



# STORM'S KIDS HUB



Thanks to **springfree**  
TRAMPOLINE

Posters | Interviews | Articles | Colouring In | Parents Zone | SC Lightning + more!





**Welcome to issue 5 of Storm's Kids Hub,  
thanks to Springfree Trampoline – we hope you  
enjoyed our special Indigenous round issue!**

**Inside you'll find latest club news, interviews with our  
stars, as well as fun activities and print outs.  
In this issue, we are pleased to introduce to you our  
Sunshine Coast Lightning Netball team.**

**Lightning has been part of the Storm family for four years  
and the team has been very successful in the Australian  
Super Netball competition. Follow them on their socials  
[@sunshinecoastlightning](https://www.instagram.com/sunshinecoastlightning)**



Melbourne Storm respectfully acknowledges the Traditional Custodians of the lands and waterways of the Wurundjeri people of the Kulin Nations. We pay our respects to Elders past, present and emerging; and extend this respect to all Aboriginal and Torres Strait Islander Peoples, for they hold the memories and hopes of this land.

To learn more about the culturally rich and diverse Aboriginal and/or Torres Strait Islander Countries and Clans, visit your local Land Council or Trust.



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# WELCH



Brittany Denton  
Storm Reporter



## Welch happy to trade off battle scars for wins.

Christian Welch has copped a few knocks to the head lately and while he's lamenting a couple of new scars, he said he's willing to sacrifice his modelling career for the greater good.

"The head's going south but we're winning games, that's the priority," he told media this week following our round 14 win over the Roosters."

"I love this club."





# WELCH

“To get the result without the Camerons (Smith and Munster) – who are both phenomenal players and important for our team – was a real confidence boost for us.

“Everyone played their role – we had strong efforts across the board that contributed to the win.”

After eight consecutive wins, Welch said he was keeping the proverbial lid on his own expectations for this season.

“I’ve learnt with my injuries and experiences in the game to really enjoy the now and not to look too far ahead,” he said.

“I’m really enjoying playing my role for the team and being around this group of guys, it’s a really special bunch.

“I truly do feel like we’re building something special and it’s going to be

a big year and hopefully a long final series for us.”

“Everyone played their role – we had strong efforts across the board that contributed to the win.”

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“I’m really enjoying playing my role for the team and being around this group of guys, it’s a really special bunch.

**“I truly do feel like we’re building something special and it’s going to be a big year...”**

As someone who is particularly active on Twitter, Welch spoke about negative comments on social media and the toll it can take on the mental health of players.

**“It’s such an emotional game – not only for us but for the supporters and people who love the game...”**

“I’ve come across a lot of negativity directed towards me – I guess it’s about developing a thick skin and knowing where you want to take your feedback from, the people you value in your inner circle – coaches, family and close mates.

“At times the feedback can be negative and other times it can be positive.

“Being a teammate of Josh Addo-Carr and Will Chambers, I’ve seen some of the racial stuff – Will in particular received terrible racist comments.

“The NRL, players and clubs are doing a really good job of calling it out and hopefully building towards a more inclusive rugby league community.”





# THINK YOU KNOW MUNSTER?

True or False – Cameron Munster won the Queensland Cup Rookie of the Year award in 2013?

What was the name of Munster’s Junior Club?

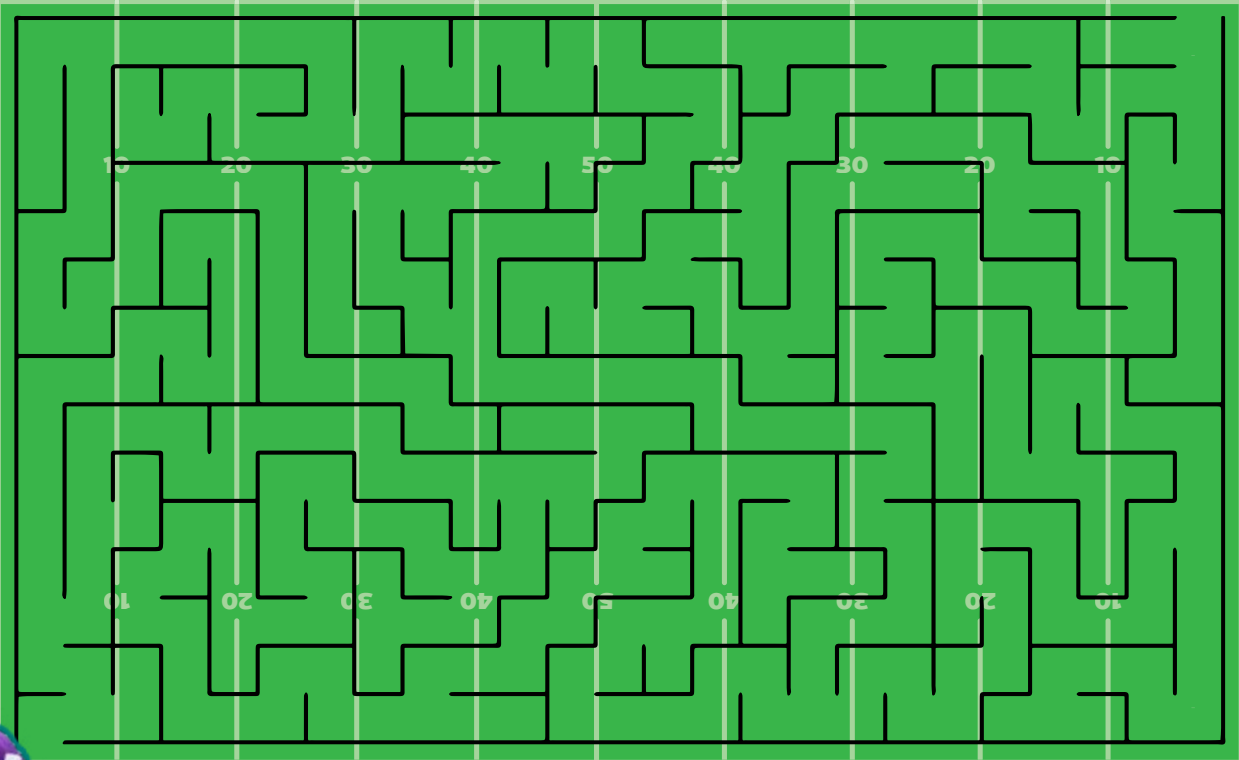
How many appearances has Munster had in his career?

Which hand does Munster play golf with?



# MAZE

Can you help Foxx run the length of the field and score a try!



START



# SPOT THE DIFFERENCE

There are 5 differences, can you find them all?



(original)



# FACE SWAP

Can you tell who these Storm Superstars are?



- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Trivia: True, North Knights, 125 games, left handed.  
Spot the difference: Host Plus on Brandon's shorts, Brandon's socks, Tom Eisenhuth's shoes, Munsters  
mustache, Bolly on the sign in the back  
Face Swap: Cooper Cronk, Cam Smith and Billy Slater



# BEST SHOTS FROM TRAINING

Photos by Darcy Parkinson



Head to  
[shop.melbournestorm.com.au](http://shop.melbournestorm.com.au)  
for training merch





# COOPER

## JOHNS

# DEBUT



**Debutant Storm halfback Cooper Johns, son of Knights legend Matthew, says he was “pretty nervous” ahead of his round 15 NRL debut but soaked up the extra attention that comes with having a father who was not only a renowned player but a high profile media personality.**

“I’ve sort of had that my whole life really – and ask my dad, I like a lot of attention!” Johns laughed.

“I’m a bit of an attention-seeker so I handled it pretty good and it made for a lot of emotion for the game.”

With family only available remotely via technology due to the current COVID bubble restrictions, Johns admitted it made for a strange week.

“It is a bit weird, I had all my family and mates here today but I couldn’t get too close to them, couldn’t give them a hug but couldn’t get that close,” he said.

“Cameron Smith was a big help throughout the week. Obviously he wasn’t playing but he calmed my nerves down and isolated my focus on my defence because obviously on debut they’re going to test you out and throw a lot of tackles your way so that was a real focus of mine.”







Johns also echoed sentiments from his coach Craig Bellamy that Eels winger Maika Sivo stayed down to draw a crusher penalty in the 14-0 loss to Parramatta.

Johns was placed on report in the 32nd minute of his debut game for applying pressure to the back of Sivo's head, with the incident drawing the ire of Bellamy in his post-match press conference.

"I'm not too worried about that one to be honest, I don't think there was too much in it," Johns said.

"Sivo's got about 40 kilos on me too, I don't think it would have hurt him, I think he was just trying to draw a penalty.

"I've been crushed before, when you get crushed you don't generally want to stay out there ... I don't want to comment on it too much but I felt like it might have been a little tactic."

That penalty was just one of the 8-1 run against Melbourne on the night, which

Johns admitted was an area that needed tidying up.

"That's a big one, that penalty count we have to get down," he said.

"We had a few opportunities in the first half, I feel like if we executed a few opportunities in the first half the game could have been a different story but Parramatta really turned up tonight.

"They played a really strong game, shifted us around and we just weren't up to scratch.

"It was a very tough game for us. We couldn't get a win but it was good to finally get that [debut] out of the way. I was pretty nervous all week.

I did enjoy myself. I probably built it up a lot bigger in my head to be honest.

"To have Joey in my head, he built it up that it was going to be bigger than something it was but when you get out there the adrenaline starts pumping through and 10 minutes felt like 10 seconds."



“

**I was very nervous actually, very, very nervous. But I think it's a good thing because it show you really care about it. It helped me get up for the game, in rugby league when you're playing every week it can be hard to get up for games but this was an easy game to get up for.**

”



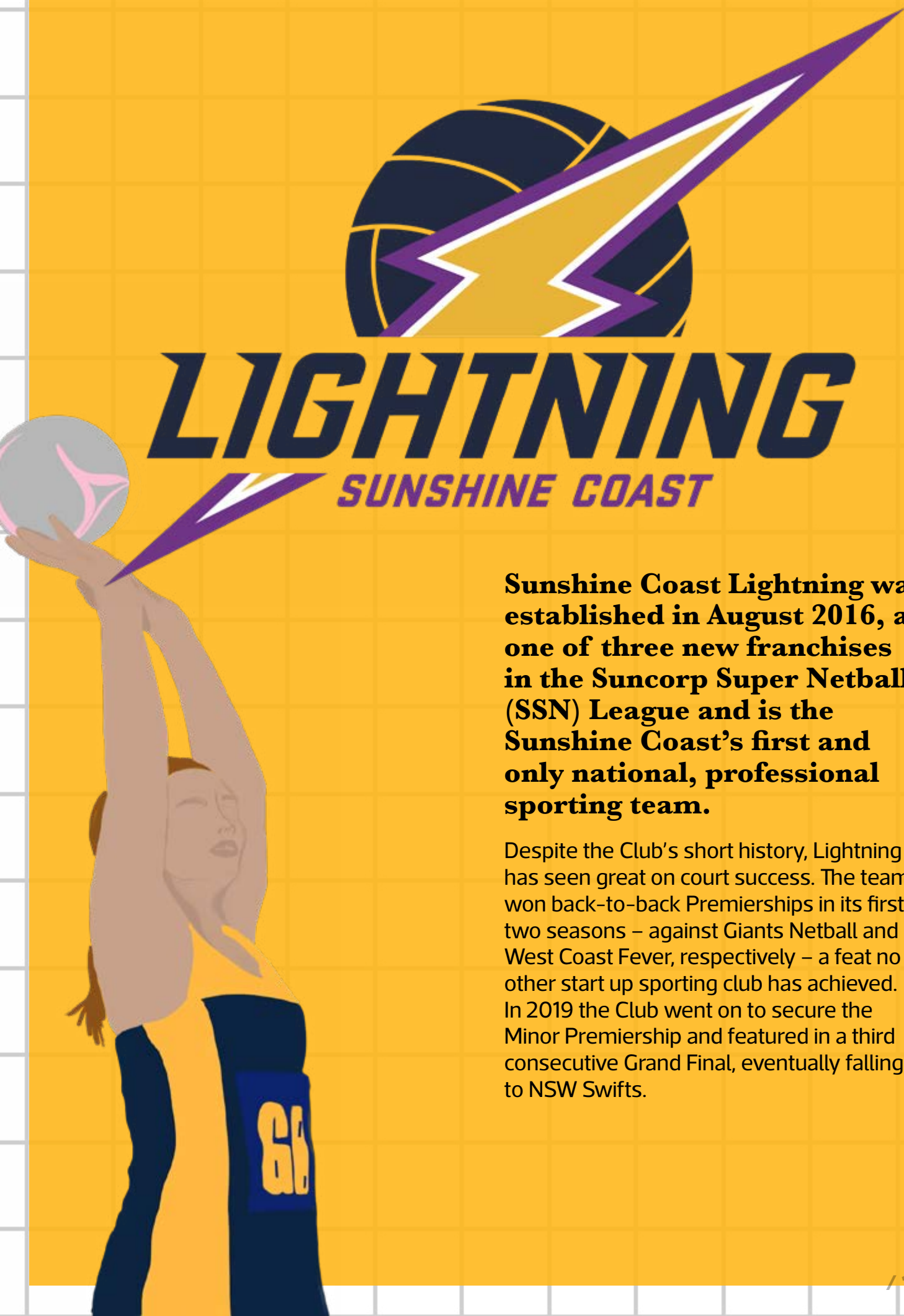




Photos by @nelsonkahlervisuals

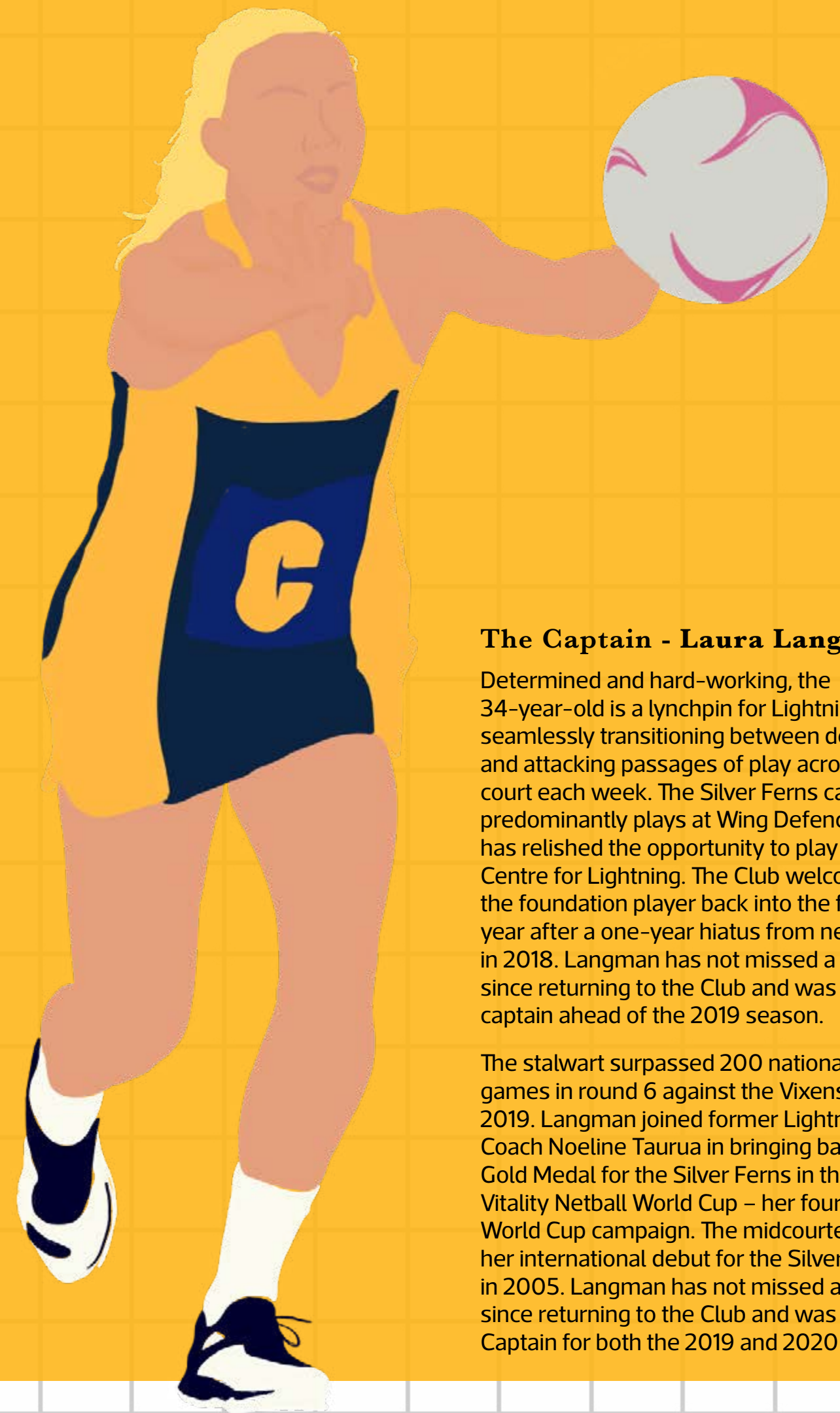
GAME DAY





**Sunshine Coast Lightning was established in August 2016, as one of three new franchises in the Suncorp Super Netball (SSN) League and is the Sunshine Coast's first and only national, professional sporting team.**

Despite the Club's short history, Lightning has seen great on court success. The team won back-to-back Premierships in its first two seasons – against Giants Netball and West Coast Fever, respectively – a feat no other start up sporting club has achieved. In 2019 the Club went on to secure the Minor Premiership and featured in a third consecutive Grand Final, eventually falling to NSW Swifts.



### **The Captain - Laura Langman**

Determined and hard-working, the 34-year-old is a lynchpin for Lightning, seamlessly transitioning between defensive and attacking passages of play across the court each week. The Silver Ferns captain predominantly plays at Wing Defence but has relished the opportunity to play at Centre for Lightning. The Club welcomed the foundation player back into the fold last year after a one-year hiatus from netball in 2018. Langman has not missed a beat since returning to the Club and was named captain ahead of the 2019 season.

The stalwart surpassed 200 national league games in round 6 against the Vixens in 2019. Langman joined former Lightning Coach Noeline Taurua in bringing back the Gold Medal for the Silver Ferns in the 2019 Vitality Netball World Cup – her fourth World Cup campaign. The midcourter made her international debut for the Silver Ferns in 2005. Langman has not missed a beat since returning to the Club and was named Captain for both the 2019 and 2020 Season.



# MEET THE TEAM!



**KYLEE  
BYRNE**

Head coach



**CHRIS  
VOGE**

Assistant coach



**STEPH  
WOOD**

Position: **GA/WA**  
Previous team:  
**NSW Swifts**  
Age: **28**  
Height: **175cm**  
Place of birth:  
**Australia**



**LAURA  
LANGMAN**

CAPTAIN

Position: **C/WD**  
Previous team:  
**NZ/NSW Swifts**  
Age: **34**  
Height: **173cm**  
Place of birth:  
**New Zealand**



**JACQUI  
RUSSELL**

Position: **C/WD**  
Previous team:  
**QLD Firebirds**  
Age: **31**  
Height: **176cm**  
Place of birth:  
**Australia**



**ANNIKA  
LEE-JONES**

Position: **GK/GD**  
Previous team:  
**West Coast Fever**  
Age: **23**  
Height: **197cm**  
Place of birth:  
**Australia**



**PEACE  
PROSCOVIA**

Position: **GS**  
Previous team:  
**Loughborough  
(England)**  
Age: **30**  
Height: **193cm**  
Place of birth:  
**Uganda**



**PHUMZA  
MAWENI**

Position: **GK/GD**  
Previous team:  
**Loughborough  
(England)**  
Age: **35**  
Height: **186cm**  
Place of birth:  
**South Africa**



**CARA  
KOENEN**

Position: **GS/GA**  
Previous team:  
**QLD Development**  
Age: **24**  
Height: **190cm**  
Place of birth:  
**Australia**



**MADDY  
MCAULIFFE**

Position: **C/WD**  
Previous team:  
**QLD Development**  
Age: **25**  
Height: **180cm**  
Place of birth:  
**Australia**



**KARLA  
PRETORIUS**

Position: **GD/WD**  
Previous team:  
**Team Bath (England)**  
Age: **30**  
Height: **181cm**  
Place of birth:  
**South Africa**



**LAURA  
SCHERIAN**

Position: **WA/C**  
Previous team:  
**QLD Firebirds**  
Age: **31**  
Height: **167cm**  
Place of birth:  
**Australia**



**ASHLEE  
UNIE**

TRAINING PARTNER  
Position: **GD/WD**  
Previous team:  
**USC Thunder**  
Age: **24**  
Height: **180cm**  
Place of birth:  
**Australia**



**BINNIAN  
HUNT**

TRAINING PARTNER  
Position: **GA/GS**  
Previous team:  
**USC Thunder**  
Age: **22**  
Height: **183cm**  
Place of birth:  
**Australia**



**SIENNA  
ALLEN**

TRAINING PARTNER  
Position: **GK/GD**  
Previous team:  
**USC Thunder**  
Age: **21**  
Height: **191cm**  
Place of birth:  
**Australia**



**ANNABELLE  
LAWRIE**

TRAINING PARTNER  
Position: **GS/GA**  
Previous team:  
**USC Thunder**  
Age: **19**  
Height: **185cm**  
Place of birth:  
**Australia**



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

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



**COOPER JOHNS**  
STORM HALF BACK

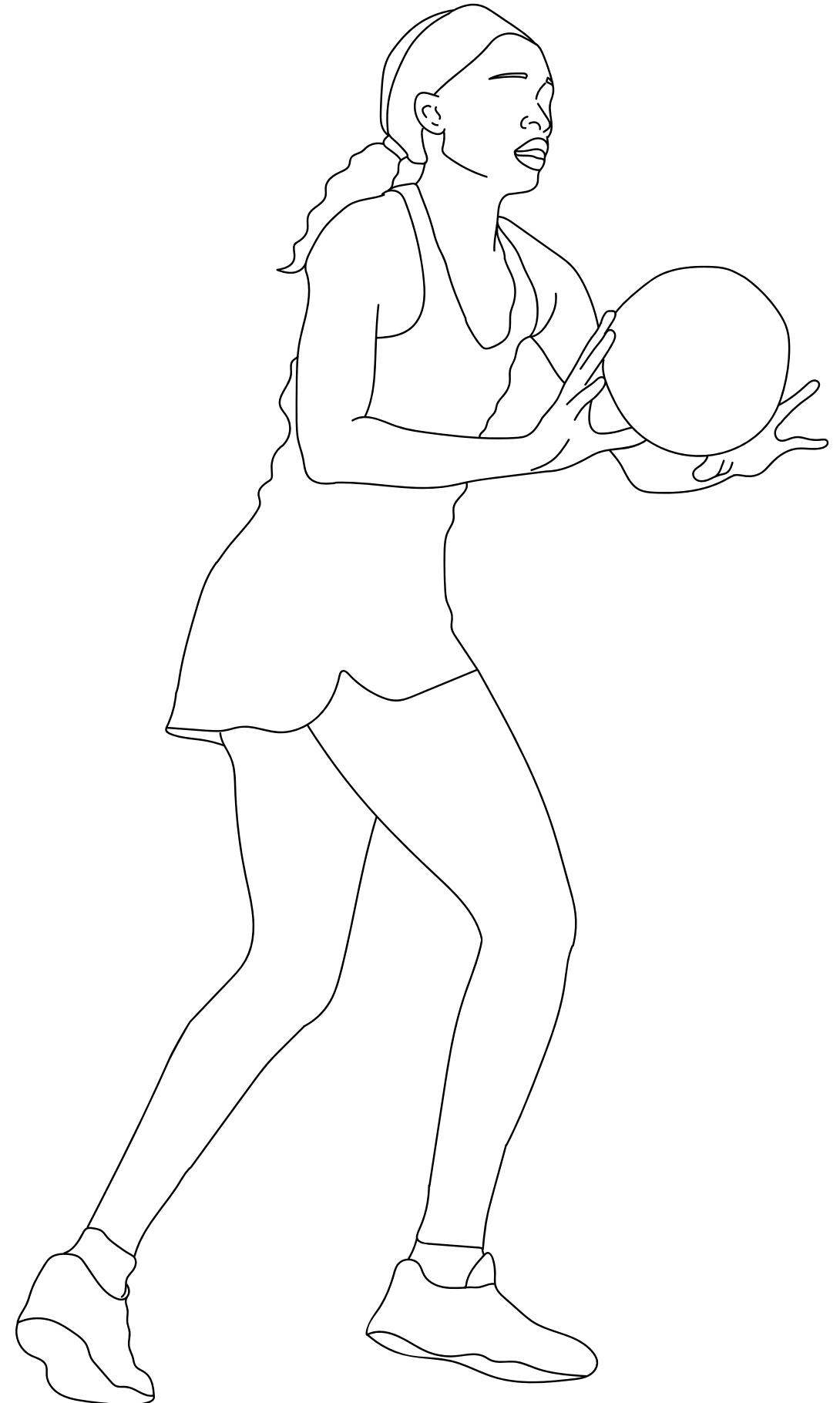


NAME: \_\_\_\_\_

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



**PHUMZA MAWENI**  
LIGHTNING GOAL KEEPER







# 'Mornings of Solitude'



Pre-lockdown restrictions, Storm rookies Nicho Hynes and Aaron Booth hit the surf on the Sunshine Coast to unwind and decompress away from the footy bubble and have a morning of solitude.

Photo Credit:  
@paristilleyphotography







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A large blue rectangular graphic with white text. At the top, the Springfree Trampoline logo is centered. Below it, the words 'PARENTS ZONE' are written in a large, bold, white, sans-serif font. Underneath, a paragraph of white text reads: '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'. At the bottom center, there is a small white box containing the Springfree logo and a stylized illustration of a person jumping on a trampoline.





# FATHER'S DAY CHATS *with* CAMERON SMITH

I think you need to be a role model, supportive, hard at times but always fair. It's a difficult balance...



**A force to be reckoned with on the football field, Cameron Smith shows us another side as we chat to him about being a father to his three children, Jada, Matilda and Jasper, ahead of this year's Father's Day.**

**1. What was the first thought that ran through your head when you became a father for the first time?**

Excitement. My wife and I were always keen to have children and when Jada arrived we were over the moon.

**2. What do you think it means to be a father?**

I think you need to be a role model, supportive, hard at times but always fair. It's a difficult balance, I think all parents go through it and learn as they go.

I have always really enjoyed it though and tried to be as involved as possible in whatever they are interested in.

**3. What are the lessons or values that you most want your children to learn from you?**

Being honest, respecting others and working hard.

**4. What is something you learned from your own father that you'll forever remember?**

When I was a young fella playing at Logan Brothers, Dad coached the team a few years above my age group. After my training sessions I'd run over with a footy and watch him coach the older boys, listen to his tactics and game plans. He and I would also watch games on TV and we'd ask one another what each was seeing as the game was unfolding.

I didn't know it at the time but it was the perfect rugby league education.

Away from footy he taught me the importance of hard work and treating people as you'd like to be treated.

**5. COVID has been a fairly stressful time for families – adjusting to lockdowns and disruption to our everyday lives. How have you found the best way to get through this with your family?**

It's been difficult because I've been separated from my family in an NRL "bubble." My wife has been incredible, managing everything at their end.

Springfree Trampolines also came in very handy as well! A few weeks back we surprised the kids after school with the Jumbo Round trampoline and they've barely been off it since.

**6. What do you enjoy most about being a father?**

Watching their development. Things seem to happen so quickly these days but all three are beautiful kids with big hearts. We are very proud of them.

**7. How would you like to hear your children to describe you?**

Supportive.

**8. What are you most looking forward to for the remainder of this year?**

We're coming towards the end of the regular NRL season so there are some big games coming up, but mostly I'm looking forward to getting back to Barb and the kids.

COVID-19 has presented challenges for everyone and for me it has really cemented how special it is to be around your loved ones.

Running around the backyard, jumping on the trampoline with the kids, taking the dogs for a walk – they're the things I am most looking forward to.



# \*15 WAYS TO USE YOUR TRAMPOLINE ALL YEAR ROUND

We all know that a Springfree trampoline is a great addition to any backyard for great summer fun but there are actually multiple ways you can use your trampoline all year round! Here are our top 15 activities to do on your trampoline throughout the year!

## 1. Fort Adventures

Throw a sheet over your trampoline or peg multiple blankets up for different heights to create the perfect cave to hide from monsters, or a spaceship to take you to Mars or a venue for hosting tea parties – it provides a world of possibilities. It's the simple things that can create hours of fun and quality time everyone can enjoy. Any fort is magical as a child and you'll find they'll just love giving their imaginations a workout and you may find several toys and game from inside make their way out to the fort.

Winter Edition: Make sure there are plenty of blankets in the fort to keep the kids warm and cosy while they play.

## 2. Movie Nights

Movie nights are a great option for those warm summer nights. Get started by building a comfortable pillow-filled area with a few blankets or sleeping bags on the trampoline. Get a large laptop, or buy a cheap projector and use a white

sheet as the screen, then the whole family can settle in with some popcorn.

Winter Edition: The benefit of winter nights is it gets darker earlier so you don't have to wait quite as long to get the night started. Just be sure to rug up with hats, gloves, blankets etc.

## 3. Going Camping

This is always a favourite, whether for birthday parties or a little weekend treat, to get the kids out of the house for the night. Set the trampoline up with sleeping bags, some snacks and a few torches. It does pay to put a lightweight tarp over the top if staying overnight.

Winter Edition: If you have a little tent that will fit, you could put that up on the trampoline (sans pegs) for a warmer camping experience. Make sure you put a waterproof layer on the base of the tent with a blanket to insulate the tent bottom from the overnight moisture. Set the beds up with camping mattresses with winter strength sleeping bags

for extra warmth and let the kids know that they can always come inside if it gets too cold.

## 4. Up Your Picnic

In summer you have little creepy crawlies on the ground to contend with and in the cooler seasons, the ground is often damp and cold so this is where the trampoline can be your saviour for a fun picnic. Set up a rug on the trampoline, lay out a spread of delicious food and enjoy some family time in the great outdoors. We do recommend keep sharp cutlery away from the trampoline and it's advisable that there is no jumping around the food!

Winter Edition: Add some warm foods to your picnic feast, such as sausage rolls or quiches as well as a warm drink to keep you warm from the inside out.

## 5. Star Gazing

Lay blankets on your trampolines surface and use it as the perfect place to watch the stars at night. Find an app for your phone that helps you find

the different constellations so your children can become familiar with the night sky.

Winter Edition: Again, the great thing about winter is that it does get darker earlier so you can start the activity earlier. As always, be sure to rug up appropriately.

## 6. Mid-Air Photography

Your trampoline is a great photography prop and your kids love to jump. So while they're jumping and practicing different kung-fu or superhero moves, have your phone or camera, at the ready. They'll love looking at how high they can jump and their hair going upwards.

Winter Edition: This is suitable for year round fun, with winter providing a less glaringly bright light, which is better suited to photographing.

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







RYAN PAPHENHUYZEN  
STORM V MANLY RD 16

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## **FAMILY RUGBY LEAGUE PODCAST**

Little Rugby League is a short podcast for kids. It's aimed at families who love rugby league.

**Find us on your podcast app.**





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