCA Jordan Recreation and Fitness Centre are proud to be supporting Grammar Carlton Rugby for the 2009 season. The team at the centre would love to see you down here so if you need a helping hand with your Health and Fitness then Y not give us a ring.

The centre is located at 5 Pearce Street in Onehunga. For any enquiries you can contact Aaron on 636-8825 or email y-fitness.jordan@nymca.com