



COROWA RUTHERGLEN  
FOOTBALL CLUB

GUIDE FOR  
RECRUITS

## **OUR VISION**

The Corowa Rutherglen Football Club aims to be a family club, run by committed people who strive to create an environment where parents can safely send their children to be educated and grow as individuals in a team environment.

The club will relentlessly pursue its goal of being a competitive club in the strongest country league by:

- Providing the best teaching coaches we can engage
- Providing and maintaining facilities which are the equal of any Ovens & Murray Club
- Recruiting and promoting the best young players in the Corowa Rutherglen area
- Recruiting the best people when recruiting outside the Corowa Rutherglen area
- Encouraging ownership of the club by our town's residents and share our success and growth with this community

The Corowa Rutherglen Football Club will value and embrace sponsors and ensure a close working relationship with these organizations exists at all times. Any sponsor of the Corowa Rutherglen Football Club will be a partner who will accompany the club on its journey.



## **COROWA RUTHERGLEN FOOTBALL CLUB**

### **Corowa & Rutherglen – The Towns & District**

The townships of Corowa and Rutherglen are located approximately 275 kms North East of Melbourne via the Hume Highway (turn off at Wangaratta). Travel time from the outskirts of Melbourne is 3 hours. Corowa has a population of 5,600 whilst Rutherglen has approximately 2,000. The area population is 11,058 people.

The area is home to a wide array of small to medium sized enterprises ranging from tourism and hospitality to manufacturing and agriculture. The major industries include wineries, a piggery feedlot and abattoir, agriculture machinery sales and services, food processors, munitions factory, many freight transport companies and thriving tourism, retail and trade business.

Tourism, accommodation and the registered club industry are major employers in the area. Tourism is a fast growing part of the region's economic expansion.

Transport and agricultural industries are also extensive throughout the Corowa Rutherglen area. The region raises sheep, cattle and pig meat for export and large domestic contracts. The local transport industry has an excellent reputation and carts products throughout Australia.

Employment in the above industries is readily available throughout the region. There is a wide array of employment opportunities for labourers, tradesmen and service professionals throughout the shire.

Rutherglen is the viticultural centre of Australia's oldest wine growing region situated on the banks of the Murray River. The Rutherglen wine region is the premier fortified wine producing area in Australia with winemaker's passing on their knowledge through up to five generations.

Corowa is commonly referred to as the Birthplace Of Federation due to its significant role in bringing about the Federation of the Australian Colonies. During the 1893 Corowa Conference organised by the Local Border Federation League, a motion put forward by Bendigo's Dr John Quick was unanimously carried. This motion had the effect of changing both the pace and direction of the Federation Movement in Australia.

## Corowa Rutherglen Football Club



### Education

The following educational institutions exist within the Corowa and Rutherglen townships:

#### Primary & Secondary Schools

- Corowa Public School
- Corowa South Public School
- St Mary's Primary School Corowa
- Corowa High School
- Rutherglen Primary School
- St Mary's Primary School Rutherglen
- Rutherglen High School

#### Further Education:

- Riverina Community College Corowa
- Chubb Business & Training Solutions
- TAFE NSW Riverina Institute Corowa
- Charles Sturt University Albury Campus
- Latrobe University Wodonga

#### Pre Schools

- Corowa Pre School
- Rutherglen Pre School

## Corowa Rutherglen Football Club

### Club History

The Corowa Rutherglen Football Club was born in 1979, the result of an amalgamation between the Corowa and Rutherglen Football Clubs.

Both clubs shared long histories and fierce rivalries dating back to the early 1900's.

The Rutherglen Football Club shares the most number of Ovens & Murray premierships won with 15 (1895, 1896, 1898, 1899, 1901, 1903, 1904, 1907, 1909, 1910, 1912, 1914, 1915, 1935 and 1954). Such was the strength of the Rutherglen Football Club during the Gold Rush era, many VFL teams challenged this successful country club and were defeated. During this era, 6 of the famous King brothers played for the club.

Many Rutherglen players went on to play VFL football including Fred Hiskins (Essendon), Rupert Hiskins (Carlton), Arthur & Stan Hiskins (South Melbourne) and Bill Francis (Fitzroy). Hassa Mann (Melbourne) and Grag Tate (Essendon) also played football for Rutherglen with Tate coaching the 1954 premiership team. Robbie Campbell from the Rutherglen Football Club currently plays AFL football with Hawthorn.

The Corowa Football Club started out as Border United in 1895. Eventually becoming Corowa, the club won 2 Ovens & Murray premierships in 1932 and 1968. Players to go on and play VFL football from Corowa include Jim Sandral (Melbourne) and Peter Chisnall (North Melbourne) Fred Swift played full back in Richmond's 1967 premiership and then went on to coach Corowa to its 1968 premiership.

Corowa Rutherglen formed in 1979 through the amalgamation of the 2 clubs. Players to progress to VFL/AFL level include Brett McKenzie (North Melbourne), Paul Bartlett (North Melbourne), Paul Lewis (Geelong), Adam Mathews (Carlton), Daryl Henderson (North Melbourne), David Teague (Carlton), Aaron Henneman (Essendon), Michael Gayfer (Collingwood), John Longmire (North Melbourne), Mark O'Donoghue (North Melbourne), Damien Houlihan (Collingwood), Adam Houlihan (Geelong), Ryan Houlihan (Carlton), Josh Houlihan (St Kilda), Ben Mathews (Sydney Swans), Jeff Bruce (Fitzroy), Brad Campbell (St Kilda), Peter Tossol (Melbourne). The club has won premierships in 2000 and 2003.

## Corowa Rutherglen Football Club

### OMFL Morris Medallists:

1936	A Macauley	Rutherglen
1939	W Francis	Rutherglen
1946	A Dunn	Rutherglen
1947	K Williams	Corowa
1950	A Dunn	Rutherglen
1951	N Hawking	Rutherglen
1959	J Sandral	Corowa
1962	J Sandral	Corowa
1964	J Sandral	Corowa
1965	Alby Dunn	Corowa
1970	J Clancy	Corowa
1971	J Clancy	Corowa
1974	A Way	Corowa
1977	K Boundy	Rutherglen
1978	M Mills	Corowa
1994	J Kingston	Corowa Rutherglen
2004	R Mackenzie	Corowa Rutherglen
2008	J Ryan	Corowa Rutherglen

### Premierships

Corowa	Rutherglen	Corowa Rutherglen
1932	1895	2000
1968	1896	2003
	1898	
	1899	
	1901	
	1903	
	1904	
	1907	
	1909	
	1910	
	1912	
	1914	
	1915	
	1935	
	1954	

## Corowa Rutherglen Football Club

### Corowa\Rutherglen\Corowa Rutherglen Team Of The Century

B	F King ®	D Sandral ©	L Jackson ®
HB	W Francis ®	J Sandral ©	J Kingston (CR)
C	A Dunn ®	W Gayfer ®	W O'Donoghue ©
HF	D Carroll ©	N Hawking ®	G Tobias ©
F	A Francis ®	R Baker ©	A McCauley ®
R	M Mills (CR)	J King ®	J Clancy ©
Int	J Lane ©	A Way ©	C Dickins (CR)
Coach	P Tossol (CR)		

### Ovens & Murray Football League ([www.omfl.vcfl.com.au](http://www.omfl.vcfl.com.au))

The Ovens & Murray Football League is presently the strongest country football league in Victoria having recently won the VCFL Country Championships. The league comprises the following teams:

- Corowa Rutherglen
- Albury
- Lavington
- Myrtleford
- North Albury
- Wangaratta
- Wangaratta Rovers
- Wodonga
- Wodonga Raiders
- Yarrawonga

The standard of football in the OMFL is very strong with strong recruiting taking place, particularly over the past 3 years. This trend looks like continuing with most clubs expected to improve their lists in the future.

Corowa Rutherglen Football Club players are encouraged to compete at inter league level for the OMFL.

The challenge for the Corowa Rutherglen Football Club is to remain very competitive to the point where we play finals football on a regular basis. The club needs to continue to work hard both on and off the field to ensure that it has 3 very competitive teams with sufficient depth to cover injuries.

The club won its most recent senior premiership in 2003 and is motivated and hungry to again challenge for the ultimate success.

## Corowa Rutherglen Football Club

### Corowa Rutherglen Football Club Teams

- 1st XVIII
- 2nd XVIII
- 3rd XVIII (Under 18)
- Under 16
- Under 14
- Under 13
- Auskick (Friday Evenings)

### Netball

The netball club is an extremely important and valuable component of the Corowa Rutherglen Football Club. The netball club enters teams in the A Grade, B Grade, C Grade and U\17 Grade competitions within the OMFL Netball Competition.

Training occurs on Tuesday and Thursday afternoons during the season and the teams also undertake pre season training at similar times to the netballers.

The netball club welcomes recruits and ensures an enjoyable environment for those who choose to play for the club.

The netball club has a close alignment with the football club and is seen as an important and integral part of the football club family.

### Club Facilities

The Corowa Rutherglen Football Club is situated close to the centre of town. The ground is perhaps the largest in OMFL football and is considered one of the better surfaces in the league. The Murray River runs beside the ground which makes for a picturesque setting. The ground is maintained by the Corowa Rutherglen Football Club in conjunction with the Corowa Council. The John Foord Oval is a wonderful asset and all recruits love playing there.



## Corowa Rutherglen Football Club

### Clubrooms

The Corowa Rutherglen Football Club changerooms are more spacious than most. There is ample room for the kicking of footballs and warm ups in a carpeted area. There is a dedicated trainers room with a large shower area.



### Lighting

The floodlights at the Corowa Rutherglen Football Ground are excellent and allow the players to train at full pace during the winter months. The Corowa Rutherglen Football Club has committed to maintaining these lights to ensure they remain the equal of any lights in country Victoria.



### Weights

An area is set aside in the Corowa Rutherglen Clubrooms where the players undertake weight training. Most of the weights are free weights however the club has recently purchased a running machine and some universal weight stations. The weights area at the Corowa Rutherglen Football Club is now excellent and players have access to this area both in and out of season. The club has attempted to create a culture of players voluntarily undertaking weight training and this has been successful over the past couple of seasons. The club is always looking to increase the types of weights\machines it has in place. Tuition and assistance is provided to younger and new players who require support. The weight training undertaken at the club improves the morale as players generally do their weights together.

## Corowa Rutherglen Football Club



### Social Rooms

The Corowa Rutherglen Football Club has fantastic social rooms which have recently been renovated to include a new canteen and kitchen area. The majority of the club's social functions are held at these rooms. Thursday night training is followed by the selection of teams and a meal is provided to all players and supporters.

### Training

The Corowa Rutherglen Football Club has 3 phases of training:

Pre Christmas Training (Mid November until Christmas)

Pre Season Training (Mid January until week before 1st OMFL game)

Seasonal Training (Beginning week of 1st OMFL game)

#### Pre Christmas Training

Pre Christmas training begins in mid November. Training is held on Monday nights only and involves fairly light running, swimming, bike riding and limited ball work. The club usually conducts a small scale triathlon during this phase. This phase presents an opportunity for players to set a platform which can give them a head start when pre season begins in January. Training during this phase begins at 6.00 pm.

#### Pre Season Training

The clubs pre season training commences in mid January. Training is held on Monday and Wednesday nights beginning at 6.00 pm. Training during this phase includes fitness conditioning as well as ball work. Pre season training also includes the playing of practice matches. Corowa Rutherglen Football Club usually plays 3 practice matches against other football clubs during this time.

## Corowa Rutherglen Football Club

### Practice Matches

Practice Match 1 - Second week of March

Practice Match 2 - Third week of March

Practice Match 3 - Fourth week of March

### Seasonal Training

Normal seasonal training commences the week of the first OMFL game. Training during this phase is conducted on Tuesday and Thursday nights beginning at 5.30 pm.

### Injury Rehabilitation

Injury rehabilitation is taken very seriously at the Corowa Rutherglen Football Club. Trainers are available at all times including all training as well as matches. The club also provides a physiotherapist at no cost to the players on Tuesday nights during the football season.

Players are required to report all injuries to the club's head trainer. The Head Trainer will liaise with the player as well as the coach on the appropriate rehabilitation program. The club has the standard player insurance in place however players are still encouraged to have private health insurance.

### The Travelling Footballer

The majority of the Corowa Rutherglen Football Club players live locally. We do however require the support of players who live outside the local area. Players such as Dave Clark and Chris Oliver successfully combine living and working in Melbourne with playing with the Corowa Rutherglen Football Club. We are lucky to have such committed players.

Travelling players can travel to games when they wish but the Corowa Rutherglen Football Club encourages its players to travel to home games on Friday nights. This gives the player and his family every chance to properly prepare prior to games. The club will assist players in arranging accommodation.

Our travelling players generally travel to away games together on the day of the game. This may vary however when we travel to games in the Albury area.

Training when you are a player who lives in Melbourne or away from the town must be undertaken twice per week. The Melbourne based Corowa Rutherglen players are a well organized group who arrange a pre season schedule and stick to it. The Corowa Rutherglen Football Club will discuss pre season training arrangements with all its travelling players.

## Corowa Rutherglen Football Club

Players who are having difficulty finding a club to train with, should contact Peter Tossol who in conjunction with the club will find a club and venue for you.

The successful travelling footballer develops a successful routine and this involves effective time management.

The Corowa Rutherglen Football Club wants all of its travelling players to enjoy their experience whilst at club. This generally involves the players not only putting their energies into playing well for the club, but also being involved in club functions and other off field activities. We encourage engagement with our supporters.

### Game Day

Senior players are expected to be at games prior to the beginning of the 2nd XVIII game. Team meetings are generally held after quarter time of the 2nds. Players are encouraged to watch 2nds and 3rds games when the opportunity presents itself.

The club strongly promotes all players visiting both home and away social rooms following games for a drink with the opposition.

### Junior Football Involvement

The Corowa Rutherglen Football Club encourages its players to assist wherever possible the junior teams which form part of the Corowa Rutherglen Football Club. This may mean taking training, participating at training, watching matches or providing mentoring to individuals. The club also actively encourages its players to assist at certain times with the Auskick program.

### Social Functions

The Corowa Rutherglen Football Club holds a number (approx 4) compulsory club functions throughout the year and our expectation is that all players in the club support these functions. These functions allow the players to associate with our supporters and sponsors.

### Accommodation

Quality accommodation is available in Corowa & Rutherglen. Listed below are some places to stay:

## Corowa Rutherglen Football Club

<b>Corowa</b>		
Arcadia Motor Inn	02 6033 2088	Golden Roo Member
Comfort Inn Federation Motel Menere's	02 6033 2022	Golden Roo Member
Bindaree Motel	02 6033 1066	
Corowa Motor Inn	02 6033 2500	
Corowa Golf Club Motel	02 6033 1255	
Golfers Lodge Motel	1800 334 288	
Greenacres Resort Motel	02 6033 1366	
Heritage Motor Inn	02 6033 2288	
Lone Pine Motel	02 6033 1800	
Lovell's Motel	02 6033 2966	
Motel Wingrove	02 6033 1566	
Murray View Motel	02 6033 2055	
Statesman Motor Inn	02 6033 2144	
	02 6033 2411	

### Rutherglen

Motel Woongarra	02 6032 9588
Poachers Paradise Hotel	02 6032 7373
Rutherglen Motor Inn	02 6032 9776
Walkabout Motel	02 6032 9572
Wine Village Motor Inn	02 6032 9900

The Corowa Rutherglen Football Club encourages recruits and visitors to the club to use Golden Roo members when seeking accommodation.

### Sponsors of the Corowa Rutherglen Football Club

The sponsors of the Corowa Rutherglen Football Club are:

Francis Transport	Major Sponsor
Trotman Accountants	Major Sponsor
Corowa Plumbtec	Support Sponsor
Corowa Gas	Super Roo Sponsor
Sportspower Corowa	Super Roo Sponsor
Miegels Pharmacy	Super Roo Sponsor
Focus Engineering	Super Roo Sponsor
Boothmans Supa IGA	Super Roo Sponsor
Riverina Flowers	Super Roo Sponsor
SBA Transport	Super Roo Sponsor
Liberty Oils	Super Roo Sponsor
Australia Hotel	Hotel Sponsor
Globe Hotel	Hotel Sponsor
Newmarket Hotel	Hotel Sponsor
Royal Hotel	Hotel Sponsor

### Coaches

The coaches of the Corowa Rutherglen Football Club are:

1st XVIII	Peter Tossol	P 03 5722 2598	M 0419 303 624
2nd XVIII	Ray Robins		M 0428 861 597
3rd XVIII	Paul Bartlett		M 0417 150 475

### Peter Tossol

Originally from the Thornton\Alexandra area, Peter played 19 senior matches for the Melbourne Football Club in the early 1980's.

Following this, Peter went on to play over 200 matches for the Wangaratta Rovers Football Club which included 3 O&M premierships. During this time, Peter also coached the OMFL to 2 Country Championship titles.

In 1999, Peter was appointed coach of the Corowa Rutherglen Football Club where he coached for 5 seasons winning the 2000 and 2003 OMFL premierships.

After 1 year at Wangaratta Rovers again, Peter coached the Mansfield Football to 3 finals series in succession.

Peter was again appointed senior coach of the Corowa Rutherglen Football Club in season 2008, making the 2008 and 2009 finals series and will coach his 3rd season back at the Club in 2010. This will hopefully be an exciting time for the club where we can seriously challenge for premiership honours.

### Ray Robbins

Ray Robins is the 2nd XVIII coach for season 2010. A former player at the club, Ray has made a name for himself at a number of country clubs, being a regular 100 goal kicker. Ray was captain coach of the Reserves in 2009 and is looking to improve the number of players available for selection as well as providing genuine depth for senior selection. Ray hopes to continue playing in 2010.

### Paul Bartlett

Paul Bartlett was a champion Ovens & Murray player and is a true legend of the club and league. Paul played over 300 senior games for Corowa Rutherglen and represented the league on many occasions. Paul was a member of the successful Corowa Rutherglen 2000 premiership team and was a brilliant player who could play in any position. Paul also played at the North Melbourne Football Club.

Paul is a very knowledgeable coach who interacts and communicates well with young players. He is a teacher of young men who can bring out the best in his players.

The 3rd XVIII improved considerably during 2009 and it is hoped that this improvement will be ongoing.



### Club Contact Details

Phone/Fax 02 6033 1585

PO Box 79  
Corowa NSW 2646



# ROOS PREMIERS



**Back Row:** John Robinson (Secretary), Paul Bartlett (Runner), Jarrod Hanrahan, Rhys Jones, Matthew Mills, Jay Campbell, Shaun Daly, Cade Kuscheer, Luke Thornton, Glen Joyce, Mal Jackson (Trainer), Paul Rippingale (Team Manager).

**Middle Row:** Danny Erickson (Chairman of Selectors), Simon Palabicki, Brad Campbell, Ricky Symes, Craig Taft, Mark Harrop, Brendan Eyers, Paul O'Brien, Paul Lavis, Luke Henderson, Luke Kavanaugh, Rod Campbell (President).

**Front Row:** Ryan McKenzie, Matthew Witherden, Guy Chisnal, Jason McFarlane (Assistant Coach), Peter Tossol (Coach), Murray Longmire (Captain), Darrel Spencer, Kade Mills, Simon Mayhew, Peter Chisnal (Trainer).