



Government of South Australia

Office for Recreation and Sport

OBLIGATION REPORT – ITEM 3

30-03-2011

2010-11 Move It - Grant

Community Development



Onkaparinga Women's Rugby Team
SISTERS COMING TOGETHER



ONKAPARINGA WOMENS RUGBY - OUR TRUE COLOURS

The image is a promotional graphic for the Onkaparinga Women's Rugby Team. It features a group photo of the team members in red and black uniforms, standing on a grassy field. Above the photo is the text "Community Development" in orange. Below the photo is the text "Onkaparinga Women's Rugby Team" and "SISTERS COMING TOGETHER" in red. At the bottom, there is a row of flags representing various nations: the flag of the Cook Islands, the Australian flag, the Aboriginal flag, the flag of the Cook Islands, the All Blacks flag, and the United Kingdom flag. Below the flags is the text "ONKAPARINGA WOMENS RUGBY - OUR TRUE COLOURS" in blue.

'Sister's Coming Together'

Onkaparinga women's Rugby Team-(Sisters Coming Together)

A Progressive Report

2010 - Brief

After a entering into the 2010 season for the first time from a 10 year absence , the Onkaparinga women's rugby team achieved some outstanding outcomes for women's sports in general and multicultural participation as a team. We had experienced a influx of new players who were new to this code of sports and at our peak we had 25 registered players who contributed to playing at various stages throughout the year. We witnessed a strong Aboriginal and Torres Strait Island contingency of women who for the very first time entered into a physical demanding sports code . From a cultural perspective having 10-12 Indigenous women playing was a very unique and empowering situation and something we feel should be recognized as momentous occasion for the local Onkaparinga area, club and SA. With this we must mention the unique cultural contributions of women participants, having players from Australia, England, New Zealand,(Mouri), Samoa and Aboriginal and Torres's Strait Islanders Heritage , hence '*Sisters Coming Together*'. Although only wining one game , we as a club and team won considerable admiration from our local supporter base, opposition and the Rugby governing body of SA. The onka's women 's team was recognized in sports and rec awards night for their contribution to local community sports and received a certificate of recognition from the state government for 'Building Bigger Communities as well as

Building Community

- Relationships
- Unity
- Working towards common Goals and Objectives
- Cultural Awareness



Building Inclusiveness in the Community

Staying in 'Touch' with Sports – A Progression into 2011 Season

With the 2010 rugby season completed, we decided that it was important to maintain our relationships and group dynamics for the women and their families. As a playing group we decided to enter 2 touch football teams for the summer competition at the Onkaparinga Rugby club. This competition is a fun interactive sports program at local 'grassroots' level and runs between November 2010 through to early March 2011. It was recognized that the children be a part of this competition as they had supported their mums and aunties through the season, this added to the holistic picture for family unity and participation on the sporting field in the local community. It was agreed that we have one team with mainly adults for the adult competition and we submit and lower team with children and adults for the junior. This approach allowed those parents to assist will child development, encourage positive affirmation and create a sense of wellbeing, inclusiveness and belonging, sportsmanship, respect as well as aspects of discipline that is associated with this sports and life.

*Its not about Winning
but Enjoying the Moment*



Teaching the VALUE of sportsmanship

• Touch competition 2010/2011



Family Supporting Family



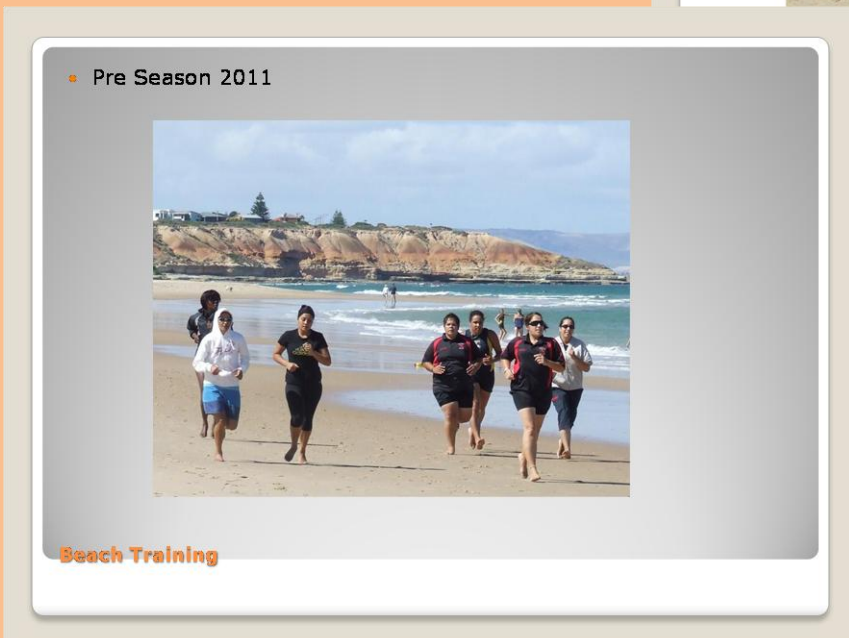
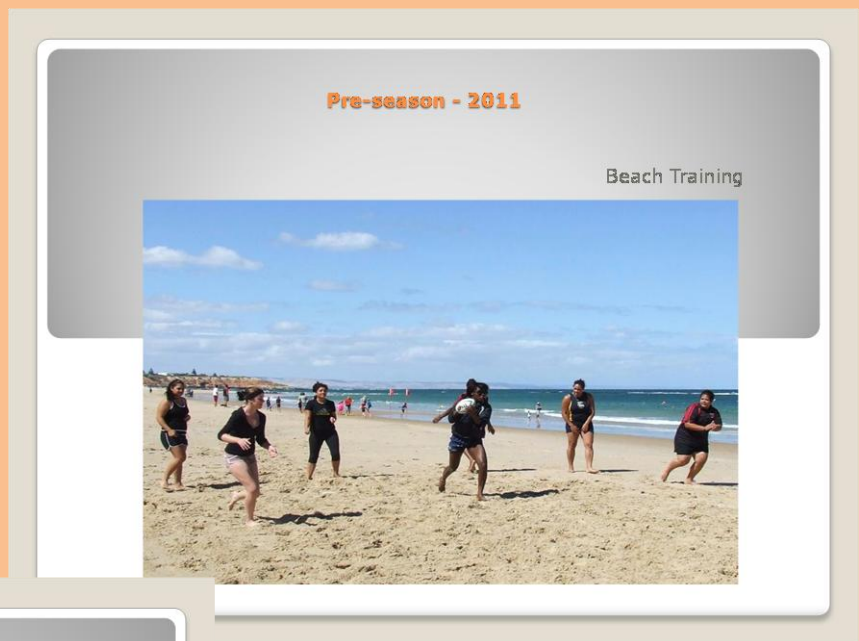
Family Participation

Pre-Season Training for 2011

Beach Training

To maintain the team’s fitness and unity as a playing and family group, pre-season started in February 2011 and finished in early March. Using the weather to our advantage we had a 5 week training sessions on the beach every Sunday morning at 10am and training at the club grounds on a Monday and Wednesday evening . The Onkaparinga women’s team encouraged children to participate and allowed children to be part of the training schedule, as fitness and wellbeing was shared across the family circle. Pre-season training is essential for a variety of reasons, team unity and fitness level was something we as a team needed to be competitive for 2011.Unity, understanding and community belonging was another aspect that was needed for a team to be competitive for 2011 competition.

Team Bonding



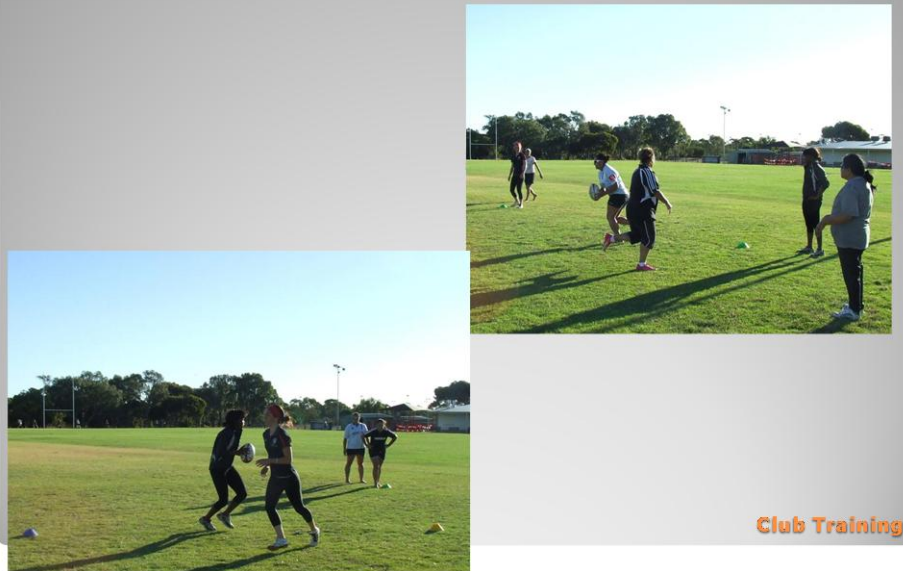
Team Conditioning

Club Training

Pre season training was also conducted at the Onkaparinga rugby club on a Monday and Wednesday evening from 0630pm – 0800pm. This enabled the coaching staff to utilize training grounds and equipment to better condition players. Training consisted of medium endurance training and considerable emphasis on sprints and conditioning. The time was managed to incorporate skills and drills components and also specialized training techniques in safety and management in game structure. Each evening would finish with a game of touch where all family members participated. Part of the training also empathized the need to stay in contact with coaching staff as well as recruitment of new players.

Skills and Drills

• Pres-Season 2011 - Onkaparinga Women's Rugby



Club Training

• Pre Season - Onkaparinga Women's Rugby - 'Sister Coming Together'



Club Training

**Endurance
Speed &
Agility**

Elizabeth Annual Rugby 7's Tournament-2011

As part of the pre season training, the team was entered into the annual Elizabeth rugby 7's competition and as such pre-season and 7's training were merged together. Fitness was essential feature of rugby 7's and the team trained as such with considerable onus placed on conditioning, fitness and speed. Last year in 2010, Onkaparinga women's team lost all their games at the Elizabeth 7 s tournament. In 2011, the team was undefeated all the way to the grand final where they lost to a more seasoned Burnside club by 14 to nil. A big turnaround from the previous season as this year's team had 2 new players to the sport, 4 second year players and 6 established players for this year's tournament.

2010
Round 1 - lost to Woodville
Round 2 - Lost to Souths
Round 3 - Lost to Burnside

• Elizabeth Rugby 7s - 2011



Break the Line

Sister's Coming Together

Look for Support

try time

• Elizabeth Rugby 7's



Sister's Coming Together

Go Foward Attitude

2011
Round 1 - Beat Woodville
Round 2 - Beat Old Coll's
Round 3 - Beat Burnside
Grand Final lost to Burnside

Sisterhood

We are smiling at
the
beginning of the
day



Sister's Coming Together



We are STILL Smiling at
The End of the Day

2011 -2nd place
Finalist
Elizabeth Rugby 7's

Starting and Finishing
TOGETHER

OBJECTIVES :

- * Increase and encourage women's participation with a physical activity in local community.
- * Enhance the opportunity for multicultural participation in local community, we presently have ten (10) Aboriginal and Torres Strait Islander women playing for the first time in this sports code. We also have migrant communities represented with players formerly from New Zealand, England and Samoa.
- * To advocate a family-type environment in local community.
- * Enhance Inclusiveness for the Indigenous community as well as women's participation in sports in the local community. This contributes to their general health and wellbeing.
- * To be able to sustain a women's team from the Onkakapringa area to participate in the regular women's rugby competition in South Australia.
- * Breaking Barriers through sports participation.
- * To build stronger local community ties through multicultural participation in sports
- * To be successful in our application for the 'Move It!'- Grant Offer. This will enable us to assist with uniforms and registration for women players.

OVERVIEW:

The Rugby season runs for approximately 18 weeks, during this time the physical activities consist of one and a half hours training, twice a week. Training concentrates on physical conditioning and core strength exercises with skills and drills components. Game day has a time frame of 35 minute halves, this requires considerable physical exertion and fitness and team participation.

On the completion of the rugby competition, there is a social summer touch football competition where the women and their children will participate in a low-key physical activity in a family environment. The summer touch competition follows on from the rugby season and allows for women to maintain their unity and physical condition in a social interactive-based environment. Pre-season training at the end of the summer months will consist of light social beach training activities on weekends with family members.

OUTCOMES :

Increase in womens registration to the club and also general interest from the Indigenous community to support Indigenous women participation. Through pre-season training the club has registered 5 more players, from different cultural backgrounds. We have had women from Papuan New Guinea and Kenya, which has added to our existing multicultural base.

We as a club have been successful in the 'Move – It' Grant application and this has been recognised by an official letter dated 24/12/10.

We have had 9 women from the Onkaparinga team training for state selection in 2011, out of those 5 Indigenous women from the club are trying out for state selection for the first time.

Our first official tournament was the Elizabeth Rugby 7's competition in March 2011, where we made it to the grand final undefeated and lost to last years premiers. In 2010, we lost every game in the same tournament.

We now are seeing more Indigenous youth coming out to the club to engage in forms of physical fitness and social engagement with their peers, these are family members who's mum or Aunty play and train rugby for the Onkaparinga Women's team.

Through the Grant application, we have been able to sustain a womens team into the 2011 competition. Such grant gives tremendous support for the Onkaparinga rugby womens team to maintain uniforms and register team members to stay healthy through local 'grassroots' community sports participation.