

# RUGBY UNION SA RESOURCE WORKBOOK



THE THREE R's

**R**USA

**R**UGBY UNION

**R**ESOURCE BOOK FOR KIDS STUCK AT HOME

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This Booklet Belongs to



Dear Rugby players and parents,

Right now, we know that you're unable to attend rugby sessions at your clubs, to see your mates and have fun playing rugby. So, we thought we would give you some fun ideas and activities to try at home, and we hope with the help of your parents you can share some of the amazing things you get done.

Stay safe, look after your family, and we will see you soon.

From all the team at Rugby Union SA.



# Section 1

**This first section is aimed at our Junior Participation Rugby players – all those from ages 5 to 10.**

**But we also encourage everyone to have a go at anything in this book – and with the help of parents or caregivers to share with the rugby community what you’ve done.**





*As rugby players we need to make sure that we eat the right foods and drink the right drinks!*

**Drink plenty of water – at least 5-8 glasses per day!**



*Have a look at the diagram above – do you eat and drink all the right things?*

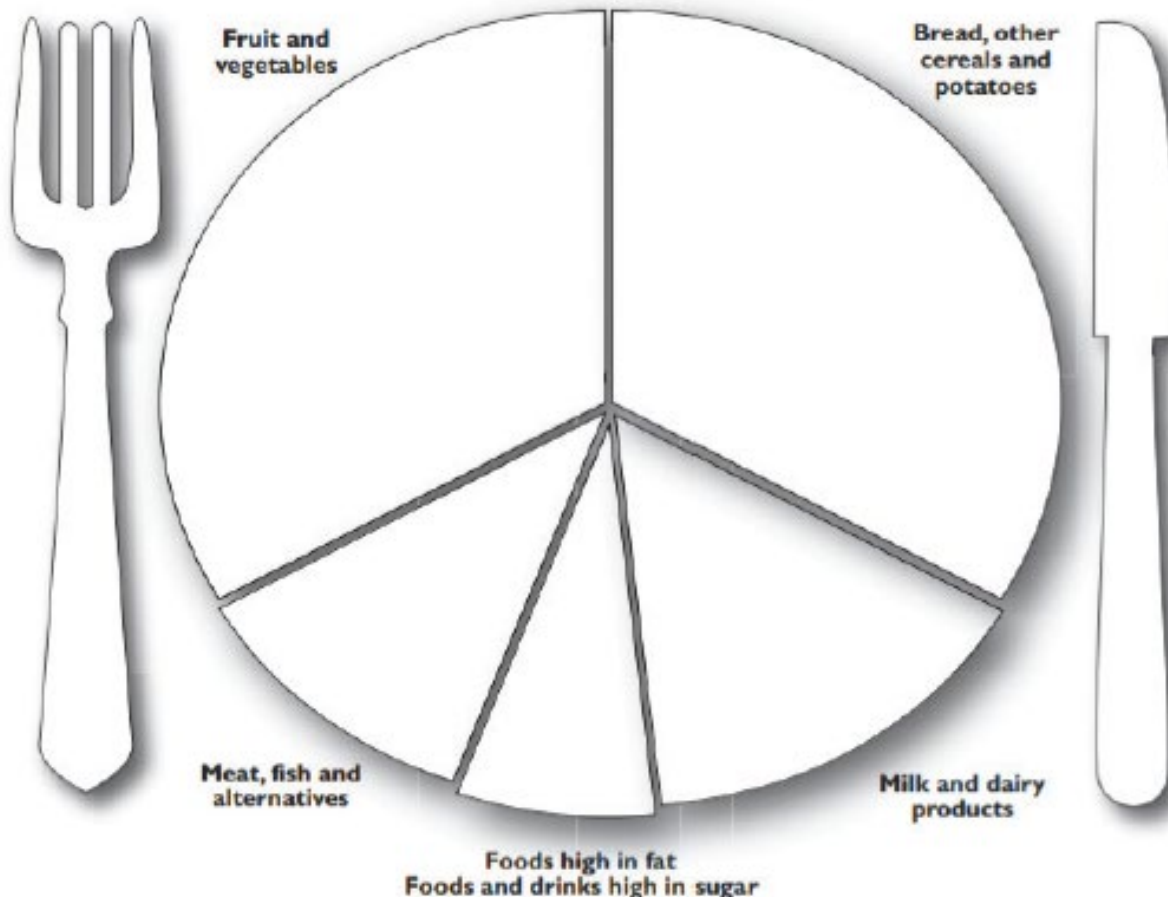
**SOMETIMES** foods – and only in small amounts!



GET INTO  
**RUGBY**

# HELP WALLY FILL HIS PLATE WITH HEALTHY FOOD OPTIONS

Draw healthy foods on Wally's dinner plate below....or cut some of these food pictures out to glue on his plate!



# Why Do We Play Rugby

*Can you find the words below?*

F X S H K A N P O Y M U J L D  
 D T G D Z U R M H U B U X M F  
 G E B C N A U T V T T R C G C  
 H K L C C E L G Y R M S C W K  
 F U N T Y A I I E A T E I G Y  
 B C I J E F U R X I I S I D L  
 W C V H Y T N U F N L S F O E  
 E W Q I K E E S K I N E A Z Z  
 R U N N I N G A P N G N M D R  
 G N I N R A E L M G N T I S D  
 P A O Y R R A L Q M U I L K S  
 U J M F O T K D Q D A F Y W L  
 V H G T Z C I L F N B T O H M  
 S D K U B O C D C P M M E W E  
 Q W K T K D F U G D T P O S E

Club  
 Family  
 Friends  
 Fun

Healthy  
 Learning  
 Outside  
 Practice

Running  
 Teammates  
 Training

*Why else do you play rugby?*

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## ***Colour in your rugby player – you could do:***

- Wallabies Colours
- A Super Rugby Team
- Your Club Team
- Make up something new!



***Who is your favourite rugby player and why?***

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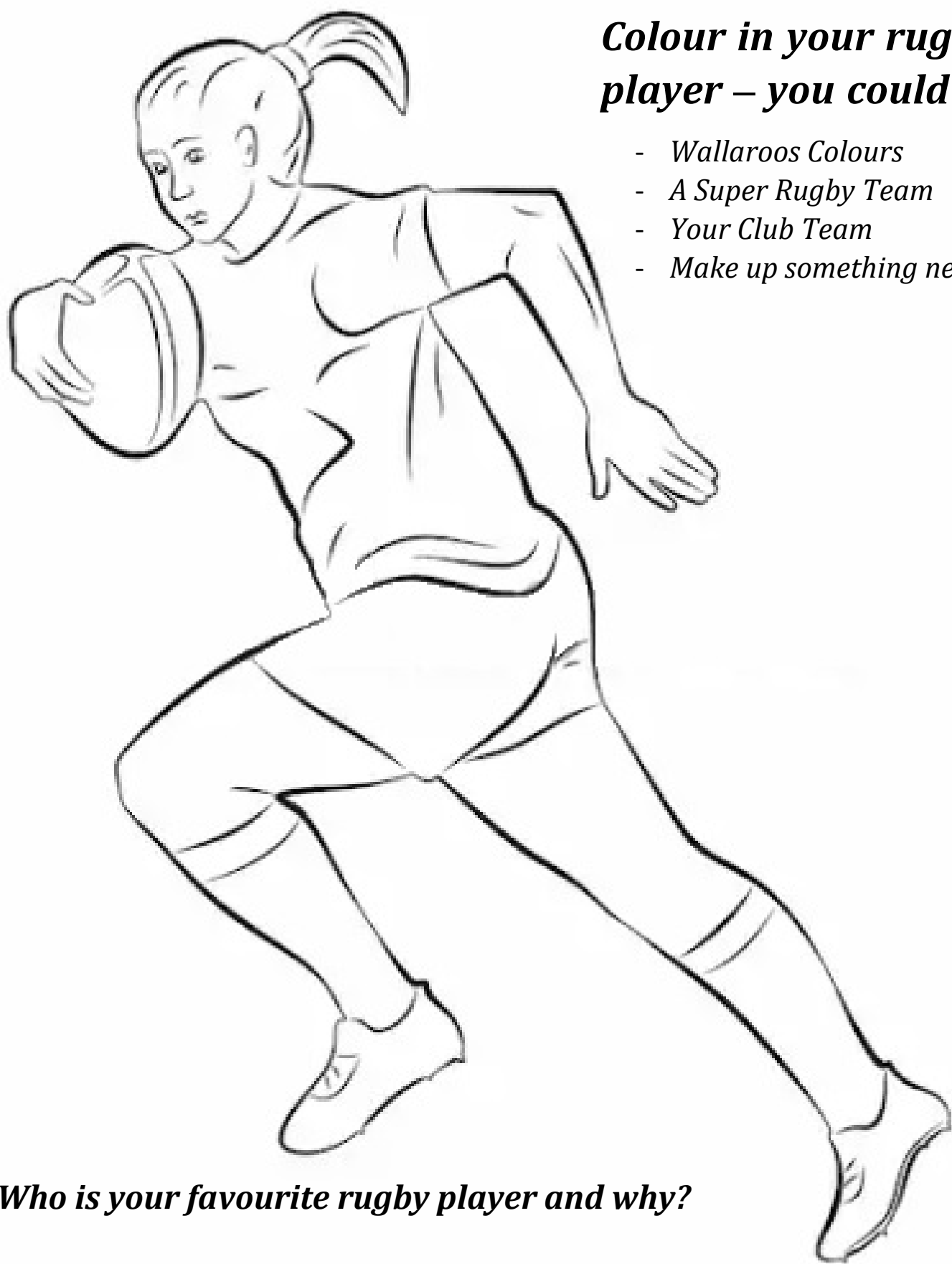


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## ***Colour in your rugby player – you could do:***

- Wallaroos Colours
- A Super Rugby Team
- Your Club Team
- Make up something new!

***Who is your favourite rugby player and why?***

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# FILL IN THE GAPS: RUGBY IS A GAME FOR...

Rugby is a game for everyone.

Can you fill in the gaps below to complete the sentences about specific groups of people?

Do you know what each of these words mean?

Use a dictionary if you need to find out the meanings of any words.



People from all c \_ l t \_ \_ e s.



People of all \_ h a p \_ \_  
and s \_ z \_ s.



G \_ r \_ s, b o \_ s,  
w \_ m e n, and m \_ n.



People of all a \_ i l i \_ \_ e s.

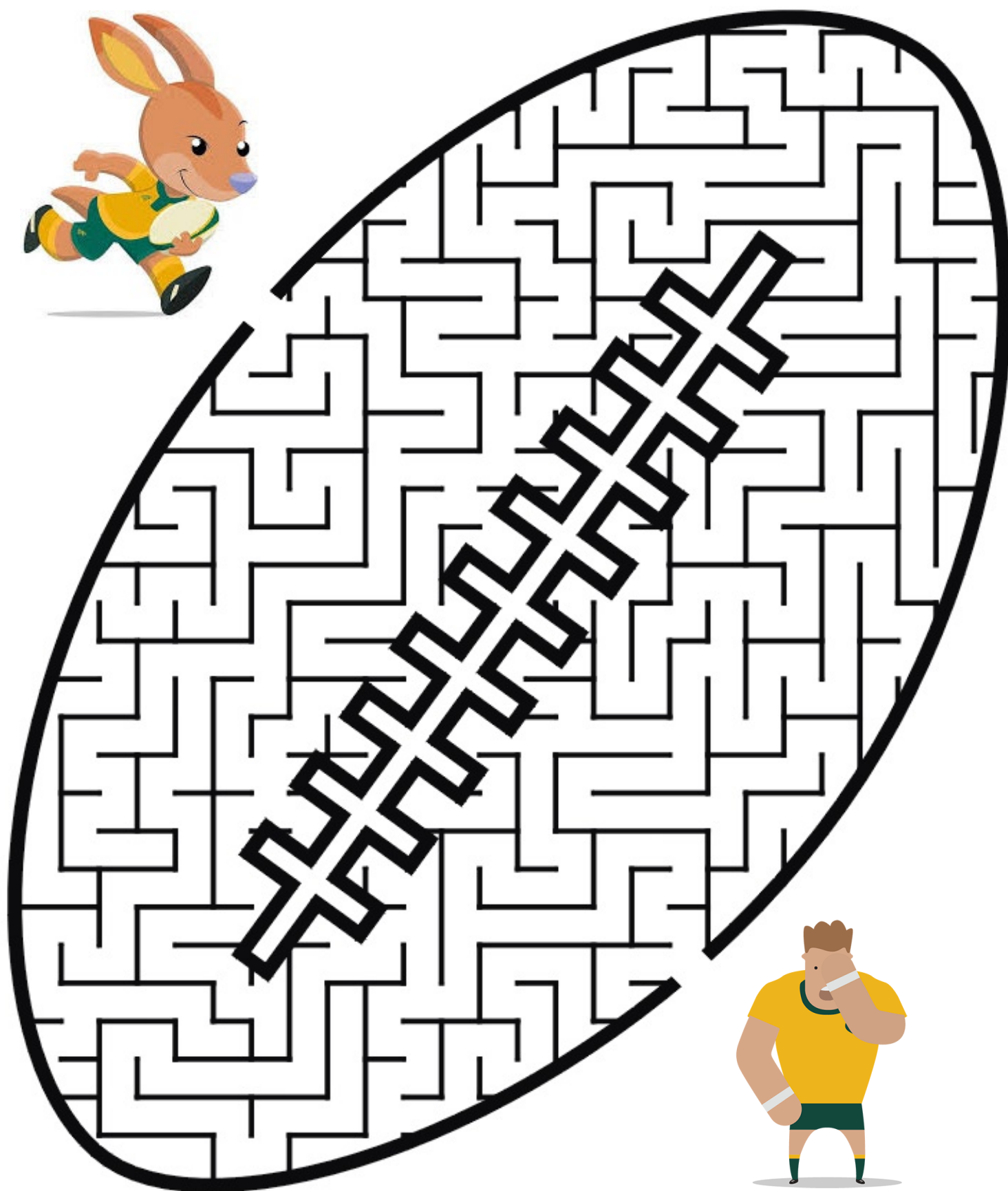


Y \_ u \_ g and \_ l \_.

**HINT:** Make sure you use the words below in your answers!  
 Young and old; People of all abilities; People of all shapes and sizes;  
 People from all cultures; Girls, boys, women and men



*Can you help Wally find his lost teammate?*



# Rugby Equipment

*Can you find the words below?*

Q Y X T R I L G R J G O A Y C U K U S Q  
 S M Z A I Q R A A X J W K O A C A W T C  
 X B A C R M E U B B G S K C O S U C R X  
 J W D V Z G W Q W V E Q H Q F P D Y B M  
 C B I P D P N H Z A Z L B Z G M J X O O  
 D L G A T S D X X J T D K I O E S U S J  
 L A E K N E J M O R E E D C R M T P H R  
 E H V M T Z E Y Y S C C R S A H H T O U  
 I Z A G I L I T Y P O L E B G T P J R G  
 H X U U E S C A I T L Y W U O L Q S T B  
 S E N O C R E K R A M L A H C T C Z S Y  
 T D W V R J K E K I F R A Q I M T W R B  
 I O D D O U Q Z D B D D Y B F S D L F O  
 H X S Q F W H U J W J S L H G R T Q E O  
 L S W Q F O D U F P G W W Z G W E L L T  
 B A F F L D I U C E I H A F C W G G E S  
 D G O V W Z X K R K N P O S T P A D G M  
 F R N Q A P Q S P P U A T L V V Z X E L  
 C X M A F I X V Z T Z X X T X R F B P C  
 S N L V Z R D S Y F O R L X K R E V N X

Agility Pole

Ball

Head Gear

Hit Shield

Jersey

Marker Cone

Mouth Guard

Post Pad

Rugby Boots

Shorts

Socks

Tackle Bag

Water Bottle

Whistle

*Is there any other equipment you use when you play?*

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# MATCH THE RUGBY ANIMAL TO ITS NAME

All of these animals have been likened to Rugby playing positions.

Can you find the name of each animal below? Draw a line from the name of the animal to its picture!



**BEAR**  
**RHINO**  
**HIPPO**  
**GIRAFFE**  
**WHALE**  
**LION**  
**HYENA**  
**GORILLA**  
**MONKEY**  
**DOLPHIN**  
**CHEETAH**  
**SHARK**  
**TIGER**  
**ZEBRA**  
**LEOPARD**













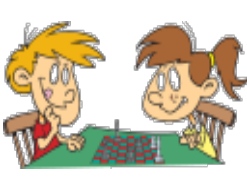









Which one is most like you? Why?





# Do, Go or Play

*It's important to get involved in a variety of activity to stay fit and healthy. Add the verb "do", "go" or "play" to each activity below*

				
1. _____ yoga.	2. _____ sailing.	3. _____ cycling.	4. _____ basketball.	5. _____ volleyball.
				
6. _____ aerobics.	7. _____ jogging.	8. _____ diving.	9. _____ athletics.	10. _____ tennis.
				
11. _____ chess.	12. _____ gymnastics.	13. _____ rock climbing.	14. _____ judo.	15. _____ ice skating.
				
16. _____ cards.	17. _____ karate.	18. _____ rugby.	19. _____ parachuting.	20. _____ exercise.

**Answers** 1. Do; 2. Go; 3. Go; 4. Play; 5. Play; 6. Do; 7. Go; 8. Go; 9. Do; 10. Play; 11. Play; 12. Do; 13. Go; 14. Do; 15. Go; 16. Play; 17. Do; 18. Play; 19. Go; 20. Do

# Rugby Facial Expressions

*Colour in these rugby players. What facial expressions do you think they have?*



# *Self Reflection*

*What you do at school, at your sports training or how you talk and play with your friends is one way to define who you are.*

*What are the roles you play in your family, school, club or community?*

**I am a ...rugby union player**

**I am a ...good friend**

**I am a** \_\_\_\_\_

**I am a** \_\_\_\_\_

**I am a** \_\_\_\_\_

**I am a** \_\_\_\_\_

**I am a** \_\_\_\_\_





# RUGBY PHOTOS 1 - MAKE UP A STORY

Look at these rugby photos. Let your imagine run free and make up a story about each photo to share with your class.

To help you start, write a sentence about the events that happened 10 seconds before these photos were taken, during the time the photos were taken, and 10 seconds after the photos were taken.

## Story 1



**Before:**

**During:**

**After:**

## Story 2



**Before:**

**During:**

**After:**



# Section 2

**This second section is aimed at our Lower Youth Participation Rugby players – all those from ages 11 to 14.**

**Again, we also encourage everyone to have a go at anything in this book – and with the help of parents or caregivers to share with the rugby community what you’ve done.**



# Better People Make Better Rugby Players

*Can you find the words below?*

G A M E F O R A L L K V S R C I I Z V Z  
 Y N M J L J V U G G P P T G H P N O J N  
 I J I K M M Y S R A P G S D R W T T V J  
 R U K E W B L J O M V Q V V U X E M P X  
 L H R I B T E W G N L T Y P S I G E D L  
 E G F K V L Q J Y G W G M F J U R N E Q  
 B K I S R D L J Z N I I Z H U M I T U Y  
 V S K V M O T E I C E O J N P K T O T S  
 D R S T I C W N W C O E B G T E Y R Y E  
 E N A N E N C M N L X R E E T N U L O V  
 V V X P U L G E A M A J V K Q I E N Z Q  
 H L S S U C I B C E O T Z T U L Q O L Q  
 W E N S P L V O A X T O N V Y P P I W Z  
 R F I R I I K G G C O Y H E L I P S P Q  
 B V I S Z O G U I L K J O W M C I S I U  
 E W E T O C I Y L N E P J F W S H A D Q  
 T R L N N G Z W C B A L K L L I Y P C B  
 R F R G J E O I J X K W V V E D D S D I  
 Q N F Z G G S M H M K W O N A B F C T L  
 H E A L T H Y S H F Q T C B O P Y Q O N

Discipline  
 Fitness  
 Game For All  
 Giving Back  
 Healthy

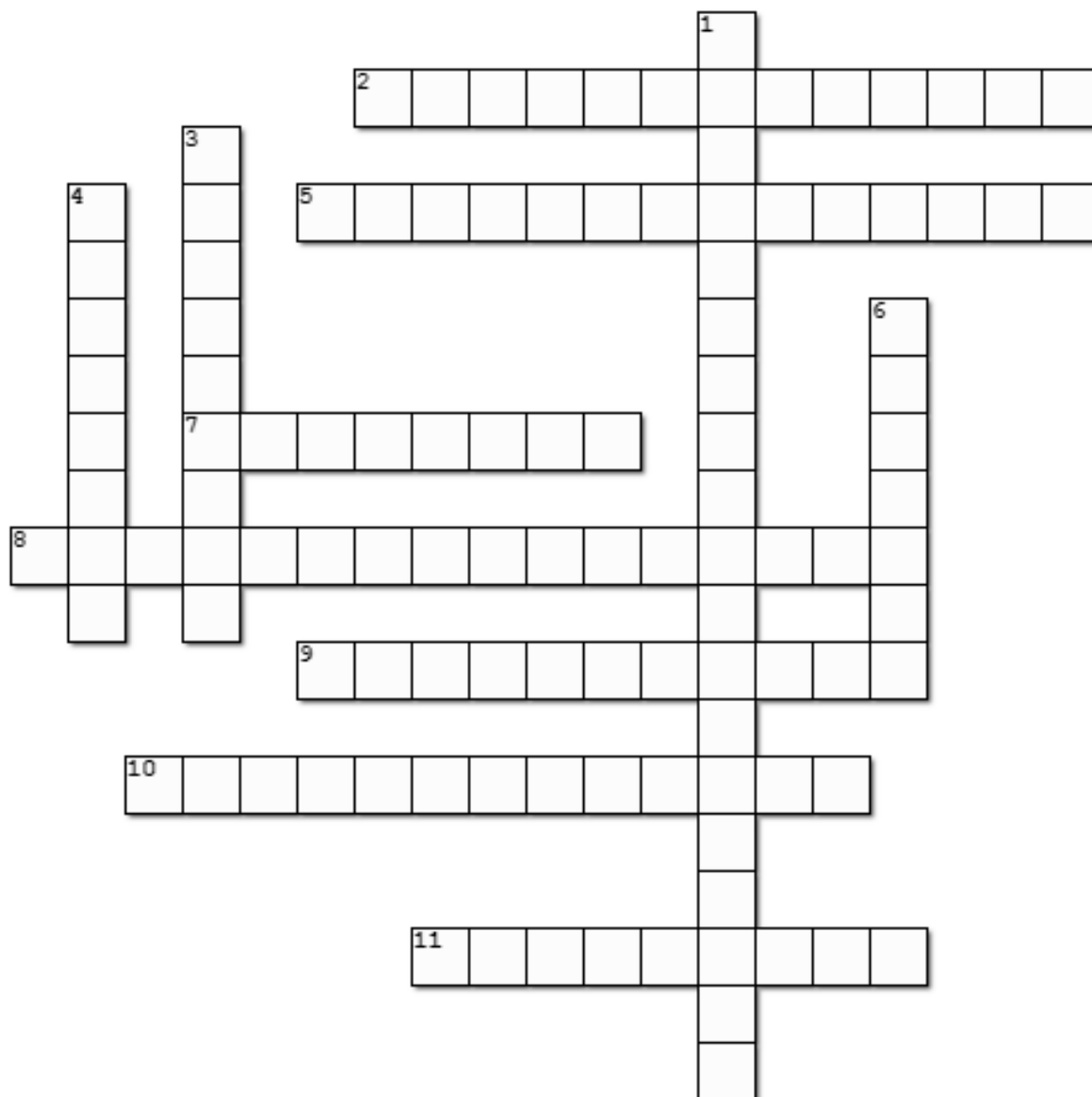
Inclusive  
 Integrity  
 Mental Wellbeing  
 Mentor  
 Passion

Resilience  
 Respect  
 Team Work  
 Volunteer



# Club Name Crossword

*Can you name all the Clubs in the South Australian Competition?*



## **ACROSS**

- 2. The Pirates
- 5. Originally the Prince Alfred Old Collegians Rugby Club
- 7. The Two Blues
- 8. The Bulls
- 9. The Red Devils
- 10. Formerly North Adelaide and West Torrens
- 11. The Wasps

## **DOWN**

- 1. Junior team known as the "Short Blacks"
- 3. Blue, Red and White team colours
- 4. The Tigers
- 6. The Rams

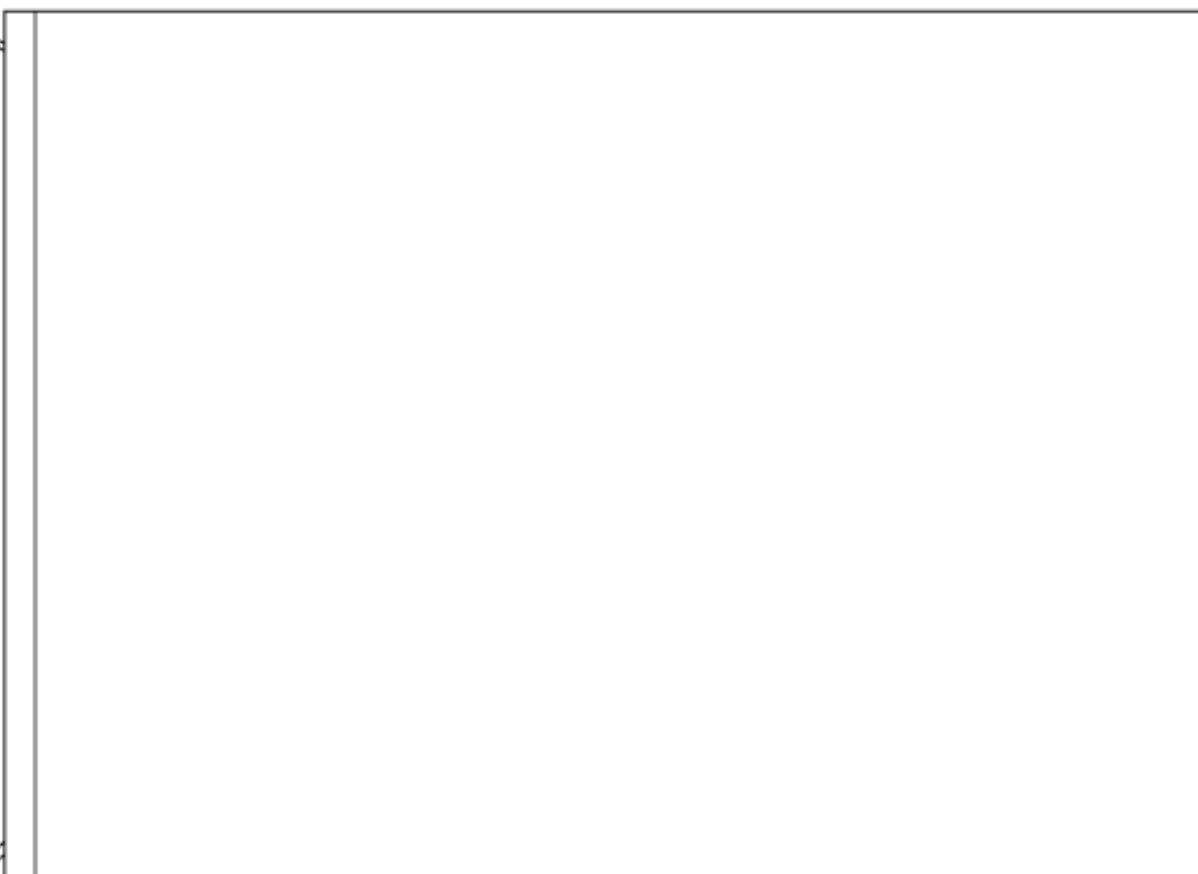




# DESIGN A RUGBY OLYMPIC FLAG

You are going to the next Olympics and want to support all of the Rugby Sevens players. Create a Rugby Olympic Flag which includes at least one image about Rugby and the Olympics.

Use the Images below as Inspiration to create your own Rugby Olympic flag





# Super Rugby Teams

*Can you find the words below?*

F I Z Z K E N O J R I P J R S R J J P N  
 K Y Z I K U C B E S S I L T Y E E T Z N  
 L J Z X Z P Z C E B P K O Y Z D W E K N  
 O F E V B S U O T E W R S S R S D J M S  
 R H O F E A O X D T M A R F O U W I K N  
 S A I U L T S G V E J E R S E Y U I L G  
 U E L X J S Z D R T D R A A M I L R E W  
 A B N Y K V F S K A D X P L T Q H O J O  
 L M U A B U L L S N N R J H G A K C Q U  
 A I O C C V P U Y S C S A Z M E H O H P  
 Y D O Z U I R Z L A W E G M E P B S E G  
 Y R Y N Q C R G R F C V U S L E B E R G  
 X F K O S E Y R V R X L A T P Z U C U Z  
 Y G S D Z V A K U T S O R Z N N Y E Z F  
 C H G V Z O V F B H K W E G G O E H E D  
 T C K L V A K J T Q R N S U A V L G F N  
 B R U M B I E S V W A U Z L L H M C I K  
 S R E D N A L H G I H S Y M Y I C I W O  
 S B F E K P W R V Y S J T V G U P D D Z  
 F B X I G G M C O S M K B H S B G K N L

## Australian Conference

Brumbies  
 Rebels  
 Reds  
 Waratahs  
 Sunwolves

## New Zealand Conference

Blues  
 Chiefs  
 Crusaders  
 Highlanders  
 Hurricanes

## South African Conference

Bulls  
 Lions  
 Sharks  
 Stormers  
 Jaguares





# WALLY'S HEALTHY BREAKFAST RECIPE

Read the recipe below then answer the maths quiz which follows!



## INGREDIENTS:

- 1 mango, peeled and chopped
- 2 kiwi fruit, peeled and chopped
- 2 tbs fresh orange juice
- 2 x 170g tubs of low fat mango yoghurt
- 1 cup granola-style breakfast cereal

## METHOD:

1. Mix chopped mango and kiwi fruit with orange juice
2. Place cereal in 2 breakfast bowls, top with mango and kiwi mix and yoghurt
3. Eat straight away or place in the fridge for up to an hour before serving

## Nutrients Per Serve

Energy	1787 kJ
Total Fat	2.2 g
Saturated fat	1.1 g
Polyunsaturated Fat	0.2 g
Protein	16 g
Carbohydrate	76.5 g
Fibre	4.3 g
Sodium	392 mg

1. How many pieces of fruit are needed in the recipe?

\_\_\_\_\_

2. How many total grams (g) of low fat mango yoghurt are needed in the recipe?

\_\_\_\_\_

3. If one tablespoon = 15mL, then how many total mL of fresh orange juice are needed?

\_\_\_\_\_

4. If half a cup = 125 mL, how many total mL of granola-style breakfast cereal will be needed?

\_\_\_\_\_

5. If you dished up two serves of this breakfast, how much total fat (in grams) would that be?

\_\_\_\_\_





# POSITIVE AND NEGATIVE SELF TALK

Think of a stressful situation. Show Wally what sort of positive and negative thoughts might enter your head in the situation.

**Situation: I am thinking about...**

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**POSITIVE THOUGHTS**



**NEGATIVE THOUGHTS**

## QUESTIONS:

1. What was easier? Listing positive or negative self-talk?

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2. What would happen if you chose mainly positive self-talk? Negative self-talk?

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3. Do you practice positive or negative self-talk most the time?

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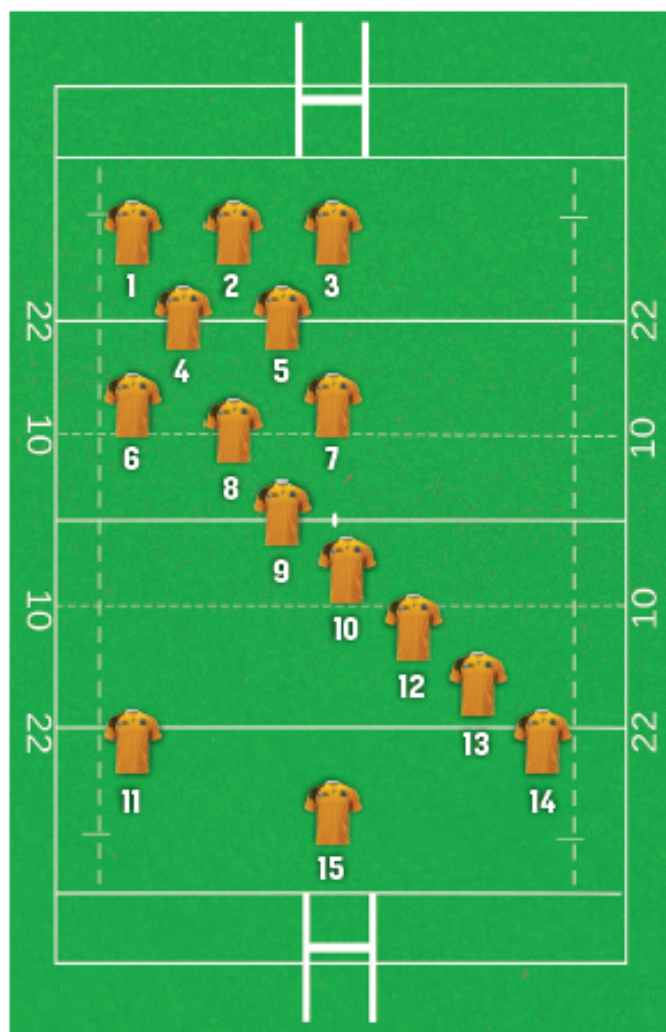


# POSITIONS & NUMBERS

How well can you remember the Rugby playing position names and their numbers on the field?

Try to work out which playing position (In the left hand column) matches which number on the field, then write down the number you think best matches the Rugby playing position. Some have been done for you!

- |    |                |   |                 |
|----|----------------|---|-----------------|
| a. | Scrum-Half     | = | <u>9</u>        |
| b. | Inside Centre  | = | <u>        </u> |
| c. | Hooker         | = | <u>        </u> |
| d. | Flanker        | = | <u>6</u>        |
| e. | Loosehead Prop | = | <u>        </u> |
| f. | Number 8       | = | <u>        </u> |
| g. | Tighthead Prop | = | <u>        </u> |
| h. | Fullback       | = | <u>        </u> |
| i. | Fly-Half       | = | <u>10</u>       |
| j. | Outside Centre | = | <u>        </u> |
| k. | Lock           | = | <u>        </u> |
| l. | Flanker        | = | <u>7</u>        |
| m. | Lock           | = | <u>        </u> |
| n. | Right Wing     | = | <u>        </u> |
| o. | Left Wing      | = | <u>        </u> |



Can you remember which positions and numbers made up the forwards and backs?  
Write them below.

**FORWARDS**

**BACKS**





# Rugby Union Terms

*Can you find the words below?*

T J L F G X J B G M D N F Y R J P W T F  
 L H K K Y J F Q X A K V V U J K O X K L  
 D R G S T L E V R E S E R F L R R I D A  
 E I G I Y J T H R U C K Y T D L P A X N  
 E Y J H E A D R C S Y T D N U T B L E K  
 R I A S C R U M H A L F O N H O Q A Q E  
 E L L K F E E R K A O C J O V O E L C R  
 F F L P Y R T B N W E C W I C D O N N K  
 E E A C H F Q E M S U G K S B T Q K I R  
 R S J U C R P D H U Q M V R B R M U E L  
 S Q U T G O N Q Y Y N I I E R P C D A R  
 L W S E N I Q Y X D G B D V F B E R C D  
 O F F S I D E K W H P B X N I E N N F O  
 B F M H C H D Z Z C Q Z Q O N O T R M L  
 M A D A O K K A I U L Z O C A A R L S A  
 D A H Z U Q I F X U V D S T X H E O P P  
 W F Y U V L C X G H W P V Y O O E O Y A  
 E M Q P N T K N N K Y A G Z H A J D K E  
 R E S G P I I V N B L K E I C F U O N S  
 M U R C S W D C H O L G Y K M K Y J H G

Centre  
 Coach  
 Conversion  
 Flanker  
 Fly Half  
 Full Back

Hooker  
 Kick  
 Line Out  
 Maul  
 Number Eight  
 Offside

Pass  
 Penalty  
 Prop  
 Referee  
 Reserve  
 Ruck

Scrum  
 Scrum Half  
 Second Row  
 Tackle  
 Try  
 Wing



**Colour in the Team Logos from Pool A of the 2019 Rugby Union World Cup. Draw a line from the team name to the team logo?**

## **POOL A**



Japan



Ireland



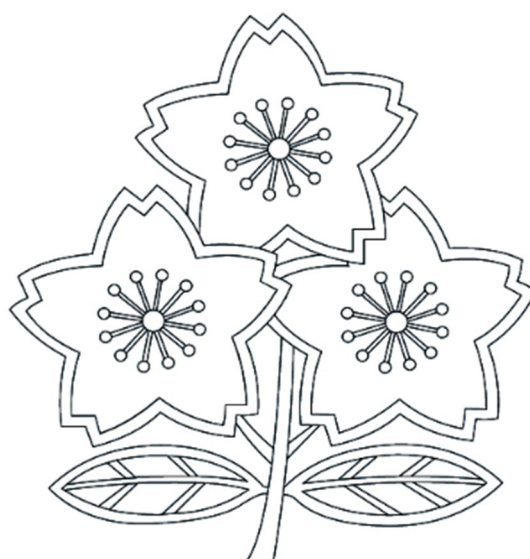
Scotland



Samoa



Russia



Colour in the Team Logos from Pool B of the 2019 Rugby Union World Cup. Draw a line from the team name to the team logo?

## **POOL B**



New Zealand



South Africa



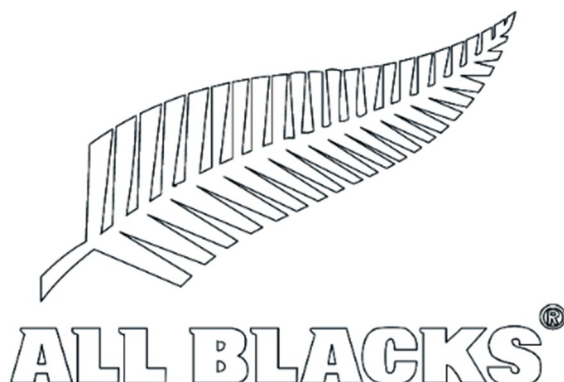
Italy



Namibia



Canada



Colour in the Team Logos from Pool C of the 2019 Rugby Union World Cup. Draw a line from the team name to the team logo?

## **POOL C**



England



France



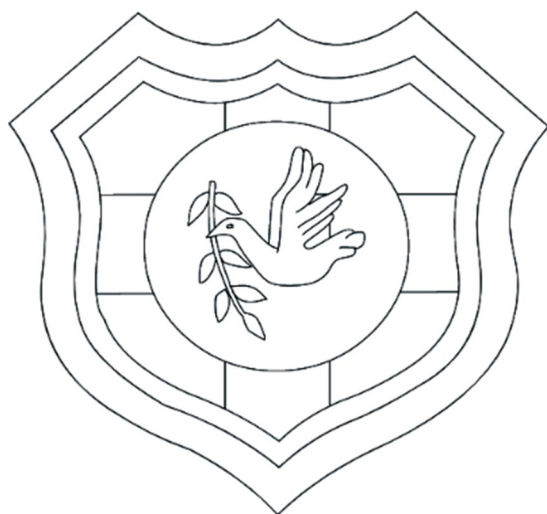
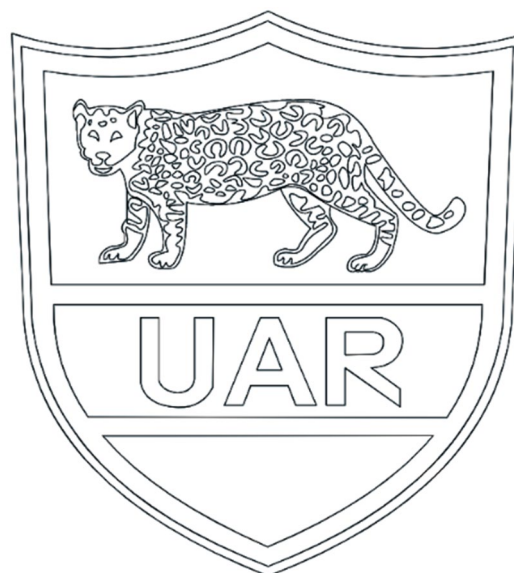
Argentina



Tonga



USA





Colour in the Team Logos from Pool D of the 2019 Rugby Union World Cup. Draw a line from the team name to the team logo?

## **POOL D**



Wales



Australia



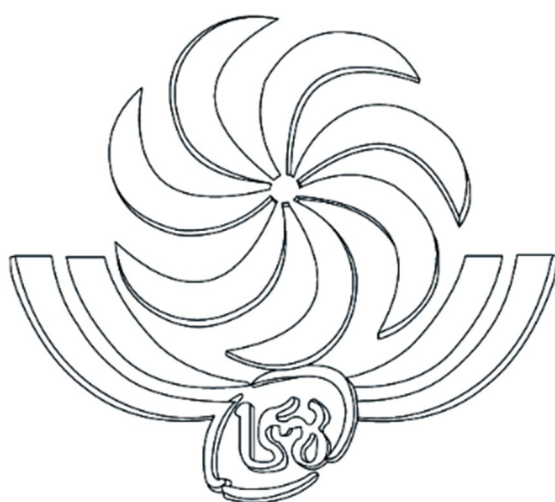
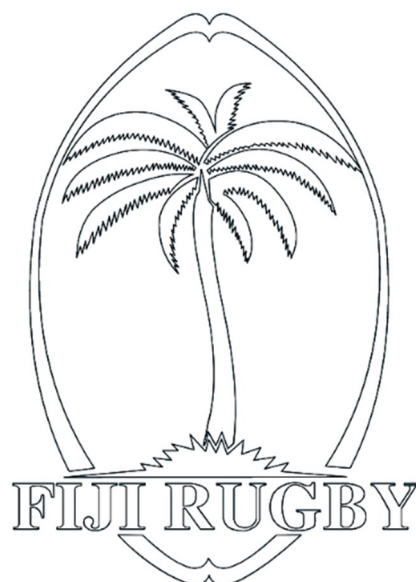
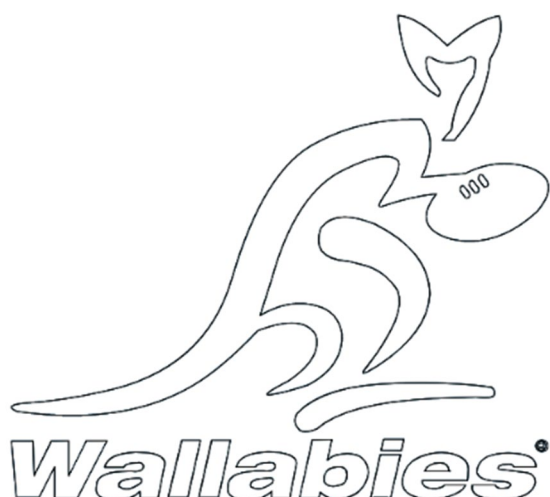
Fiji



Georgia



Uruguay





# FILL IN THE GAPS

## HELP OTHER KIDS GETS ACTIVE

Use the words in the table below to fill in the gaps in the sentences which follow.



active	backyard	motivate	netball	two
birthday	skipping	bats	group	encourages
physical	park	enjoy	positive	plenty
hats	role	find	more	screen
water	footwear	fun	sunscreen	sports

1. Be a good \_\_\_\_\_ model and have a \_\_\_\_\_ attitude to being active.
2. If other kids see you enjoying \_\_\_\_\_ activity and having \_\_\_\_\_, it can \_\_\_\_\_ them to participate.
3. Encourage kids to play Rugby, play in the \_\_\_\_\_, run, swim, or play other sports like \_\_\_\_\_, soccer or basketball.
4. Buy \_\_\_\_\_ gifts that encourage activity such as balls, \_\_\_\_\_, \_\_\_\_\_ ropes and other equipment.
5. Encourage kids to try \_\_\_\_\_ sports or activities so they can \_\_\_\_\_ one or more that they really \_\_\_\_\_.
6. Make a rule at school that kids should wear \_\_\_\_\_, appropriate \_\_\_\_\_ and 30+ \_\_\_\_\_ when they're active outdoors.
7. Make sure there is \_\_\_\_\_ of \_\_\_\_\_ for kids when they're physically active or playing \_\_\_\_\_.
8. Start a campaign at school which \_\_\_\_\_ kids to limit the amount of TV they watch and other small \_\_\_\_\_ entertainment to no more than \_\_\_\_\_ hours a day.



# RUGBY SEVENS MATHS QUIZ

Read the article below then answer the maths quiz which follows!

The very first Sydney Sevens - World Rugby Sevens Series tournament kicks off in February 2016. The fast-paced game has seven players a side and comprises two seven-minute halves, so it's no wonder the Aussie Sevens players chow down more than 2000kg of protein, 6000 eggs and 4000 dinner rolls during the six days they are here.

The average person needs about 2000 calories (a day), but Sevens players need about 4000 because of their high-intensity training.

The Sydney Sevens tournament chef will be cooking up a storm with his team of 12 chefs, who are providing breakfast, lunch and dinner for about 240 players.

Rugby Sevens players eat twice as much as the Tour Down Under cyclists, even though they're here for less than half the time!



1. How many minutes of actual playing time occurs in a game of Rugby Sevens?  
\_\_\_\_\_
2. How many more calories do Rugby Sevens players eat each day than the average person?  
\_\_\_\_\_
3. If 240 athletes are competing at the Sydney Sevens, approximately how many Sevens teams are there?  
\_\_\_\_\_
4. What is the ratio of the 12 Sydney Sevens chefs to Rugby Sevens players?  
\_\_\_\_\_
5. If a Rugby Sevens player averages 4000 calories a day, how many calories would they consume throughout the 2 day tournament?  
\_\_\_\_\_





# 2019 RUSA Black Falcons

*Can you find your heroes in the word search below?*

D X X Z S C C O C X Y M K V Z N J J C Y H K C I V D E L V Y  
 E C Z J L Z U Z R I K M F E E E H Q H N E R L Q R J I Q E T  
 Z U I Q U G O I A A V I H P V H T P R V C E B U S M M L K C  
 M V S P I L L I H P N E D A J I R R I A U L G E Z D N V O D  
 K A E D A N O N E I L L J F H U N N I M U S Y W M I S N O B  
 P I T A B U L E W A X X M O M V B A A S Y P Z I K N N G C G  
 D F U Y G T B U E Y Z X J N N E X S S H T K V C A O A X K Y  
 Y V F A Z M K H U C Q M A O C A K Z R H Q A M A R B V Q C H  
 F F D D U Z L U M I I I L K V C T T I B B T N M I O E C A J  
 Y B R O R I Q R M R R U E X I G H S M N R Y C C N L N W J I  
 K Q X T W I W C M D W T V R F H M D N U D C C S O S A V Y A  
 R E P E I P D O O W T E E L F E L Y K A A M Q P S E H L D D  
 B T K R F D P R D K Q D W P F Z C J T R V B F H N D T R M A  
 H R Z W S L G E I C E H E B X L H H T R U E M G E T A Z D M  
 Z I O T J R L R T R K F V B F H T Y Y R Y E T Z H D N F E P  
 S Q K N U C U N F E Y C C X K S H J D L L W Z S M B J G N R  
 P D W J L B B Z Z K R E O D P T J L Z V T I X F U L A N U I  
 O Z H N R E Q K L H N J K C X X A F H T E K J N L A C E J E  
 L O O O H U T M D S J O A N D L J S G H O A D F L I K T L S  
 I S W P G Y V T L C I Y D C A A L K X D J W O W A R J D Z T  
 E N D O O C M E U E E R V L K H S U N K O A Z W C M O R G L  
 V U Y K Q P S T D A E O D A E S M I P J X L F K A A H R V Y  
 G E A Z K G L E R Z W J Y C D K O O W Z I I L V A R N V B S  
 X T R E Y M A I N E B U T L E R S N T E A U H S S S S S B I J  
 L L E B P M A C S S E J S P P I A K N O L T L Y I H Y V J A  
 L H E F F K Y R U H T I M S M A I L R E T E R E K A U E K O  
 S Y V H U X I W G M G L M A Z I R Z T A D O D D Y L B I Z L  
 P U R M L O W O N S E M Q G N Z T B Y M L J E H S L U P C L  
 P L D T R P Y W S D D W J T Z Q F U H S L C F J V H F N Z K  
 Q M S O D H R N W L I N M D X F F T W A E Z D L C P F W H Y

## 2019 Black Falcons Mens Squad

Blair Marshall	Jaden Phillips
Bron Lett	Joe Tuilawaki
Clark Skeldon	Kaedan O'Neill
Connor McCarty	Kiru Brown
Frederick Samuel	Kurt McKinley
Isaac Allum Henson	Kyle Fleetwood-Pieper
Jack Cook	Lewis Adcock
Jack Johns	Liam Smith

## Coach/Support Staff

Nathan Evans	Peter Jackson
Pita Bulewa	Kevin Ashby
Rian Murphy	Tom Hankey
Rhys Gurd	Adam Priestly
Stevan Stanojevic	Kevin Beckett
Tere Kaue	Jess Campbell
Treymaine Butler	
Tristan Coetzer	





# 2019 RUSA Womens Falcons

*Can you find your heroes in the word search below?*

K S X E W Y Q K R H G S E M B U A Y R L G L S S C S V I E V  
 N V I U G W N W O O T L E E D B F P A I I E Z O A W S I O P  
 L Y O R Y A M O U O L I N T D Z P S S H B A U P Q J A J Q H  
 W O T H A E V X H A C I D M A C T I E B L H L H V F N M Q C  
 D H S L S G F A C T P S I E J Y L U E W E P H I L E G D G D  
 O X F U O B A H S C N V N N R A A J D Z H H P E Z Z U H U A  
 F P J F M F R L R R T A K N V E Y M H G A I E M D O Z L D C  
 V X F C R I X D A K E Y N A U W M M M Y R L B C W T G S H O  
 U M B M S T Q E T S Y L Z A B M B E N E U L U C Z A Y W H S  
 B Z N T P F V S L D E T Y H H R A Z I Y A I B L T Y B E I O  
 H R I R G C R T H A A I Q A H Z H N H N L P X U A M Y Z M X  
 I E I A L O C K N R A B R Z T O C S I Z N S F R X L T A V F  
 T A V X W M H F B X L I T B X A G X G W U O E E F A A R Q Q  
 H U O K T N J H J Y Z F L F T X M R O E D D B O K U T A J I  
 B W P K S J A A X H Y V A H Q E M E Z V T E X L A R A N U C  
 R C D D G R D R R I I N E O Z Q V D B I E U D D L E M I V U  
 G P L K A N W U C F A R R O R Y S O R O N G A N E N I C P E  
 G B H S P Y S O K Y I N N X J P F N T P I T N E S P K O K T  
 E L B I W I Y O X N C B A C A A A U O S W Y N Z I A H L U Y  
 H L O R I E X Y E S P E X O X W C O G U X E R W N Y A E S U  
 X X Q D R O H A W Z L G H W M L N X L B E U W B A N M T H X  
 R W N Q H Y R U R Y T I O H D A E J Z A Z D C E T E C P Y X  
 K E R U S N L M O W W R V A W Q S M N D T P J Z A U N B C O  
 Y Z F R F J V R R S C H Z L Y U N S V F Z O C C D R A Y J C  
 K V W I G N I D L O G H A N N A L A E B J U R K R J B S Z O  
 G Q E Z L W Z O B J Z L G T C K P F I N V B R N A Q H D L N  
 H L F H F Q Z T T R M Q H Z B Q B F S R A F J S O U Z Z H X  
 D E Z Y N X I O T L M B M N M J B W T E X V O Z P S Q M E P  
 H B E S U Z E K V X S D F S A R A H H U N T E R V A X L F T  
 D Q F O P Y L O R U B K G Y D A J Y E S V Y G P H N W Z O X

## 2019 Black Falcons Womens Squad

Alannah Golding	Lauren Payne	Tamikha McNab
Alex Foltyn	Laura Helbig	Tayler Savage
Bonnie Meredith	Leah Phillips	Teliya Hetaraka
Brie Salagaris	Paola Tornos	Vanessa Moana
Edwina Munns-Cook	Sarah Bratzavalis	Zahn Anthony
Ella Christie	Sarah Hunter	Zara Nicole
Kalesi Natadra	Sophie McClure	

## Coach/Support Staff

Rory Sorongan
Emma Yates
Catherine Arnfield



Thanks so much for having a go at the activities in this book. We hope you've had fun and been very busy!

We would like to thank Rugby Australia for producing all the Get into Rugby Content and thank Rugby WA for their inspiration and sharing of ideas.

Take care of yourself and each other. We can't wait to see you on a Rugby Pitch soon!

