

ONKAPARINGA WOMEN'S RUGBY TEAM
SISTERS COMING TOGETHER
2012 – THE YEAR OF GROWTH

We acknowledge the land that we play rugby on belongs to the Kurna people and we acknowledge their spiritual connection to this land

The 2012 women's rugby season for the Onkaparinga women's rugby team has become a wonderful journey of empowerment, achievements, self determination and personal growth, for the team as a whole. We have seen a growth in new and young women players being inducted into the code of rugby as well, we have seen a growth in family support.

2012 has seen the value of pre determining our team goals and objectives through pre season training and this has bought about positive affirmation and change about how we as a group see ourselves. This approach creates a firm assurance by the women to commit to team games and training. Although we lost some experienced players in the 2012 season due to family and work commitments, the new and youthful recruits were more than capable and enthusiastic to take up the challenge in the SA Women's rugby competition.



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CULTURE IN THE COMMUNITY

As the name implies, 'Sister Coming Together', signifies the multiculturalism of women participants playing at the Onkaparinga Rugby club. Having such a diverse cultural background makes the team more united as they work towards a common goal for 2012. We have secured a strong Aboriginal women's playing group, with a total of 12 Aboriginal women playing in the 2012 season, with 5 of them being their first year at rugby (2 of whom have been selected in the school girls state 7's team). We have also seen a strong Maori presence as well as players from England, Europe, Pacific Island and Kenya. Part of the role of sports at grass root community level for the Onkaparinga women is to enhance the gender identity for many of our women at Onkaparinga RUFC, having support from Government funding bodies enables women the opportunity to achieve this through a physical activity



We are One But We Are Many

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COMMUNITY SPIRIT

Pink Ribbon Day – Breast Cancer awareness week

The Onkaparinga Women's Rugby team hosted the Old Collegians women's rugby team on the 25th August at Wilfred Taylor reserve (Onkaparinga RUFC home ground)for the breast cancer awareness week rugby game. Money raised on this community match was donated to the Jane McGrath Foundation. The Onkaparinga women's rugby team did a fundraiser to raise money to purchase a special commemorative rugby jumper to signify the importance of Breast Cancer awareness. The Onka's women did not disappoint the crowd on the day by beating the opposition by 25 points to 5



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State and National Representation

The Onkaparinga women's team were fortunate enough to have some of their team mates represent the state for National rugby 7's selection. Aimee Tanimu and Brianna Nathan took part in the South Australian women's rugby 7's contingency that travelled to Sydney to be a part of the National competition. This was a very physical demanding event and the competition was played at a cracking pace, compared to the normal 15 aside competition. Brianna Nathan was selected as a team member for the Australian women's rugby 7's team and we as the Onkakapringa team were overjoyed that a Sister member made the National side'

Brianna Nathan in the Australian Women's 7's team



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State and National Representation



Qantas Women's Sevens named for Asia Pacific Women's Sevens Championships

8/30/2012

By ARU Media Unit

Qantas Women's Sevens coach, Chris Lane, has named his side for the 2012 Asia Pacific Women's Sevens Championships in Sabah, Malaysia this weekend.

The three day tournament will kick off tomorrow, Friday 31 August and wrap up on Sunday 2 September.

The Qantas Women's will look to go one better than their last outing where they finished second at the Oceania Women's Sevens Championships in Fiji earlier this month.

As they prepare for the 2012/13 IRB Women's Sevens Challenge Cup and the Women's Rugby World Cup Sevens 2013 in Russia, the focus for Qantas Women's Sevens coach Chris Lane continues to be development.

"We're continually looking to improve as we move closer to the World Cup," Lane said.

"This side has come a long way together and have worked hard off the pitch, it's just a matter of continuing to improve on it.

"It's also important that we continue to develop the younger women coming through the ranks and get some tournament experience into them."

Lane has named a mix of youth and experience for the Asia Pacific Women's Sevens Championships.

Led by captain, Rebecca Tavo, regulars Cobie-Jane Morgan, Shontelle Stowers and Sharni Williams will be joined by relative newcomers, Emilee Cherry and Alicia Quirk.

Coach Ross Tanimu – Report for the onkaparinga women's rugby teams journey 2012

Lane has also injected five new faces into the squad for the Championships.

After making their debuts at the Oceania Women's Sevens Championships just a few weeks ago Gemma Etheridge, Brianna Nathan, Katrina Barker, d'Arcy Sadler and Dalena Dennison will all be making their way to Malaysia as part of the Qantas Women's Sevens squad.

Drawn in Pool B, Australia will face Chinese Taipei, Japan and Singapore on day one before taking on Kazakhstan in their final pool match on day two.

Should the Australians finish first or second in their pool they'll move straight through to a semi-final clash on Sunday for a place in the final.

Information on the 2012 Asia Pacific Women's Sevens Championships including Pools and the draw for Pool play can be found below along with the Qantas Women's Sevens squad list for the tournament.

Qantas Women's Sevens side for Asia Pacific Championships

1	Rebecca Tavo (C)	7	Katrina Barker
2	Gemma Etheridge	8	d'Arcy Sadler
3	Emma Gillogly	9	Dalena Dennison
4	Cobie-Jane Morgan	10	Sharni Williams
5	Shontelle Stowers	11	Emilee Cherry
6	Brianna Nathan	12	Alicia Quirk

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AGAINST THE ODDS'- GRAND FINAL 2012

A coach's reflection of the Year We Stood Tall and Proud

Dear Team Diva's

Just letting you all know that what we achieved yesterday in winning the grand final is something they read about in fairytale books. However, we as a team brought that fairytale into reality and showed what can come when you set realistic goals and have a strong foundation that weather's the storm.

The foundation was laid down in 2010 and we made that commitment that we would play with what God has given us on the day, nothing more, nothing less. We also said to ourselves that one day we would take out that grand final, we did not know when but it would happen (Determination). We made that decision on the basic application of team structure, commitment and doing the best you can on the day, then things will fall in place. To support this we said we would not look at the score line as the first indication of our performance, the score line will only reflect what we put into our structure, commitment and doing our best- this was quite evident on the grand final day, and the games leading into the grand final.

*Our goals from 2011- 2012, was cemented the week before the competition; **1. To do our very best as a team 2. To get into the top 4 by the end of the season – then re priorities new goals 3. To stand up and be counted and not to back down or be intimidated by the opposition.** All those were ticked off by us as a team and we broke the shackles from around our neck in the preliminary finals when we beat South's and that just reaffirmed our belief to do it again in the grand final.*

We said to ourselves that the icing on the cake must have certain ingredients if we wanted to put the finishing touches to our cake and that was structure, commitment, communication and team play. The training staff and the management staff helped the women's team make and bake the cake but could not participate in making the icing, that is something that only the players could do, and you did that with the ingredients you received and – IT TASTED SWEET.

*The blessings from our **prayer, Karakai and smoking ceremony** on the day prior to us taking the field gave us strength, unity and determination in this last passage of the 2012 rugby season and I think this took away the tension and gave us sense of peace and wellbeing. On top of this I think it is important to acknowledge the Onkaparinga family members, team members and staff who came out to support us. We have generated some interest in the community with younger and past players wanting to come out and be a part of the 2013 season – well done.*

Signing off for 2012

Regards

Ross

Coach Ross Tanimu – Report for the onkaparinga women's rugby teams journey 2012

ONKAPARINGA WOMEN'S RUGBY TEAM SISTERS CAME TOGETHER 2012

Women's Rugby Champions – 2012

It took just 3 years for the Onkaparinga Women Rugby team – Sisters Coming Together to do what most sporting teams aspire to achieve and that was to take out a premiership. Our ability to achieve this remarkable feat was greatly assisted by the State Government through the Office of Recreation and Sports. We would like to acknowledge the support we have received through funding and grant applications we had applied for since our first year in the competition in 2010.

The cultural fairytale as described above is something many of these women will cherish for a long time. Many of the women found out what happens and what you need to go through mentally and physically if you want to achieve goals in life. For many of the women, the physical activity in the pre season and skills and drills component was a journey in itself but they all realise that this was all part of the commitment they signed up for . The multicultural component for the team is unique on many fronts and something that should be applauded for in a local community 'Grass Root' setting. We had a large Aboriginal and Torres Strait Islander women and family participation. There was a strong Maori presence, supported in part by pacific islanders, as well as European and Kenyan playing group. From the team members we have had National and State players represent the Onkaparinga RUFC ,as well 2 Aboriginal team members pick in the state school girls rugby 7's team. **Our Sisters took 3 years to come together for this premiership and the reward has cemented the Sisterhood Family.**





Government of South Australia
Office for Recreation and Sport

be active.

Onkaparinga Women's Rugby Team State Champions - 2012



Sisters Have Come Together 2012



A Proud Mob of Sisters