

RUGBY CLUB NEWSLETTER

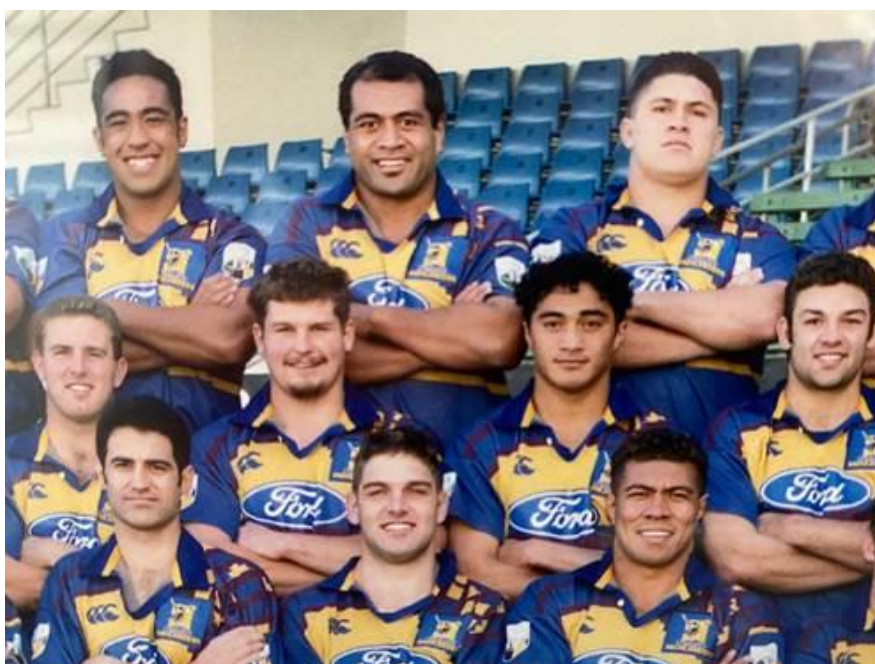
February 2021

In this issue we:

Celebrate the appointment of Judge Mike Mika,
along with the **NZRPA Personal Development Award** winner for 2020
share some **job opportunities**,
advertise the **Waikato Rugby Union** centenary,
check out a few stories from **around the traps**,
remind everyone of the **wellbeing support** available,
advertise an opportunity to get **physical** for those in the Bay of Plenty,
and congratulate our Coast to Coasters.

*Mālō e Lelei, Talofa Lava, Kia Orana, Ni Sa Bula
Vinaka, Hello and Kia Ora,*

Congratulations to Judge Mike Mika



A huge congratulations to Mike Mika (Highlanders #20, Otago, Manu Samoa) who at the start of the month was appointed as a District Court Judge. We wish Mike well for his swearing in on March 6 in Invercargill before presiding in the Lower Hutt District Court from April. Check out this great article from the Otago Daily Times <https://www.odt.co.nz/regions/southland/former-rugby-player-made-judge> where Mike talks about the influence of Sir Bryan Williams and what he learned from his time in rugby. I'm sure Mike would have learned plenty from the interesting selection of individuals above!



Personal Development Awards 2020



The NZRPA Personal Development finalists and winner were announced recently with Stacey Fluhler (nee Waaka) taking out the award from a finalists group which the judges described as one of the best they have adjudicated. The quality of the finalists reflects the evolution of the Personal Development Programme to encourage more autonomy and agency amongst athletes and tailoring individual learning plans in conjunction with them. Stacey certainly demonstrates autonomy and agency in all her endeavours both on and off the field. Check out what she has been up to along with the other finalists here <https://www.nzrpa.co.nz/news/2020-personal-development-award-finalist-and-winner-announced>. Congratulations to all the finalists and massive respect to Stacey for taking out the 2020 award.

Job Opportunities

Another Personal Development Manager position has become available with the Northland Taniwha team. The role is a part time 24 month contract involving approximately 20 hours per week where you deliver the Personal Development Programme focussing on supporting, guiding and assisting players in identifying and navigating their individual pathways to success off the field. Click on the union's emblem for more details and a more in depth job description. Applications close for this role on Monday 1st March.



Wellington Rugby Union is looking for a Head Coach for the Wellington Pride team who are proud participants in the Farah Palmer Cup. Click on the image below for more information and where to apply.



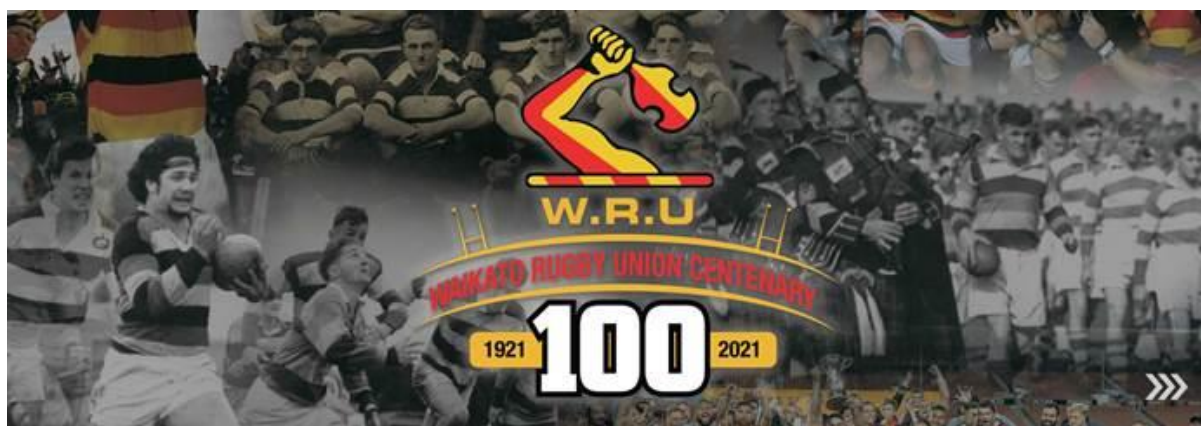
The Auckland Storm Head Coach position has also become vacant. Those interested in applying or know a quality candidate can find all the details by clicking on the image below.



Finally our friends over at the NZ Cricket Players' Association have an opportunity to join their team as **Legal Counsel and Player Services Manager**. To find out more about the role click on the image below.

Advertisement for the NZ Cricket Players' Association (NZCPA) position of Legal Counsel & Player Services Manager. The ad features the NZCPA logo, the text "LEGAL COUNSEL & PLAYER SERVICES MANAGER", and the slogan "Players better together". It also includes the website "www.globalelitesports.com" and a background image of a cricket field with stumps.

Waikato Centenary – 1921-2021



Waikato Rugby Union are celebrating being in existence for 100 years this year and have a great programme of events lined up for former players and passionate Mooloo supporters. Click on the image above to register your interest if you pulled on the red, yellow and black hoops at some

point in your career. There is also the opportunity to support the centenary efforts by becoming a 100 Club Member where you will receive a membership certificate, lapel badge and your name featuring on the 2021 Waikato Men and Farah Palmer Cup jerseys <http://www.mooloo.co.nz/100-Club-Membership>

How to buy a business seminar update

Any former **Blues** players that are interested in attending **Adrian McFedries** – How to buy a business – seminar are invited to join a group of current Blues players on **Wednesday 31st March**. The session will run from **10:30am-12pm** at Blues HQ at Alexandra Park. Given our current Covid times please be aware that schedules and team protocols may change at short notice. Get in touch with any of us if you would like to attend.



Adrian McFedries delivering the free How to buy a business session to current and former Otago players, Oct 2020.

Around the traps



I'm sure a number of you have had a listen to James Marshall's (Hurricanes #191, Tasman and Taranaki) **What a Lad** podcast. Into season 2 of his conversations with people he has played with during his rugby career you can click on the image above to hear what Jimmy has in store and what he's moving on to now that the body is no longer up to the rigours of training and playing. He has also recently launched his website as well which you can check out here <https://www.whatalad.com/> Let us know of any other podcasts or creative endeavours any of you are up to.



Talia, DJ, Pat and Sophia take a breather for a snap.

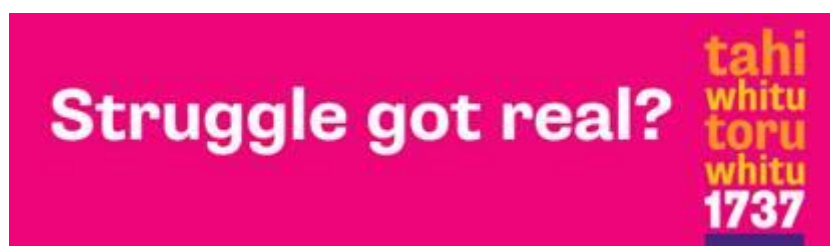
Patrick Petelo (Counties Manukau) and DJ Forbes (All Blacks 7s #175 and Counties Manukau) teamed up with Talia Hullena and Sophia Hoogenboom to compete as part of Fa'atasi CrossFit Waitakere at Metcon Madness a couple of weekends ago. They took out second place in the Beginners category. Pat recently bought into the CrossFit Waitakere gym. Looks like it's going pretty well Pat!

Wellbeing Support



Reaching out for help is not always straight forward for many of us. Having more options available for people right across our communities to reach out if they are finding things tough or confronted

with challenging life circumstances is a really positive development for everyone's wellbeing. To hear how Anton Lienert-Brown reached out for help and the difference it made for him click on his image above.



The free national service **1737** has recently launched the **Struggle got real?** campaign to remind everyone trained counsellors are available 24hrs to listen to what's going on for you when you text or call **1737**. You can click on the banner above to find out more about the service.



NZ Rugby also have the **HeadFirst** website which has awesome resource materials on how and where to get help along with strategies and ideas for maintaining our wellbeing day to day.

The NZRPA are committed to supporting professional rugby players through their rugby careers, as they leave the game, and on into their life beyond the game. Our **EXPAND** magazine has seven sections that provide information and tips to navigate a professional rugby player's life while they are in the game and beyond. Accompanying **EXPAND**'s seven sections are **workbooks** that help unpack each of the sections. You can find the EXPAND magazine and workbooks at our **Info Centre** on the NZRPA website <https://www.nzrpa.co.nz/info-centre>

Finally if at any stage you or a former pro you know are finding things tough or are wrestling with challenging life circumstances, we are able to assist with professional support from psychologists or counsellors through our wellbeing partner InStep. All you need to do is reach out by text, a call or email to Mark, Fiona or Malua and we can assist.

Let's Get Physical

Anthony Tahana (Bay of Plenty and Chiefs #138) recently embraced his Masters status and headed to Whanganui to compete in the Mountain Biking Enduro event as part of the NZ Masters Games. Ants just missed out on the podium finishing fourth but commented it was "heaps of fun and a laid back vibe!!" We're really keen to see if folk from around the motu are interested in coming together and competing in one or more of the events that the Masters Games put together each year. Touch anyone?! You can check out what was on offer this year here: <https://www.nzmg.com/sports2021/>



Off the back of his fourth place result Ants has been in touch with his old Bay of Plenty comrade Kev Senio (All Blacks #1058, Crusaders #103, Bay of Plenty et al) to sign up for [Xterra Rotorua](#) which has a range of events (run, bike, swim) covering different distances that provide a great excuse to come together. Ants and Kev have signed up for the Duathlon that consists of a 24.4km mountain bike and an 11km run. If you think this is a bit of you drop Kev a line on kevin.senio@nzrpa.co.nz and he will be able to place a group entry.



All the best to Ben Meyer (Blues #77 and North Harbour) who is teaming up with some farming folk from where he grew up in the Matamata-Piako district to take on all-comers in the 9th Chapter of the GODZone expedition adventure race including his old team mates Richie McCaw and Rob Nichol. The team are looking to raise funds for [Rural Support](#) so if anyone or your business are keen to back the crew from Matamata let us know and we can put you in touch with Ben. You can learn more about the team and what they will face here <https://www.stuff.co.nz/waikato-times/news/124263556/matamatapiako-farmers-compete-in-weeklong-adventure-race>



Happier times for Chapter 7 in 2016

Congrats to the Coasters!



Great to see some hardy individuals taking themselves to some challenging places externally and internally in one of the most recognised endurance events here in Aotearoa last weekend. Hats off to Matt Mustchin (Crusaders #83, Canterbury) and his team mates that took out the corporate division of the three person two day team event in a time of 13hrs 4mins 42secs.



Richie McCaw (All Blacks #1014, Crusaders #77, Canterbury) teamed up once more with our very own NZRPA chief, Rob Nichol, in the two day tandem event to finish 2nd in their veteran category and 4th overall.



Josh Blackie (Highlanders #85, Otago) and his brother Adam came in 4th in the same two day tandem veteran category and 9th overall with a time of 14hrs 48mins 36secs. Great effort everyone.



Final Word

We all have to call time on our rugby careers at some point or have that call made for us through injury. Welcome to the next stage Dan Carter (All Blacks #1034, Crusaders #84 and Canterbury). One heck of a career and great that you were able to go out on your own terms. We enjoyed reading your thoughts here:

<https://www.theplayerstribune.com/posts/dan-carter-rugby-retirement>

As always if you have any news to share, pics of what you've been up to or a question to ask don't hesitate to contact us on our details below.

Ngā mihi mahana,

Mark
021 174 2777
mark.ranby@nzrpa.co.nz

Malua
027 494 9286
malua.tipi@nzrpa.co.nz

Fiona
021 236 8381
fiona.brading@nzrpa.co.nz



Introducing the NZRPA Rugby Club Team

Mark Ranby – NZRPA Rugby Club Manager

Mark Ranby is a former Waikato, Manawatu, Chiefs, Hurricanes and All Blacks player who completed an English degree at Massey University. He played in Japan prior to going to Cambridge University where he studied theology. Upon his return to New Zealand, he taught in high schools and has spent over a decade as a Personal Development Manager for Canterbury, the Crusaders and the Highlanders.



Fa'amalua (Malua) Tipi – NZRPA Relationship Manager

Fa'amalua (Malua) Tipi played for Manu Samoa and North Harbour and is now the Personal Development Manager for North Harbour. He is also a lecturer at the University of Auckland's Faculty of Education and is the board chairperson for The Fono. Malua is currently researching male Pasifika undergraduates in university studies for his PhD. He has also been involved in research projects regarding equality, equity and pathways for Pasifika sports athletes.



Fiona Brading – NZRPA Relationship Manager (Career Specialist)

Fiona Brading spent time working with youth and in the travel industry before studying sports science and psychology at the University of Auckland. After travelling and working in the recruitment industry in both the United Kingdom and New Zealand, she furthered her studies in career development at AUT before setting up her own career coaching practice. She is also a former North Harbour Personal Development Manager.

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