



# RED DEER TITANS RUGBY FOOTBALL CLUB



Titans during pregame in Missoula, Montana for Maggotfest.

28 - 4 2011

## President's Message

Less than eight weeks are left until the season begins. What are you doing to prepare for that first game? Sunday training at Notre Dame, gym workouts, running, these all need to be addressed before we step on the field. Take 45 minutes three times a week and put your body to the test.

The Mane Event is coming! Three days of security that pays for the coaching that we bring to the club. We need every one to help on that weekend. Contact Scottie for details.

The schedules will be out soon so take a look and plan your summer. The season ends in September.

Maggotfest is getting closer. Contact Anthony if you are looking to go to this great team bonding weekend May 5 – 8 in Missoula, Montana.

If you are a parent Norm is booking for youth rugby for the spring and summer programs. Over 70 kids are already registered!

We are still doing hockey events so if you have a spare night and want to make credits come out and work.

This year we want to be better than last year, the club needs more active players in order to reach the next level of competition. I know I do not like surviving the season. I want to achieve goals, I would like to see the club grow and finish near the top of the league. Depending on players to come to the club and fill key positions each year is not going to be enough. We need to be looking for some long term commitment. Recruitment can start from within. If everyone brought one new player we would have over 100 active players. Practices become better leading to greater development. Be on the lookout for new players. Any new senior player that you recruit also gets a \$25.00 credit towards your dues.

We are setting up a workout room at the clubhouse so if you have access to some equipment bring it down. It could be a cheap way to get fit and not worry about a big cost.

Eight Weeks, Eight Weeks Eight Weeks.  
Your President – Bill Bowd

## Titans Executive

President  
Bill Bowd

Vice President  
Mike Haugen

Secretary  
Denise Ormond

Treasurer  
Ciaran Ormond

Sr. Mens' Rep  
Anthony Pearce

Sr. Womens' Rep  
Kayla Ormond

Sr. Fixtures  
Scott Blundon

Westerner Event Coordinator  
Scott Blundon

Clubhouse Facility Bookings  
and Manager  
Chelsey Clifford

Registrar & Grounds Keeper  
Dion Clifford

Youth Director  
Norm McDougall

U17/U19 Development  
Aaron Swards

Old Boys  
Wayne Morgan

Members at Large  
Jared Boyd

Member at Large  
Dallas Hicks

Past President  
Lonnie Amundson

## Titans 2<sup>nd</sup> Annual Bonselpiel – It's On!

Looking for a socially acceptable way to get your rocks off? Try out the 2<sup>nd</sup> Annual Titans Curling Bonselpiel.



Dion is currently organizing this fun event so stay tuned to the Titans web and Facebook pages for more information.

If you are interested, get in touch with Dion as space may be limited.



**Industrial Services Ltd.**

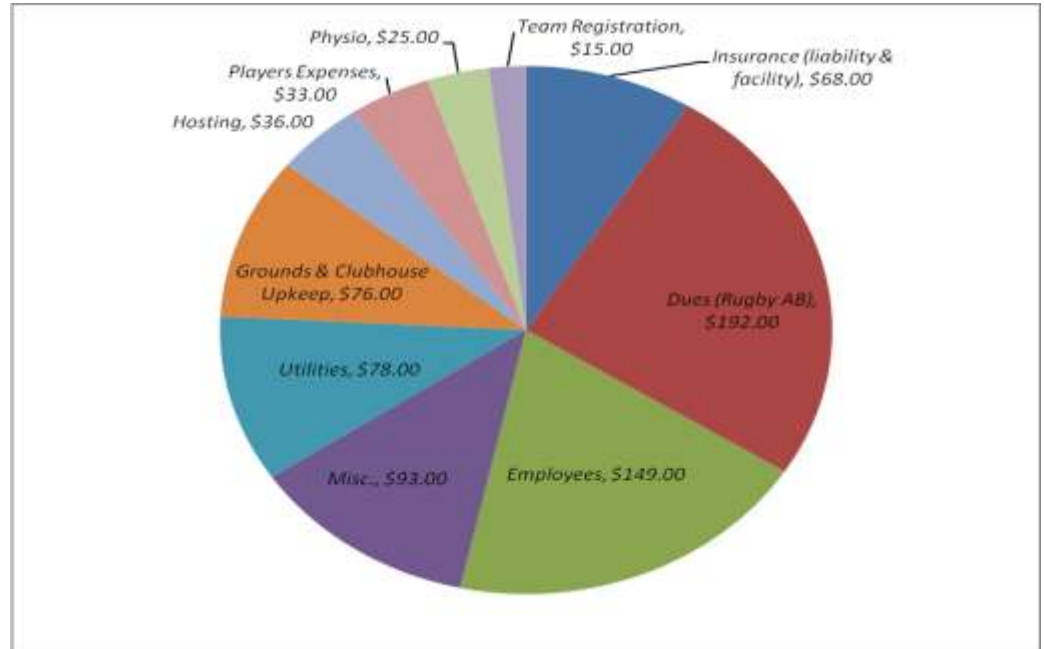
## Your Dues: A Look at Club Expenses

The pie chart below shows the costs of running the club, broken down on a per player basis. The actual totals are contained in the list below.

As can be seen, the costs per player are actually much higher than an individual's dues. Where does this extra money come from? The answer is the event staffing that the club works.

Not included in the chart are coaching fees, which are historically covered by staff the Mane Event. Coaching is one of the club's highest yearly expenses.

The more members in the club, the more spread out many of these can become – which translates to lower dues or more programs (busses, etc)



<i>Dues (Rugby Alberta)</i>	<i>\$192.00</i>	<i>25%</i>
<i>Employees</i>	<i>\$149.00</i>	<i>19.5%</i>
<i>Miscellaneous</i>	<i>\$93.00</i>	<i>12%</i>
<i>Utilities</i>	<i>\$78.00</i>	<i>10%</i>
<i>Grounds and Clubhouse Upkeep</i>	<i>\$76.00</i>	<i>10%</i>
<i>Insurance (liability &amp; facility)</i>	<i>\$68.00</i>	<i>9%</i>
<i>Hosting</i>	<i>\$36.00</i>	<i>5%</i>
<i>Players Expenses</i>	<i>\$33.00</i>	<i>4.5%</i>
<i>Physiotherapy</i>	<i>\$25.00</i>	<i>3%</i>
<i>Team Registration</i>	<i>\$15.00</i>	<i>2%</i>
<b>TOTAL</b>	<b>\$765.00</b>	

If you have any Club related articles that you wish to submit, or ideas for articles that you would like to see here, feel free to send them to Mike Haugen at [albertamike@hotmail.com](mailto:albertamike@hotmail.com).

We're also interested in any photos that you have that can be used in the newsletter or on the website!

# BRETT MILNE

"To give anything less than your best is to sacrifice the gift." – Steve Prefontaine

Where and when you first ran onto a rugby field:	Grande Prairie, 2004
Debut season for the Titans:	2010
Position:	Wing/fullback

Nickname:	Captain Awesome
Profession:	Life Guard
Dream job:	Professional athlete
Greatest achievement:	425 lbs dead lift
Favourite color:	Blue
Favourite drink:	Protein Shakes



Who my best mate was during your playing years:	The imports.
What do I believe is the best attribute about the Titans:	Good group of people all around.
The Titan's community member that influenced me the most was:	Again, the imports.

Favourite Titan memory:	2011 Banff 10's Tournament
A song that reminds me of the Titans:	Monday is a Wanking Day
Oddest place I have ever bumped into a Titan:	Can't say, I see lots at work though.



I like to spend my weekends:	Working out and hanging with friends.
An exciting endeavour on my horizon is:	Crossfit Games 2011
Right now I'm learning:	About diet and nutrition.
Favourite professional rugby player:	Can't say I have one, I don't watch rugby.

Are you compensating for something by lifting all those weights?	Most definitely. Not sure what I'm compensating for though...
You secretly want to be a ginger, why?	It's better being red, plus redheads are hot.



## IRB World Rankings

Position	Member Union
1(1)	NEW ZEALAND
2(2)	AUSTRALIA
3(3)	SOUTH AFRICA
4(4)	ENGLAND
5(5)	FRANCE
6(6)	IRELAND
7(7)	WALES
8(8)	ARGENTINA
9(9)	SCOTLAND
10(10)	FIJI
11(11)	SAMOA
12(12)	ITALY
13(13)	JAPAN
14(15)	GEORGIA
15(14)	CANADA
16(16)	USA
17(17)	TONGA
18(18)	ROMANIA
19(19)	RUSSIA
20(20)	PORTUGAL
21(21)	URUGUAY
22(22)	NAMIBIA
23(23)	SPAIN
24(25)	CHL
25(26)	MOROCCO
26(24)	BELGIUM
27(27)	KAZAKHSTAN
28(31)	CZECH REPUBLIC
29(28)	BRAZIL
30(30)	UKRAINE



## The Agora

Have anything that you want to buy or sell? Post it here by sending an email with description and contact to:  
[albertamike@hotmail.com](mailto:albertamike@hotmail.com)

### Did you know?

...that if you arrange for \$500.00 or more in senior sponsorship, that your dues for the year are reduced to \$250.00?

...that if you recruit a senior player to the Titans who has not previously played for the Titans, that your dues are reduced by \$25.00 for each person you recruited?

When arranging sponsorship, please advise the executive.

## DALLAS HICKS

"Pain is only temporary, but victory is forever!" – Jeremy II.

Nickname:	D-train, Da!, D, D-shizzle, Hideo.
Profession:	Sales & service representative at Canadian Western Bank.
Dream job:	Travelling around the globe.
Greatest achievement:	Living like a man for the summer of 2010.
Favourite color:	Purple
Favourite drink:	Would have to be water. I can't get enough of that high quality H <sub>2</sub> O, but definitely not the water at the clubhouse.



Favourite Titan memory:	Oh where do I start, there are so many. I would have to say stampede season was my favourite memory. I managed to score a try and kick my convert.
A song that reminds me of the Titans:	Crazy Bitch by Buckcherry
Oddest place I have ever bumped into a Titan:	At work when they come to read out meters



Where and when you first ran onto a rugby field:	In 2004 with the Notre Dame Cougars at the Titans.
Debut season for the Titans:	The summer of 2004 when we went on a tour with the Junior team.
Position:	I started off playing Flanker then got moved to prop and hooker. I also had a short stint in high school playing wing but knocked myself out, so I figured I should stick to the pack.

Who my best mate was during your playing years:	Aimee Thurston
What do I believe is the best attribute about the Titans:	The ability to have a good time win or lose.
The Titan's community member that influenced me the most was:	Kiwi Steve

If I could be a man for one day, I would:	Probably write my name in the snow.
If I could have any special ginger powers, I would want:	Impacable speed!!!



I like to spend my weekends:	Having a few pints with friends and in the summer playing some hard hitting games of rugby
An exciting endeavour on my horizon is:	Going to Vegas in May possibly
Right now I'm learning:	How to do special reports at work.
Favourite professional rugby player:	I don't really have one. I don't follow professional rugby very closely



## 2011 Titans Fees

Sr. Player  
\$450.00

Student/Traveling  
\$350.00

First Year Player  
\$350.00

Student Player  
\$350.00

U19 / U17 Player  
\$250.00

All dues must be paid prior to playing in any games.

Sr. Players please contact Dion regarding registration.

U17 / U19 Players please contact Ally Bowd

Pictured at right: Alberta Summer Games Boys' Champions – Zone 4 (Titans)

## Financial Ramblings

Our year end was February 28th. You have already seen an updated pie chart (page 2) of what it costs to run our club.

February is always a tough month for the club as our insurance bill comes in. I anticipate that the renewal will cost upwards of \$6,000. Keep in mind that this insurance is for the clubhouse, grounds, and third party liability. Rugby insurance is paid for through your dues.

Our main source of income is the Westerner. It is imperative that we fill all the spots on a nightly basis. Any spots that go unfilled represents money left on the table. For details on events get in touch with Scotty at 403.352.2810 or

[i\\_s\\_da\\_bye@hotmail.com](mailto:i_s_da_bye@hotmail.com).

Our second source of income is sponsorship. Please check the website and make sure you support these great people and companies whenever possible. Also look for other sponsorship ideas. Norm currently heads up our sponsorship team so please talk to him.

The third source of income is rental of the fields and clubhouse. Get the word out about our fantastic clubhouse and talk to Chelsey for details.

Cheers,  
Ciaran



### TITANS KIT SHOP – EXTENDED TO MARCH 31<sup>st</sup>

This is your chance to get your Titans gear for the 2011 season. The shop is selling items such as shirts, jerseys, shorts and jackets, among other things. Gear for both men and women, young and old.

To order your gear, check out:  
<http://www.titansrugby.kukrisports.com/home>

Questions? Talk to Dion at  
403.352.9683