



Vipers News

Announcements:

Issue 3

May—July 2008

Happy Birthday to

May

- * Suzy Barrett
- * Felicity Gilbertson
- * Matthew Ross
- * Kate Galea

June

- * Carmen Deane
- * Shauna Hammond
- * Stewart Dracup

July

- * Chris Katal
- * Clinton Burke
- * Toni Breeze
- * Vu Le
- * Vincent Demaria
- * Maree Lang
- * Tim Glazebrook

August

- * Rick Iversen
- * Gerhard Brown
- * Danielle Ryan

September

- * Michael Shadbolt
- * Nicole Doig
- * Matthew Dent
- * Ashley Davine

October

- * Sally Hamilton
- * Neville Makiri

Vipers Dominant Junior Coaching Appointments

Vipers have been rewarded for their continual support of junior development of young touch players by having five of their current players and coaches announced to lead the Victorian 20's teams to this year's National Youth Championships in September.

Stephen Young and **Suzy Barrett** have been announced as the Coaches for the Men's and Women's teams respectively and will be assisted in their roles by **Mick "MC" Carter**, **Andrea Frankpitt** and **Melissa "Smash" Ashmore**. All are current Vipers Men's and Women's VT League players with a wealth of experience.

Stephen has been involved in touch for almost 15 years as a player, coach and recently administrator. Stephen spent five years playing touch in Sydney with the Canterbury and Menai Mixed teams in which he tasted defeat in two Sydney Championship finals and one NSW State Cup final. During his six years in Victoria Stephen has been a regular member of the State Men's Open teams and has also represented the Crusaders franchise at NTL's. cont. pg2

Farewell and Bon Voyage

Vipers said farewell to fellow team mates this quarter with the Biskit family and Rick Iversen heading overseas for extend stays in the UK. The Biskits as they have come to be known have been integral parts of the Victorian touch landscape for many years and since the Vipers inception 12 months ago members of Vipers teams. Mark, Wendy and little Sienna said farewell this month for a adventure that I am sure will bring them many stories and tales to tell on their return down under.

Another one of Vipers founding members and more recently treasurer Rick Iversen, also found the courage to pack his bags and head across the world for an adventure that could only be challenged by the early adventurers of Christopher Columbus. Rick will settle in the old dart after his extensive journey through Asia, Russia and well, wherever he feels like visiting.



Vipers wishes them all safe and happy adventures. Best of Luck.



State junior coaches announced –cont pg1.

Suzy has been a long standing member of the Victoria Women's Open team for many years not to mention a regular in Crusaders NTL teams. Suzy was rewarded in 2004 and 2005 with selection in the Australian Senior team which competed at the European Championships in Jersey and All Nations in Christchurch. Suzy has also had the privilege of winning two NTL titles one with the Crusaders Women's 30's in 2005 and more recently the Victorian Women's 27's which won this years National title.

Mick has been involved in the sport of touch for many years. Learning to play touch in the ACT, Mick has played at NTL many times, playing for Crusaders, Suns and Victoria, including winning an NTL title. He was also selected to represent Australia at the All Nations tournament in Christchurch in 2005 in the Senior Mixed team. Mick has also been involved in coaching for several years, the highlight being the assistant coach of the all-conquering Victorian Women's 27's at this years NTL.

Andrea for many years has been a integral part of the Victorian representative scene with representation at all levels from Victorian Women's Open, Crusaders Mixed Open and most recently returned as a National Champion as part of the Victorian Women's 27's all conquering team in 2008. Her knowledge and enthusiasm will be valuable come September.

Melissa has represented South Australia and Victoria at Women's Open level and in 2004 represented the Crusaders Mixed Open. Melissa was also part of the victorious Women's 27's campaign as manager at this years NTL and will be looking to add to that success with the Women's 20's.

Congratulations to all on their appointments to the State 20's teams.

Victorian 20's Teams Announced

Vipers commitment to junior touch development has paid dividends with eight players selected to compete at the National Youth Championships in Coffs Harbour during September in the Victorian State Men's and Women's 20's squads. This event is the selection trials for the National Youth teams which will compete at the Federation of International Touch (F.I.T) World Cup in Auckland New Zealand in January 2009.

Many of the young Vipers have played competitive touch for a couple of years after been given their opportunities with Vipers and other Victorian clubs. **Toni (TB) Breeze, Lani Harris, Chris Katal, Gerhard (Chuckles) Brown, Izayah (Zee) Ropata** and **Ashley (Tank) Davine** all played in Vipers VT League Men's and Women's runner ups teams in 2007. While **Vincent (Eminem) Demaria** and **Timmy Glazebrook** played in the Vipers Mixed A team which won the Men's A Fawkner Park title during summer 07/08 but they have one thing in common and that is they have all donned the Black, Red and White in the last 12 months.

Along with these eight players Vipers will be supplying over 75% of the coaching and management staff for the teams with **Stephen Young** and **Michael Carter** in charge of the Men's Squad and with **Suzy Barrett, Andrea Frankpitt** and **Melissa Ashmore** in charge of the Women's, both teams are destined to display the quality of touch that will amaze the northern states come September.

Victoria Represented At The National Training Camps

Vipers **Suzy Barrett** and City Lions **Leah Percy** were selected to represent Victoria at the 2008 National Training Squads (NTS) and participate in the all areas of the Training Camp held from 4-6th July, at Narrabeen, NSW. The camp was the first since the Australian Teams defended the 2007 World Cup in South Africa, and will see the NTS combine with the Australian Youth Squads as they prepare to reclaim the Youth World Cup in New Zealand 2009.

Suzy and Leah were chosen as part of the Women in Sport program currently undertaken by Touch Football Australia and the Australian Sports Commission to encourage a more active role in Coaching, Selecting and Officiating duties undertaken by Women in Sport.

Suzy and Leah learnt from the best coaches in the world including Aussie Men's Open and Women's Open coaches Tony Trad and Kerry Norman. During the three day camp the latest techniques for preparing and training Elite touch teams was discussed and demonstrated to the ladies. These valuable new skills and techniques will be a true asset to all the State teams preparing for tournaments over the coming months.

We look forward to this newly acquired knowledge come October for the launch of VT League.



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Sandringham Sports Tip Of The Month — Core Stability

To attain total fitness, an athlete must possess “core stability” - the ability to use the muscles to keep the body’s separate sections stable. In order to perform ballistic movements – such as running, throwing and jumping – the muscles must have a stable base to start from. Without a stable base injuries, both acute and chronic, can occur. Good core stability also enables stronger muscle contraction, and better agility, recovery and control. Core-stability training begins with learning to perform the "abdominal hollowing" technique with the spine in the neutral position. To do this, use the following guidelines:

- Start by lying on your back with knees bent
- Your low back should be neither arched up nor flattened against the floor but have a small gap between the floor and your back. This is the "neutral" position.
- Breathe in deeply and relax all your stomach muscles
- Breathe out and, as you do so, draw your lower abdomen inwards as if your belly button is going back towards the floor.
- Hold the contraction for 10 seconds and stay relaxed, allowing yourself to breathe in and out as you hold the tension in your lower stomach area.
- Repeat 5-10 times

Remember the following:

- Do not let the whole stomach tense up or brace too hard.
- Do not tense the shoulders
- Do not tilt your pelvis nor flatten your back, as this means you have lost the neutral position you are trying to learn to stabilise.
- Do not hold your breath, as this means you are not relaxed.

Once you have mastered the abdominal hollowing lying on your back, practise it lying on your front, four-point kneeling, sitting and standing. In each position get your lumbar spine into neutral before you perform the hollowing movement.

Core stability exercises are then progressed under the supervision of a Physiotherapist. Another option is a technique called Pilates, designed to improve stability and control. It involves specific exercises using specialized equipment, and is available at Sandringham Sports Medicine.

For further information on core stability you can make enquiries to a SSM Physiotherapist.

A League & English Premier League — Tipping Comp Online Now

Vipers invites you to be part of their A League and English Premier League tipping comp in 2008. This is a great way to help raise some money for Vipers Sports Club and also a good opportunity to be crowned Vipers A League Tipping Champion in 2008. So please join and invite your friends ,family and work colleagues and all those you know overseas to join in the fun. Simply go to www.vipersports.com.au to join in all the fun in season 2008.



Vipers Welcomes Some New Arrivals

Vipers this month welcomed some new additions to the ever growing future playing rosters of the club with Shauna Hammond and Gav Burchall giving birth to a brother for Connor.

Joshua Ty Burchall was born on Thursday June 12th at 5.49pm weighing 6lb 15oz.



Yvonne Seng also brought a little girl into the world on Friday 27th June with Taylah Armani Seng weighing 8lbs 3oz.



Vipers would like to Congratulate both families on their new bundle of joy.

Under Armour Keeping Vipers Warm

Vipers are pleased to secured **Under Armour Performance Apparel** to provide Vipers players and their family and friends with performance garments to ensure that competitive edge over opposition teams in season 2008/09.

Under Armour will provide a **15%** discount off retail price of compression garments purchased through Vipers. Under Armour are the original compression specialists and through their innovation and technology will continue to be a global leader in this field.

Full details on how to order Under Armour garments can be found in [Sponsors and Links](#) on the website. Simply place [your order and email to vipersports@hotmail.com](mailto:vipersports@hotmail.com). Full payment is required to ensure there is no delay with delivery.



Here are a few samples of the range and the great prices only available through Vipers

Men's Heat Gear Compression Long Sleeve—RRP \$70 — Vipers Price \$59.50



Men's Heat Gear Leggings—RRP \$80 — Vipers Price \$68



Women's Short Sleeve T Compression RRP \$60 — Vipers Price \$51



Women's Cold Gear Frosty Tights RRP \$120 — Vipers price \$102



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Goodbye To A True Gentleman

It is with great sadness that on Saturday 26th July saw the unfortunate passing of a great man, and a fine family man - Tamati Smith - who was tragically taken in the early hours of Saturday morning in a car accident.

A familiar face around the touch fields, Tamati always had a smile on his dial, and plenty of kind words to say about everybody. Tam as he was affectionately known as, always would take the time to come and say "hello", shake your hand and ask you how you were going. A true gentleman and a friend to many in the touch and wider community.

Although Tamati never wore the Vipers strip he was a great friend to many of the Vipers players not to mention a formidable foe on the touch field with his blistering pace and constant talk from out wide, making him a valuable asset in anyone's team.

Tamati leaves behind a host of friends in the touch community, as well as beyond, and will be sadly missed.

Tamati is survived by his wife, Candice, and his young daughter, Amelia.

Vipers on behalf of all its players would like to pass on our sincere condolences and warmest thoughts to Candice, Amelia & Tamati's family.

Vipers VT League Campaign Begins

The 2008 VT League season is still over 8 weeks away but plans are already underway in preparation to go one better than last year's bridesmaids status for both the Men's and Women's teams. The coaching staff for each team have been secured with Stewart Dracup in charge of the Men's team and Shauna Hammond and Michael Carter teaming up again to try and replicate the success enjoyed with the Victorian Women's 27's team in March at the National titles in Coffs Harbour. Player movement is always expected although Vipers expect to largely retain the majority of both their Men's and Women's playing rosters for 2008 with many of the State's best juniors again expected to line up come October.

The Men's team will rely heavily on their experienced players in Mick Carter, Clinton Burke and Dallan Kahui and with the return of Stephen Young to the team in 2008 should provide plenty of headaches for opposition teams. Although it will be the speed and agility of their younger players that will provide the flair come match day with Matt Dent, Chris Casey, Michael Shadbolt and Izayah Ropata expected to line up in the black, red and white.

The Women's team will boast no less than five current National title champions with Suzy Barrett, Hellie Dracup, Carmen Deane, Brooke James and Andrea Frankpitt all returning to go one better in 2008 after last year's disappointing loss in the Grand Final. Vipers have retained over 90% of last year's playing list with the addition of some young juniors in Sam Spiers, Toni Breeze and Lani Harris set to compliment this already quality line up.

Vipers are looking for one better in 08!

SSM On Board In 2008

Vipers welcomes back in 2008 Sandringham Sports Medicine as their official Sports Injury and Prevention specialists. Sandringham Sports Medicine have been loyal supporters of Vipers Sports Club Inc. since the very first day and we are very thankful for their continued support and welcome them back in season 2008.

Don't forget that SSM offer all Vipers members a discount on all physio treatment. Simply mention Vipers Club One discount upon payment to receive your 10% discount.

Any player who can not afford injury management please contact the club and discuss options which are available only for Vipers members in conjunction with Sandringham Sports Medicine.

Sandringham Sports Medicine the Injury and Prevention Management Specialists ensuring Vipers players get back on the field quicker and injury free!



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Vipers Footy Tipping Leaders Update

Super 14

Winner — Stephen Young
Runner Up — Rick Iversen

NRL— Round 20

1st — Mashmore — 96pts
Equal 2nd MC & Cambo — 91pts

AFL — Round 18

Equal 1st on 102pts
Tim Grant & The Riddler

3rd on 101pts
Peter Beythien

A League

English Premier League

Still a long way to go in all tipping
competitions.

Best of Luck

Mission Statement

"Vipers Sports Club Inc. will promote and encourage the development and participation of all athletes through a professional club environment and atmosphere".

Coming events in 2008

July—August — Men's and Women's Open team trials—Dane Rd Moorabbin

August 16th — State 20's Fundraiser—Powerhouse rugby Club

September 16th—21st — National Youth Champs, Coffs Harbour

October 4th— VT League commences

If you have an article, information, event or would like to recognise someone for their efforts then please forward all requests for publication to

vipersports@hotmail.com no matter the sport we are more than happy to publicise your individuals efforts or team efforts.

Do not forget to utilize your **Ritchie's Community benefits card** when shopping as 1% of your total shop comes back to the club. The more we all support this initiative the less we all pay in fees. So please support Ritchie's Supermarkets when possible. More community cards will be available from Youngy just ask next time you see him.

New Committee Elected

Vipers held their AGM on Thursday 31st July 2008 at the Maori Chief Hotel in South Melbourne. A big turn out of members attended the meeting to ask questions of the club's annual report and financials status as well as future plans for the club. Once all queries had been answered it was time to thank the out going committee for their twelve months of hard work and to elect a new committee for the forth coming 2008/09 season. The following have been elected or re-elected to the Vipers Sports Club committee.

President - Stephen Young

Vice President - Ashley Davine

Secretary - Melissa Ashmore

Treasurer - Jon Whitehead

Accounts Receivable - Hellie Dracup

Social Members - Suzy Barrett, Michael Carter, Stewart Dracup and Russell Bari

