



STORM'S

# KIDS HUB



Thanks to **springfree**  
TRAMPOLINE

• STORM'S KIDS HUB •  
THANKS TO SPRING



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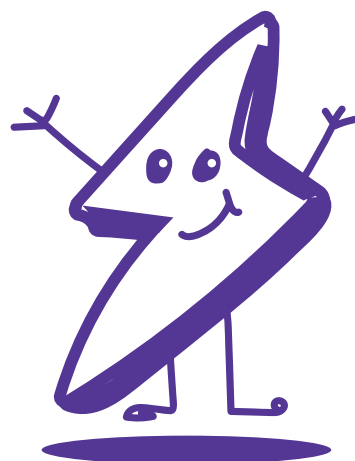
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# HI!!



Welcome to issue 3 of Storm's Kids Hub, thanks to Springfree Trampoline - we hope you enjoyed issue 2!

We are back with some fun new activities for you and interesting reads for Mum and Dad, so get ready for some fun!

Ps. How exciting is it that we are back playing games at AAMI Park! Hopefully soon we will be able to have you back in the stands cheering the boys on. Until then, don't forget to watch our games live and follow us @storm to keep up to date with all the latest news!

*Bolty G.*

Bolty S.



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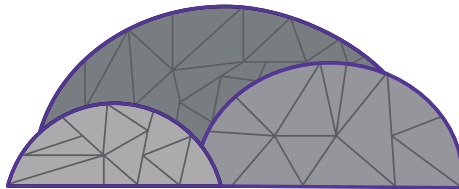
**PUZZLE  
TIME!**



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# CAN YOU HELP COOPER GET BACK TO AAMI PARK?



PUZZLE

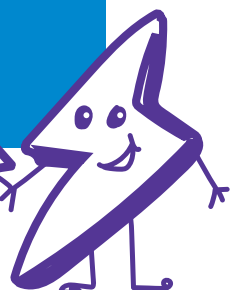
# MATCH THE POSITIONS WITH THE JERSEY NUMBER



FULLBACK  
WING  
CENTRE  
CENTRE  
WING  
FIVE-EIGHTH

HALFBACK  
PROP  
FORWARD  
SECOND ROW  
SECOND ROW

NUMBERS 14-17  
IS THE BENCH!  
THIS MEANS  
THEIR JERSEY  
CAN BE ANY  
POSITION





# TRIVIA!

**DO YOU THINK YOU KNOW EVERYTHING ABOUT MELBOURNE STORM? PUT YOUR KNOWLEDGE TO THE TEST WITH OUR TRIVIA!**

**1. CAM SMITH HAS BEEN THE STORM SKIPPER SINCE...**

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**2. WHO IS THE MELBOURNE STORM HEAD COACH?**

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**3. WHO DOES BILLY SLATER SHARE A BIRTHDAY WITH?**

-----

**4. WHERE DID CAMERON MUNSTER GROW UP?**

-----

**5. WHICH STORM PLAYER IS THE FASTEST IN THE NRL?**

-----



# CHRIS LEWIS

FROM THE CLASSROOM  
TO THE BIG TIME

Before he signed a development contract with Melbourne Storm, self-confessed history nerd Chris Lewis was working as a high school history and English teacher; balancing footy training, lesson planning and late nights marking school work.



Since his move to Melbourne the balance has tipped in favour of football, but the 27-year-old often puts his English skills to good use in the Storm team room – he’s pretty handy at solving a crossword.

He also fancies himself a decent Catan player.

“Christian Welch and Brandon Smith are easy beats at Catan so I missed flogging them at board games,” he quipped about his time in isolation.

“I was really enjoying the cafes and trams (in Melbourne) before I was put in lockdown.

“I flew to the Sunshine Coast with my housemates and stayed at my brother’s place up there. I’m a pretty serious surfer so it was good to get back in the green room and show the boys up.”

For those of us still spending most of our time at home, Lewis had a few recommendations.

“I’m a bit of a history nerd, so I’d recommend the Revisionist History podcast by Malcolm Gladwell.

“Harry Potter is a classic for all ages and I’ve been watching the Jordan documentary as much as everyone else.”

**... keeping in touch with the other boys and not wanting to let them down when the season started up kept me going...**

Lewis was named the Intrust Super Cup Second Rower of the Year in 2019 and a former coach once remarked that the gap between his best and worst game is very small.

While he is yet to make his first grade debut, he repped the Storm jersey at the Nines comp in Perth earlier this year and hopes his consistency on the training track will earn him game time in the NRL.



"My goals for this year were to help the Falcons win a comp and to make my debut for the Storm," he said.

"With no Q Cup this year I guess my focus has narrowed to trying to train hard and crack some NRL games.

"It was hard to keep motivated (during the break), but keeping in touch with the other boys and not wanting to let them down when the season started up kept me going."

Now back in Melbourne, Lewis said his life has changed significantly since pursuing footy full time.

"I went from living on the Sunshine Coast to freezing in Melbourne," he said, tongue-in-cheek.

"Playing rugby league full time means it's my primary concern, I don't have to worry about work, marking school work or trying to cram extra gym sessions in.

"I do miss the people I work with and getting to help kids who are looking to better themselves, but I'm so grateful for the opportunity to pursue my footy."

As for the weirdest of the many safety measures introduced at AAMI Park during the time of the coronavirus:

"Having to take our shoes off at the front door is a bit odd."



## Chris' Booklist



### **Sapiens**

Yuval Noah Harari

### **Harry Potter series**

JK Rowling

### **Dark Emu**

Bruce Pascoe

### **1984**

George Orwell

### **Don't Die With the Music in You**

Wayne Bennett



# SUPERSTAR MATCH UPS

Let's take a look at how Storm superstars match up against some of our rivals bests in their overall careers.



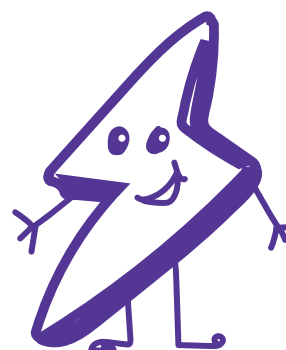
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TRAMPOLINE



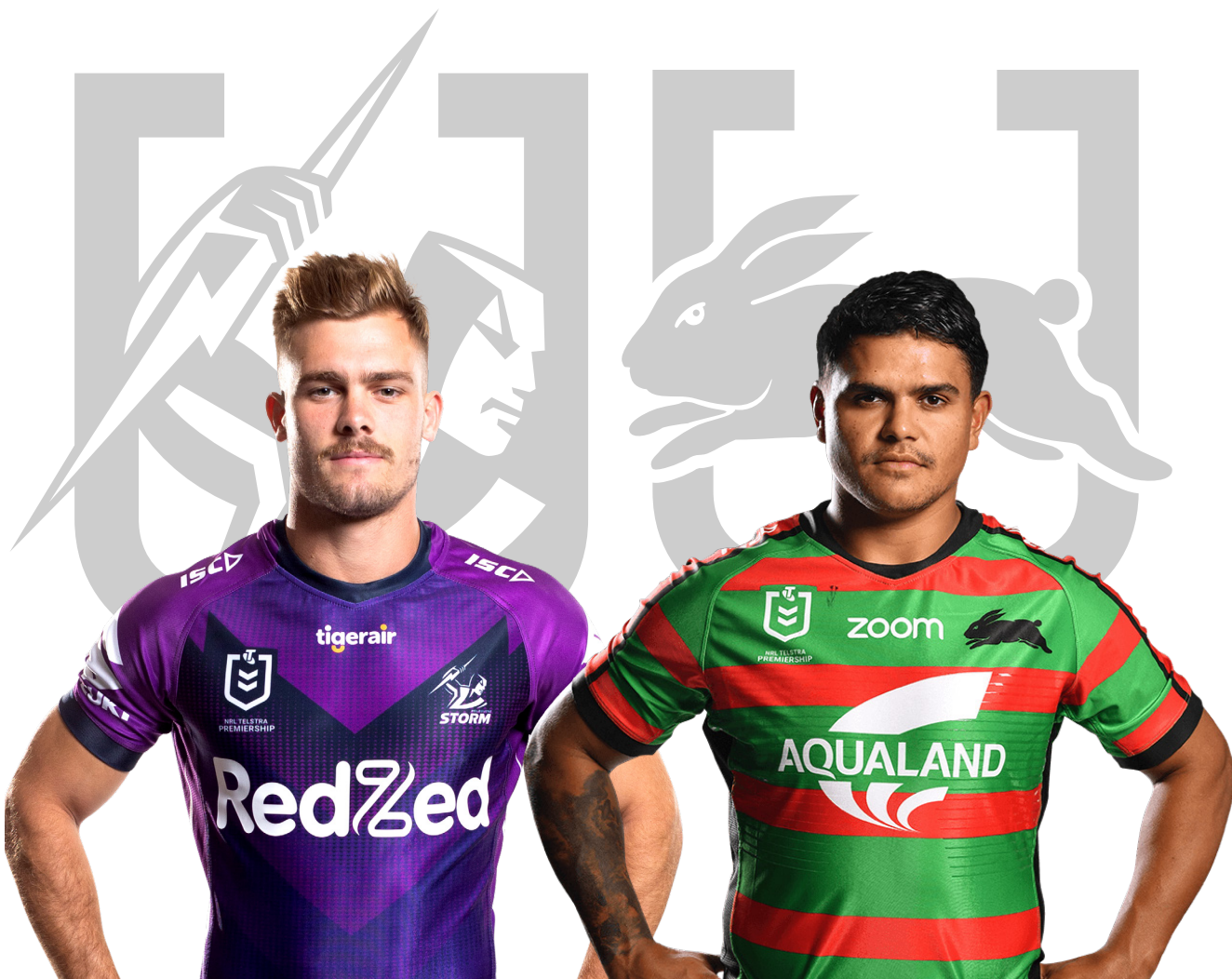
CAMERON SMITH		JOSH HODGSON	
185 CM.....	HEIGHT	.....180 CM.	
90 KG.....	WEIGHT	.....94 KG	
HOOKE.....	POSITION	.....HOOKE	
KEY STATS			
413.....	GAMES PLAYED	.....110	
?.....	TRIES	.....?	
156.....	TRY ASSISTS	.....60	
65,791M.....	KICK METRES	.....9,387M	
74.78%.....	CONVERSION	.....N/A.	

WHO HAS SCORED THE MOST TRIES IN THEIR CAREER OVERALL?

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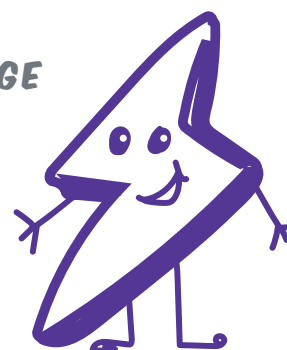




RYAN PAPENHUYZEN		LATRELL MITCHELL	
181CM.....	HEIGHT	.....193CM	
80KG.....	WEIGHT	.....102KG	
FULLBACK.....	POSITION	.....FULLBACK	
KEY STATS			
24.....	GAMES PLAYED	.....98	
9.....	TRIES	.....65	
5.....	TRY ASSISTS	.....25	
456M.....	KICK METRES	.....1,342M	
? .....	CONVERSION	.....?	

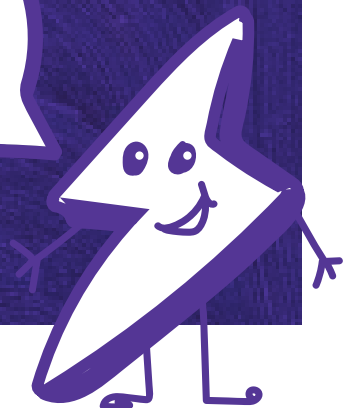
WHO HAS THE BIGGER CONVERSION PERCENTAGE  
IN THEIR CAREER?

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# COLOURING PAGES!

SHOW US YOUR  
COLOURING IN SKILLS!  
EMAIL YOUR PHOTO TO  
[INFO@MELBOURNESTORM.  
COM.AU](mailto:INFO@MELBOURNESTORM.COM.AU)

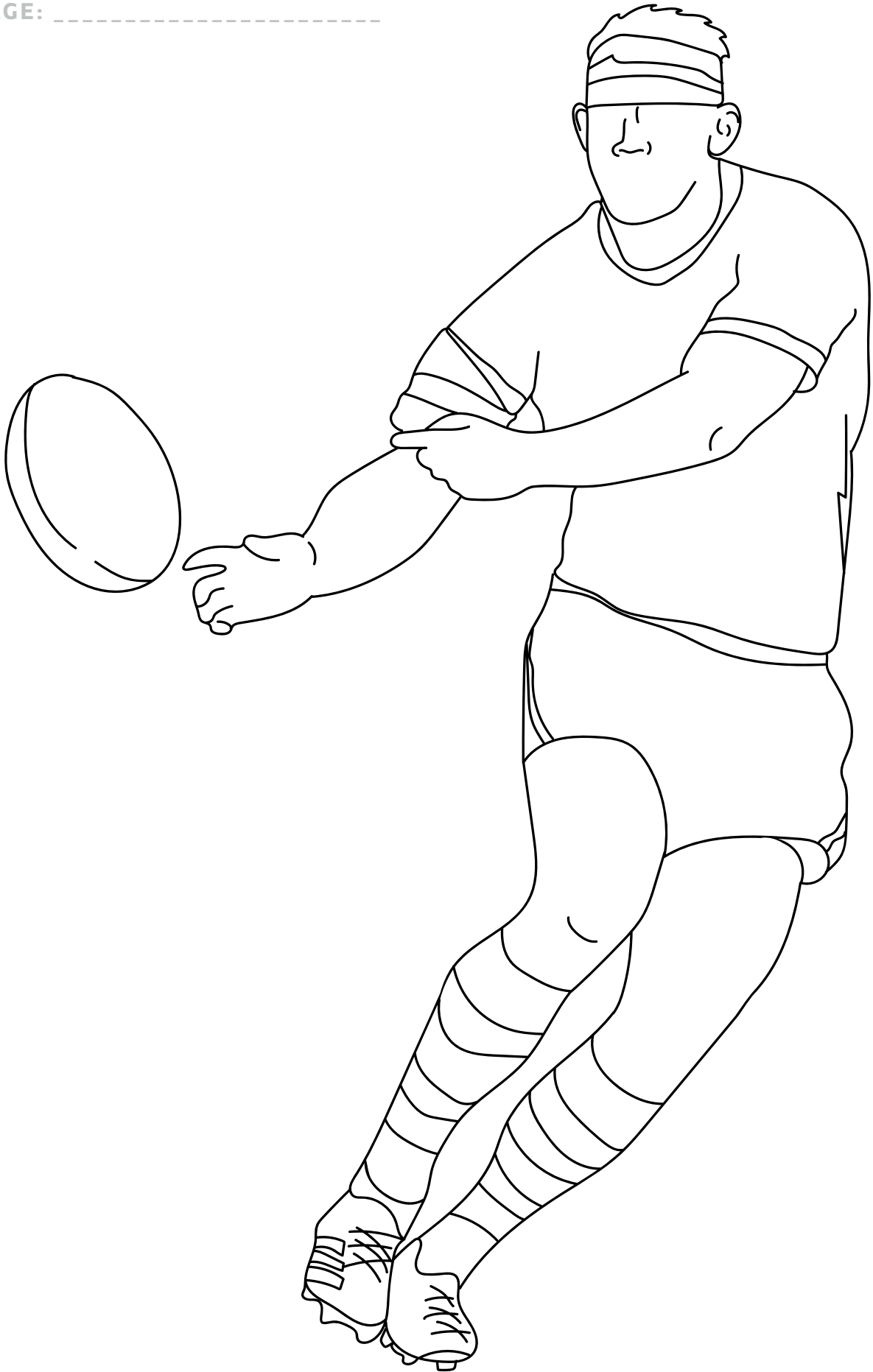


**springfree**  
TRAMPOLINE

NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

## DALE FINUCANE





# JESSE BROMWICH

NAME: \_\_\_\_\_

AGE: \_\_\_\_\_



NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

## 2020 LEADERSHIP TEAM





# PARENTS ZONE

Springfree Trampoline's blog 'Beyond The Bounce' offers ways to keep your kids active and entertained this winter at home.

Plus offers tips and advice on building mental resilience in kids.

For more, head to their website:

**[www.springfreetrampoline.com.au/beyond-the-bounce](http://www.springfreetrampoline.com.au/beyond-the-bounce)**



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# 11 TIPS ON HOW TO REDUCE YOUR STRESS\*

**Everyone reacts differently to stressful situations. Fear and anxiety can be overwhelming for adults and children alike. Learning to cope with stress will make you and the people you care about stronger.**

**What the world is currently facing with COVID-19 is scary and mentally draining for everyone. You are not alone and we are all in this together. We will overcome the next challenges apart, but together.**

**Here are a few tips to make the coming days a little easier:**



**1. TAKE IT ONE DAY AT A TIME.** Some days can seem very daunting and “Groundhog Day” in our current situation. Whether it’s juggling working from home, adjusting to homeschooling kids, trying to add new goals into your daily routine, or all of the above – this can be a very stressful time for all of us. Pick one daily item from your “to-list” list, starting today. These to-dos do not have to be monumental tasks, like writing a best-selling novel. They can be as simple as organizing a drawer in your kitchen or successfully finishing homework, work emails and putting dinner in the oven all before 6 o’clock! Also remember, lazy days are totally OKAY and necessary to stay sane!

**2. GET THE KIDS TO HELP WITH CHORES.** Even Batman runs into trouble and needs Robin to help, so there’s no need to go it alone. Designate your kids as your “sidekick” to pitch in on various tasks. Need help baking dad’s cake for the stay at home birthday party? Have the kids help out – while you supervise the oven use! In addition, decorating the house or wrapping those online purchases can also go to your eager sidekicks!

**3. HUG IT OUT.** Hugging your kids or your partner can help your body trigger the release of the “cuddle hormone” oxytocin, which also helps regulate stress and boost happiness. There’s a whole list of other health benefits to hugging, so remember to fill in your “to do” list with lots of cuddle time!

**4. GO FOR A PUMP-UP MORNING BOUNCE.** Adding a few jumps to your daily routine can help you wake up and warm up with a fun, quick, high-flying cardio session. Bounce your stress away on your Springfree Trampoline. (Just don’t tell your kids you’re going out or you’ll have to share your bounce time!)

**5. TAKE A MINDFULNESS MINUTE.** Set alarms throughout the day to remind yourself to stop for a minute and take stock of your stress levels. If you’re feeling frazzled, it’s good to identify that early and give yourself more time to adjust your plans for the day. In reality, you’ll probably recognise how much you’ve gotten done today. Give yourself a nice pat on the back!

**6. MAKE A STAY AND PLAY PLAYLIST.** We all have favourite songs that get our spirit going. Make a playlist of your essential anthems and have them ready for when you have a stressful activity ahead—and power through! Bonus: play them on your next morning bounce on your Springfree Trampoline for a quick energy boost before a day of chores.

**7. SHOP ONLINE.** Staying home and shopping online is much more necessary now. Take some time to fill your digital carts with essential and maybe a few not so essential, fun items. Just keep an eye on shipping details and timelines, as many companies are experiencing delays.

**8. TRY A GRATITUDE** circle during dinner. While you’re sitting down to eat, ask each family member to name something that they’re grateful for. Appreciating the positive things you share together, will keep your family better equipped to handle the negatives that can come from this pandemic.

**9. PUT ONE OF THE FAMILY FAVOURITES ON THE TV.** Whether you need a minute on the couch to enjoy a bowl of popcorn or you just want to keep the kids distracted while you enjoy some “me” time, movies are the perfect way to guarantee an hour or two of downtime. You can’t go wrong with all of the streaming services available now-a-days.

**\*FOR MORE TIPS HEAD TO:  
WWW.SPRINGFREETRAMPOLINE.COM.AU/  
BEYOND-THE-BOUNCE**



# NOT JUST A JUMPING CASTLE

## BY LISA WEIGHTMAN\*

**I'm Lisa Weightman, busy Mum and Aunty, tech girl with 20 years of awesome tech adventures with IBM, creator of the series #InspiringTheEveryday, dual Commonwealth Games marathon medallist for Australia and three-time Olympic marathon runner. Let's hope we make it four-time in 2020 in Tokyo after qualifying just before COVID-19 in Osaka this year! I'm the owner of a Medium Oval Springfree Trampoline with Sports Bundle and the M18 Mini Trampoline and proud of it!**

As a young girl my cousins had a trampoline in their backyard. We'd jump for hours to classic hits from John Farnham and Kylie Minogue (stop laughing...). There were no safety nets. The springs were steel and exposed and we'd jump together acting the goat as kids do. As a new parent, I continually find myself asking Mum and Dad "How did you cope? When so many things could've injured us back then?" Thanks to Springfree the worst that can happen to my son Pete on the trampoline is a rise in his heart rate if his moves don't go to plan and he hits the net. It's great peace of mind to know he can play safely while I am working from home, particularly during this current environment of COVID-19 where we are home day after day.

Over the coming months I'm excited to share snippets of our lives with the Springfree community as my husband and I balance parent, work and athletic life. We were in the midst of preparing for a fourth Olympic Games, in an attempt to make history until COVID-19 hit. I'm attempting to join 3 Australians Lisa Ondieki, Rob De castella and Steve Moneghetti in competing in four Olympic marathons all time. That's a long career and a life full of travel, adventure, highs and lows and the adventure is not over!

Why did we decide to join the Springfree community you might be wondering? Simple...a Springfree trampoline is not just a jumping castle for kids. It's so much more. After completing my first rebounding

class with my sister last year I was hooked on the benefits. It had been over 25 years since I'd set foot on a trampoline and I couldn't believe what I'd missed out on all this time. With a young teenage nephew whom I take care of like my own, my son moving into Prep and becoming a little more independent, combined with my desire to find that next edge in high performance, the timing was perfect to add the trampoline to our High Performance Centre at home.

Over the coming months I am looking forward to sharing how we are enjoying our Springfree trampoline, covering the following topics...

**\*FOR MORE TIPS HEAD TO:  
[WWW.SPINGFREETRAMPOLINE.COM.AU/  
BEYOND-THE-BOUNCE](http://WWW.SPINGFREETRAMPOLINE.COM.AU/BEYOND-THE-BOUNCE)**





# HERE FOR YOU NOW, HERE FOR YOU ALWAYS

KEEPING YOUR FAMILY SAFE,  
ACTIVE AND ENTERTAINED.



**springfree**  
TRAMPOLINE  
Engineered For Safety. Built To Last.

# PLAYER DNA



springfree<sup>®</sup>  
TRAMPOLINE

# WHAT MAKES A 'FULLBACK'?

READY TO RUN  
AT ALL TIMES TO  
BREAK THAT LINE!  
.....7

GUTS TO GET  
TO GET THOSE  
HIGH BALLS  
F.....

QUICK FEET TO  
GET FROM ONE  
END OF THE FIELD  
TO THE OTHER IN  
A FLASH!  
.....7



PLAYER DNA



# WHAT MAKES A 'CENTRE'?

WRECKING  
BALL TO POWER  
THROUGH THE  
OPPOSITION

STRONG GRIP  
TO CATCH  
THOSE LONG  
PASSES

POWERFUL  
THIGHS TO  
LAUNCH OVER  
THE TRY LINE



PLAYER DNA

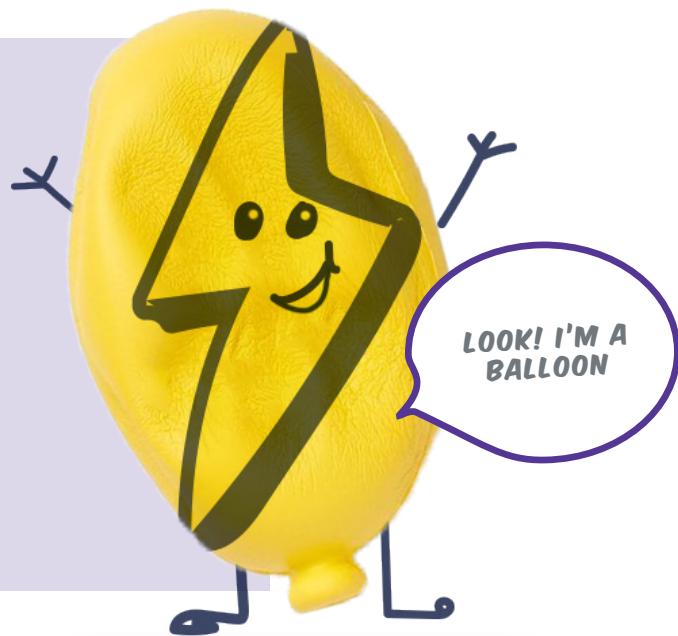
**AT HOME  
WITH STORM!**



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# MAKE YOUR OWN STORM STRESS BALL!

DO YOU FIND YOURSELF CLENCHING DURING THOSE INTENSE MOMENTS DURING A GAME? MAKE YOURSELF A STRESSBALL TO SQUEEZE TO RELIEVE SOME OF THAT STRESS WHEN CAM IS GOING TO KICK THE WINNING POINT!



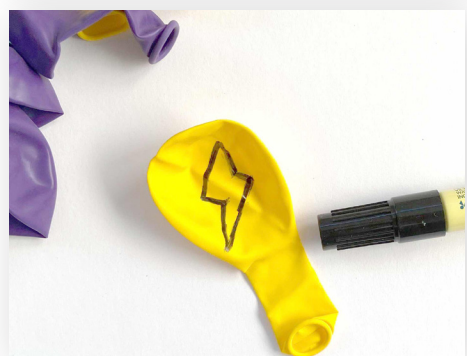
## WHAT YOU NEED:

Balloons  
Flour/rice  
Permanent markers  
Funnel



## Method:

1. Draw a design on the balloon with a permanent marker. Try either a bolt, rugby ball, or even Munster!
2. Place the funnel in the opening of the balloon and fill with flour (or rice) to the top but not to the neck of the balloon.
3. Tie the balloon in a knot.





# COOKING WITH MAXXY!

**MAX'S PRE-GAME DAY  
MEAL IS PACKED WITH  
CARBS TO FUEL HIS  
ENERGY! LEARN TO  
COOK HIS 'CAULIFLOWER  
MAC & CHEESE'!**



**4 SERVES**

**| 10 MINS PREP**

**| 25 MINS COOK**

## INGREDIENTS:

200g wholemeal penne pasta  
1/3 cup of peas  
1 tbsp extra-virgin olive oil  
1 tbsp flour  
2 cups of low-fat milk  
1/2 cup grated low-fat  
cheddar cheese  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/2 tsp paprika  
1 zucchini, grated  
1/2 head cauliflower, cut into  
small florets  
1/3 cup multigrain breadcrumbs  
1/4 cup grated parmesan  
1 tbsp finely chopped  
flat-leaf parsley  
Salad to serve

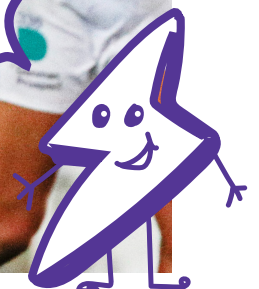


## METHOD:

1. Preheat oven to 170°C fan-forced.
2. Bring a large saucepan of water to the boil and cook pasta according to packet instructions. Add peas in the last 2 minutes of cooking time. Drain.
3. Place olive oil in a large saucepan over medium heat. Add flour and cook for 1 minute to create a thick paste. Gradually add milk, whisking to ensure there are no lumps. Cook for 3 minutes or until sauce is thick.
4. Add cheddar cheese, garlic and onion powder, paprika, salt and pepper. Stir to combine.
5. Add cooked pasta, peas and grated zucchini. Stir to combine and transfer to a baking tray.
6. Place cauliflower florets, breadcrumbs, parmesan and parsley in a small bowl and stir to combine. Scatter over pasta then bake for 15-20 minutes or until cauliflower is golden and crunchy.



MAKE THIS BEFORE  
A GAME AND YOU  
WILL PLAY JUST  
LIKE MAXXY!





# 2020 HOME/AWAY JERSEYS ARE HERE

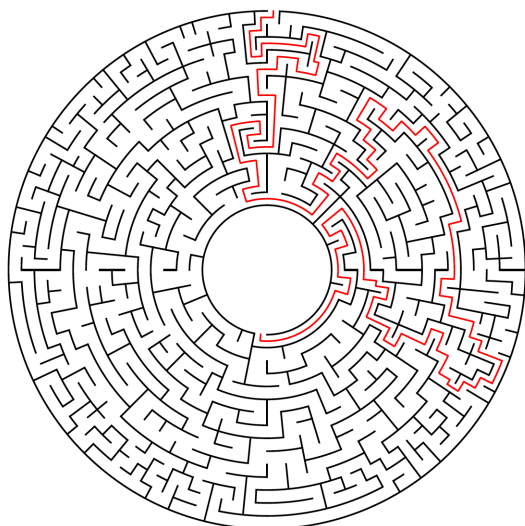


[shop.melbournestorm.com.au](http://shop.melbournestorm.com.au)



# ANSWERS

## MAZE:



## MATCH JERSEY NUMBERS TO POSITION:

1. Fullback
2. Wing
3. Centre
4. Centre
5. Wing
6. Five Eighth
7. Halfback
8. Prop
9. Hooker
10. Prop
11. Forward
12. Second Row
13. Second Row

## TRIVIA:

- 1) 2008
- 2) Craig Bellamy
- 3) Cam Smith
- 4) Rockhampton, QLD
- 5) Foxx - Josh Addo-Carr

## SUPERSTAR MATCH UP:

Cam Smith has the most with 45 tries and Josh Hodgson has 13 tries.

Latrell Mitchell has a bigger conversion percentage than Ryan Papenhuyzen with 74.38% v. 66.67%

GREAT WORK  
TEAM! WE WILL SEE  
YOU NEXT TIME!







***springfree***<sup>®</sup>  
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