



ISSUE 6 | SEPTEMBER



Storm's

**KIDS HUB**



Thanks to **springfree**  
TRAMPOLINE



Each year, Women in League (WIL) round celebrates the vital contribution women have made to the great game of rugby league.

During this year's WIL round, Melbourne Storm recognised the club's long-standing partnership with the Victorian Women's Trust (VWT) to highlight the importance of gender equality.

Gender Equality is black and white – the staff and players at Melbourne Storm believe women and men should have the same rights and opportunities.



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.



Women in League Round – Storm x Victorian Women's Trust

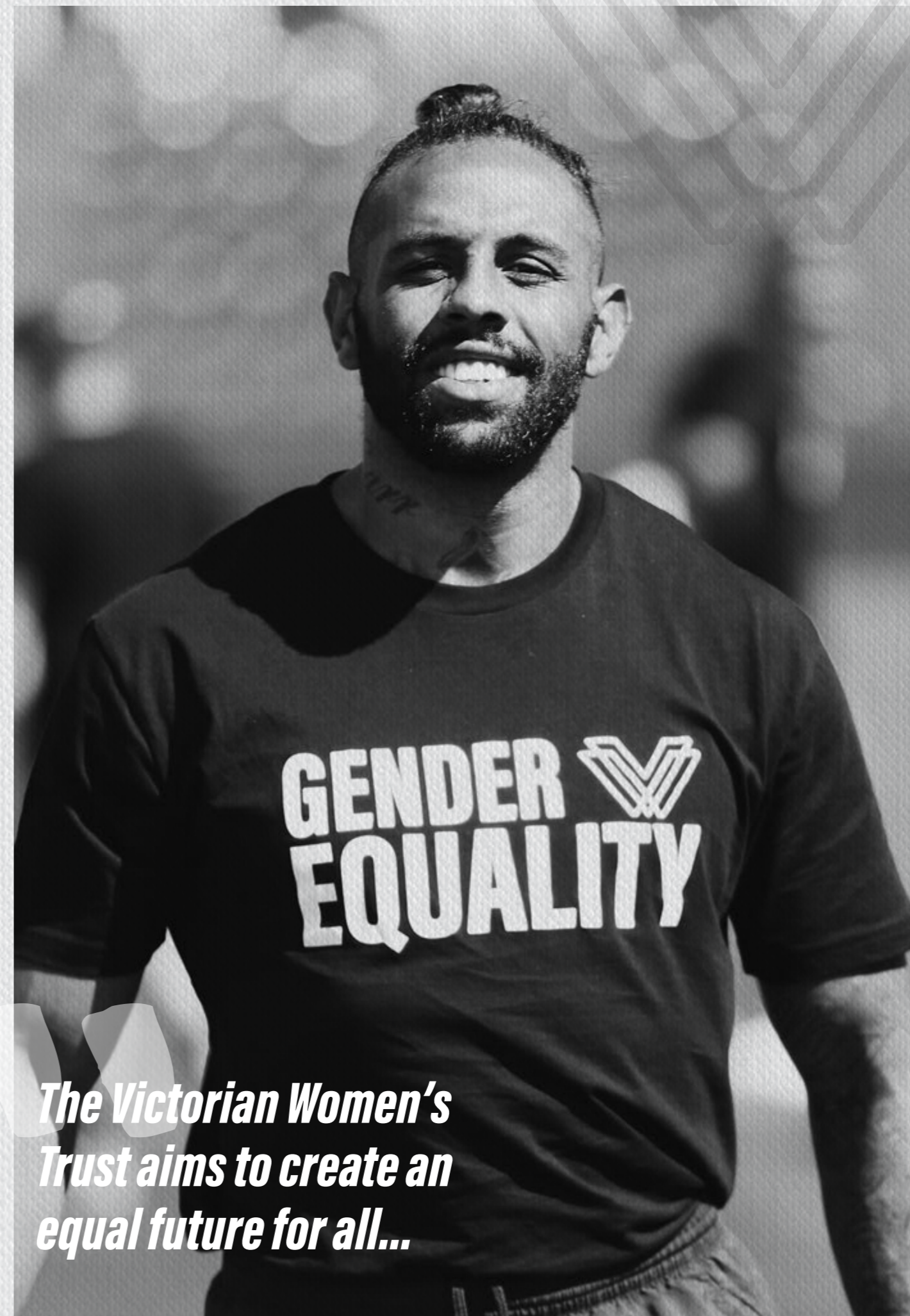
***Each year, Women in League Round celebrates the vital contribution women have made to the great game of rugby league.***

Brittany Denton  
Storm Reporter

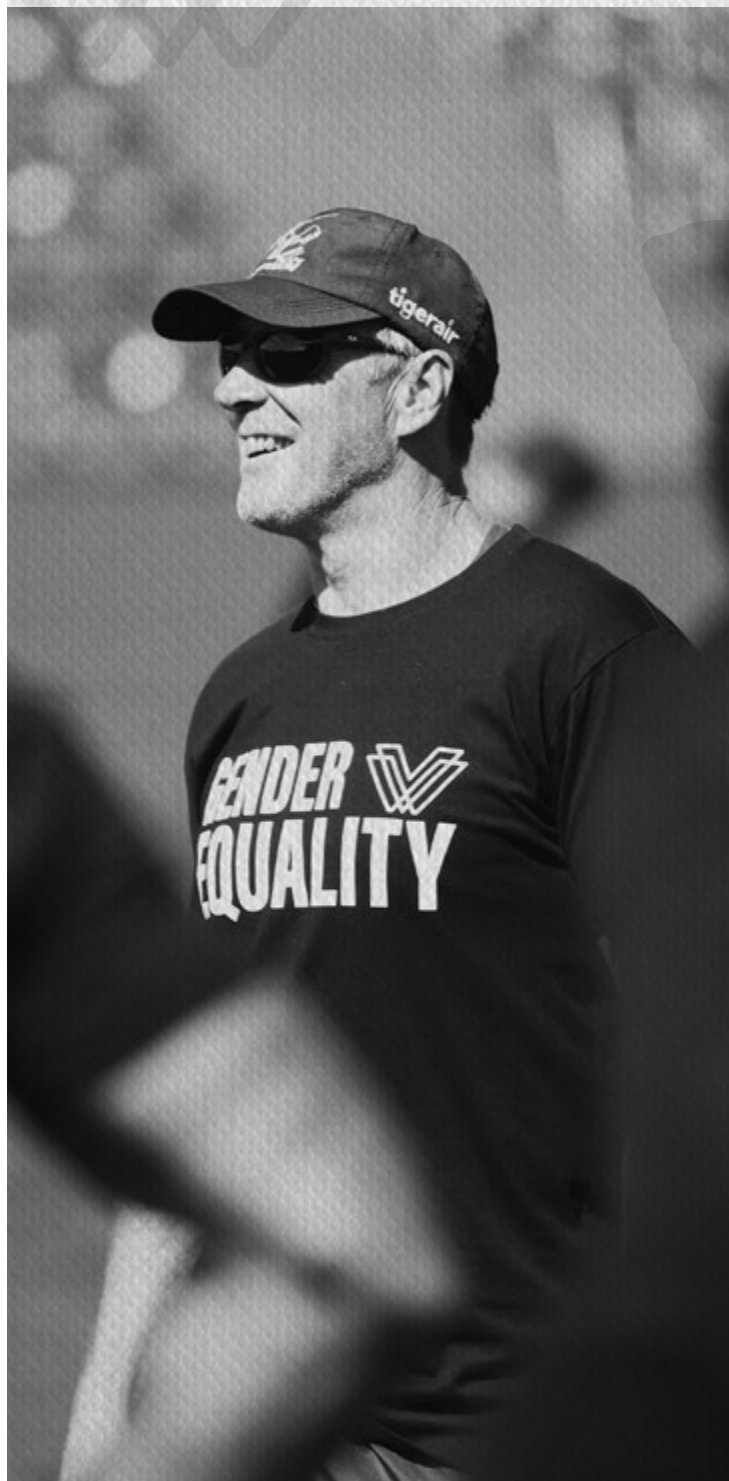
As we celebrate the many women across every NRL club and in the wider rugby league community, staff and players at the Melbourne Storm recognise the long-standing partnership the club has had with the Victorian Women's Trust (VWT).

Storm has worked shoulder-to-shoulder with the VWT for more than a decade, striving towards true gender equality by helping to promote and build a society where women and girls can pursue any and all opportunities with respect, safety and dignity.

The Victorian Women's Trust aims to create an equal future for all, by advocating for violence prevention, fair wages for equal work, and the equal representation of women and men in the decision making processes that shape our lives.



***The Victorian Women's Trust aims to create an equal future for all...***



Ahead of our Women in League Round match against the West Tigers on Saturday, we will be highlighting our long-standing partnership with the Trust.

***This partnership  
has been one built  
on respect and a  
commitment from  
both to achieving  
real results...***

Over the journey, our partnership has helped develop and deliver the 'Be the Hero' campaign to local rugby league clubs – a violence prevention program which encourages young men to build respectful relationships with women and choose to live a life free of violence.

Together with the Victorian Women's Trust we have also delivered education programs to under 18 and under 20 representative players and presented the 'Storming Against Violence' week of action in 2012.

The 'Storming Against Violence' campaign engaged the wider community in a dialogue around violence prevention and highlighted the key role men play in reducing violence against women and children.

Player Welfare Manager Brian Phelan and Player Wellbeing Coordinator Peter Robinson have been active members of the VWT Critical Friends Group, supporting the development of Club Respect, a community sports initiative that promotes safety and respect in clubs across the country.

This week we are encouraging the Storm community to donate to the Alma and Albert Tivendale Sub Fund – supporting disadvantaged girls in overcoming barriers to participate in physical activities such as sport and dance.

To learn more about the Victorian Women's Trust, go to their website: [www.vwt.org.au](http://www.vwt.org.au)



***Gender Equality, it's black and white.***

# FINALS DREAM TEAM

Finals time is fast approaching! Assemble your dream starting 13 from our top 34 squad!

Cut out the head shots on the next page and stick them on the lineup sheet.

1.FULL BACK

2. RIGHT WING

3. RIGHT CENTER

4. LEFT CENTER

5. LEFT WING

6. FIVE-EIGHTH

7. HALFBACK

8. PROP

9. HOOKER

10. PROP

11. SECOND ROW

12. SECOND ROW

13. LOCK



BRENKO LEE  
WINGER



CAMERON MUNSTER  
FIVE-EIGHTH



COOPER JOHNS  
HALFBACK



ISAAC LUMELUME  
WINGER



JAHROME HUGHES  
HALFBACK



JOSH ADDO-CARR  
WINGER



JUSTIN OLAM  
CENTER



MARION SEVE  
CENTER



NICHO HYNES  
FIVE-EIGHTH



PAUL MOMIROVSKI  
CENTRE



RYAN PAPENHUYZEN  
FULLBACK



RYLEY JACKS  
HALFBACK



SANDOR EARL  
WINGER



SULIASI VUNIVALU  
WINGER



TOM EISENHUTH  
CENTRE



AARON PENE  
PROP



ALBERT VETE  
PROP



BRANDON SMITH  
HOOKER



CAMERON SMITH  
HOOKER



CHRISTIAN WELCH  
PROP



DALE FINUCANE  
LOCK



DARRYN SCHONIG  
PROP



FELISE KAUFUSI  
SECOND ROW



JESSE BROMWICH  
PROP



KENNY BROMWICH  
SECOND ROW



MAX KING  
LOCK



NELSON  
ASOFA-SOLOMONA  
PROP



TUI KAMIKAMICA  
PROP



TINO  
FA'ASUAMALEAUI  
SECOND ROW



**JOSH ADDO CARR :**  
**FASTEST MAN**  
**IN THE NRL**  
**37.2KM/H**

**2ND: KOTONO STAGGS BRONCOS 35.7KM/H**  
**3RD: CODY RAMSEY DRAGONS 34.4KM/H**

## CARTOON CORNER

Can you draw our Captain as your favourite TV show character?  
We have turned him into a character from 'The Simpsons' and  
'Family Guy'.

What is your favourite TV show?



# THANK YOU SUNSHINE COAST



Sunny Coast, it's been a pleasure.  
Thanks for adopting us and thank you for  
taking up the mantle for our loyal supporters  
at home in Melbourne.  
We hope you can bring your passion to a  
home game in our city next season.

- Storm





***“I thought  
my season  
was over”***

**-TUI KAMIKAMICA**

**When Storm prop Tui Kamikamica spent two weeks on his back in agony earlier this year he thought his season was over so his return to the field last round was a personal triumph.**

The 26-year-old Fijian international trained so hard in the enforced two-month break that he sustained a back injury and before surgery in late July both he and the club thought his season was done with a three-month recovery on the cards.

So when Kamikamica spoke after the 36-20 win over the Cowboys on Sunday his smile was ear to ear.

“When you have a back surgery it is one of the most painful injuries. I was in bed for two weeks and couldn’t walk,” he said.

“I thought ‘that’s my season’. Then I went to see the surgeon and he said I’d be out for six weeks and it was just a bulging disc on my back.

“I aimed for this round and I am so happy to be out there playing again because I thought my season was done.”

Kamikamica is a tough forward but his bed-ridden fortnight was the toughest thing he had endured.

“It was funny. My brother Justin Olam was pretty good, bringing me breakfast, lunch and dinner. I couldn’t even walk to the team room,” he said.

“Those two weeks were so long. I was watching the boys train and I was in my room doing nothing.

“I am so thankful to our physio team. They have been encouraging me to stay positive when some people might have gone the wrong way, especially when you are in a room by yourself.

“They said to do all the little things right and here I am again playing some footy.”

Kamikamica, who had come off the bench in all his NRL games prior to this year, played the first two games of the season as a starting front-rower. It was due to his own dedication during the enforced two-month break that caused his back injury to flare up.

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***“Craig [Bellamy] always picks his team on if you have a good pre-season so I was putting my hand up to play in the starting thirteen,”***

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“Once we had the suspension of the season I kept training to keep the momentum because I didn’t want to lose my spot, but I trained too hard.

“That is why I got my back injury. Craig called me after I had done a speed session with one of the coaches, two weeks before we were meant to come back, and he said

to take it easy because I could feel [the back] go when I took off."

The support around him has been first class and Kamikamica has also shown his fighting qualities.

"This kind of thing is going to test what kind of person you are and I am not a quitter," he said.

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***"The only thing I can control is how I train and I am going to focus on that."***

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"I just want to be there for my mates and also for my family back in Fiji.

"I have been calling them and they have been encouraging me. I wanted to make them proud as well. I have two sisters, my mum is a school teacher and my dad is a farmer and they are all back in Fiji.

"They were watching the game today back home."

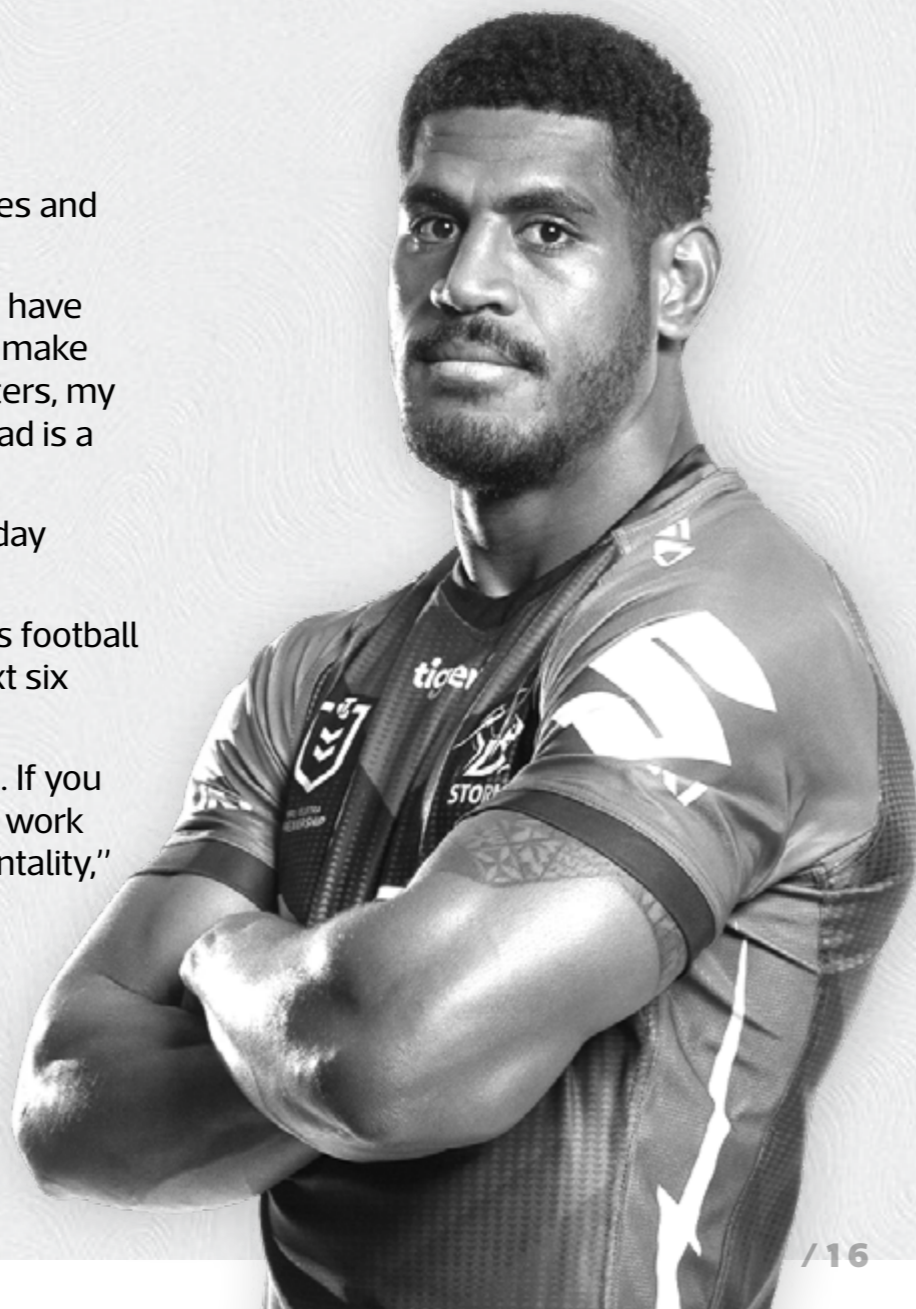
Kamikamica is primed to play finals football and he will be approaching the next six weeks with typical drive.

"Craig encourages us to work hard. If you want something in life you have to work hard for it so that has been my mentality," he said.

The Storm have been hit with injuries in the forwards over the past two months and their rise to second spot has been a squad effort, which is why Bellamy is delighted to have Kamikamica back.

"Tui played our first two games and hasn't played since and I thought he had a really good 30 minutes so hopefully he can add something to us," Bellamy said after the Cowboys win.

"In the first two rounds he was one of our better players. He has had a long time out and there is not long until the finals so we just need to work out where he is at."



***They said to do all the little things right and here I am again playing some footy.***

Tui played his first game back in Round 18 against the Cowboys.



**LIGHTNING**  
SUNSHINE COAST

**LIGHTNING**  
SUNSHINE COAST

**LIGHTNING**  
SUNSHINE COAST

**LIGHTNING**  
SUNSHINE COAST

**LIGHTNING  
DRILLS & SKILLS!**

Are you new to the game of netball and want to work on your skills? Try these drills to practice your shooting and stepping work!



**B is for Balance:**

Make sure your legs are steady by standing with your feet shoulder width apart with your feet pointing towards the goal.

**E is for Eyes:**

Try and imagine that something is floating just above the ring and aim for that as you shoot!

**E is for Elbow:**

Extend your arms close to your ear with your elbows facing the ring. As you bend your arms backwards, make sure that your elbows keep the same position before releasing the ball.

**F is for Follow Through:**

Once you release the ball, follow through by extending your elbow and flicking your wrist as you release the ball and shoot for the net.



**RUN**

Start by running.



**JUMP**

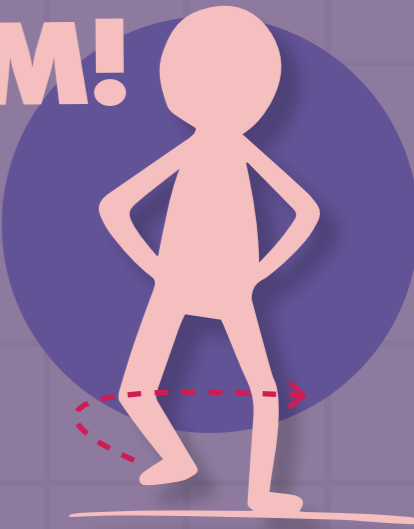
Take a big low jump with bent knees.



**LAND**

Land on one foot (this foot sticks to the ground like ICE)

**CREAM!**



**PIVOT**

Use your free foot to pivot around in a circle.

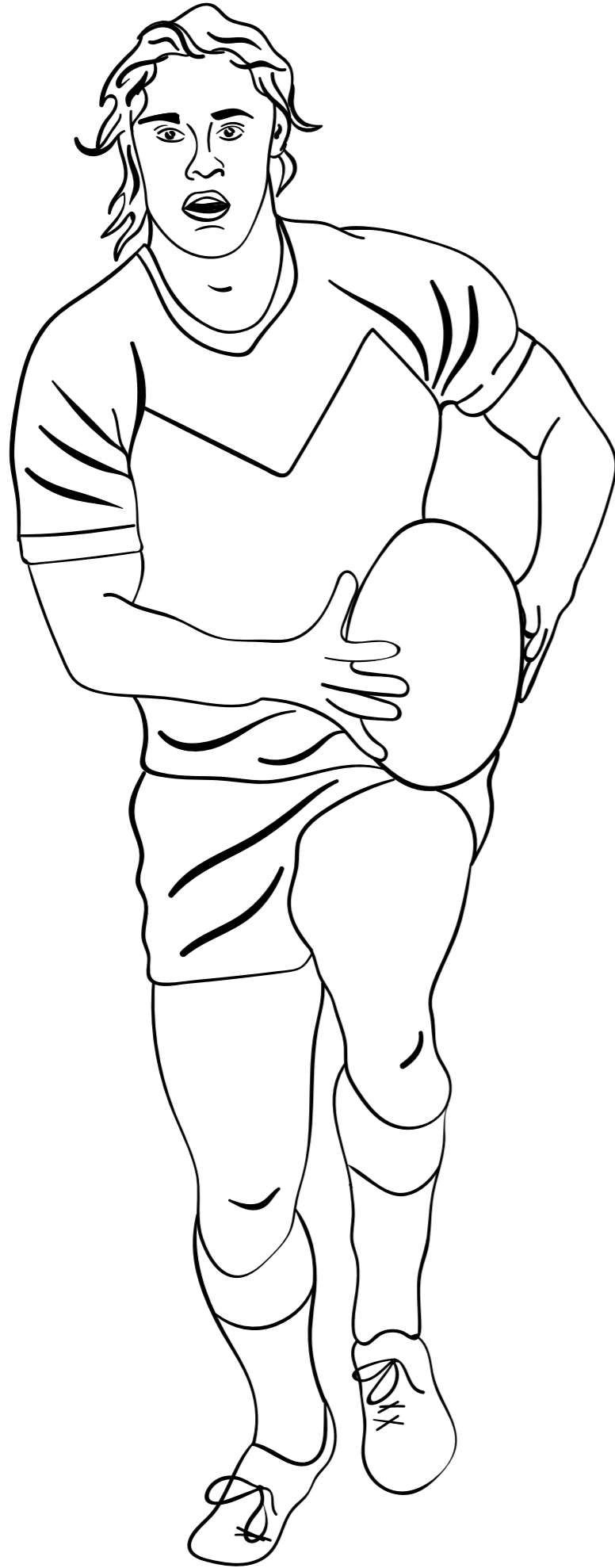
Do you want more?  
Go to [@sunshinecoastlightning](#) on  
instagram and check out  
their highlights!

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

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



**NICHO HYNES**  
STORM FULLBACK



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

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



**LAURA LANGMAN**  
LIGHTNING CAPTAIN



# Women in League - Lyndall Down

**NRL School to Work Project Officer  
Lyndall Down on her experience as a  
woman working in rugby league  
during Women in League round, in her  
own words:**

"I have had the privilege of working at Melbourne Storm for over 3 years.

After working in both ARU and AFL, I came to Melbourne Storm after hearing about this fantastic culture from people within the sports industry.

I must admit that I did wonder if it really was as good as I had heard, but within a short space of time, it had truly exceeded all of my expectations.

For me, Melbourne Storm has become my second family. A place where I feel valued, respected and so immensely proud to contribute and play my role.

This comes from the amazing people that I am surrounded by everyday who are passionate, motivated, care for one another, and are truly committed and dedicated to this amazing club.

The thing I love most about the club is the respect every player, coach and staff member has for one another.

Everyone's backgrounds and cultures are celebrated and everyone works together to ensure the club has continued success.

It's a place where there is a lot of laughter, enthusiasm and a passion to continually improve and grow.

During this time of lockdown, I have truly missed seeing everyone at the club and being around people who make me proud to be part of the Melbourne Storm family."

Brittany Denton  
Storm Reporter



***Gender Equality, it's black and white.***



AGE:	WEIGHT:	HEIGHT:	POSITION:	DEBUT:	GAMES PLAYED:
25	90KG	183CM	FULLBACK	JUN 2013	56

2020 APPEARANCES: 15  
TRIES... 6  
TRY ASSISTS ...11  
LINE BREAK ASSISTS ... 5  
TACKLES MADE... 305  
TACKLE EFFICIENCY... 85.8%  
TOTAL RUNNING METERS... 1136



AGE:	WEIGHT:	HEIGHT:	POSITION:	DEBUT:	GAMES PLAYED:
26	89KG	185CM	FIVE-EIGHTH	MAY 2014	127

2020 APPEARANCES: 14  
TRIES... 4  
TRY ASSISTS ...6  
LINE BREAK ASSISTS ... 5  
PASSING RECEIPTS ... 594  
TACKLES MADE... 297  
TACKLE EFFICIENCY... 85.2%  
TOTAL RUNNING METERS... 1360



AGE:	WEIGHT:	HEIGHT:	POSITION:	DEBUT:	GAMES PLAYED:
22	80KG	181CM	FULLBACK	APR 2019	38

2020 APPEARANCES ... 16  
 TRIES... 7  
 TRY ASSISTS ...10  
 TACKLE BREAKS.... 65  
 LINE BREAKS ... 11  
 TACKLES MADE... 81  
 TACKLE EFFICIENCY... 85.1%  
 TOTAL RUNNING METERS... 3067M



AGE:	WEIGHT:	HEIGHT:	POSITION:	DEBUT:	GAMES PLAYED:
21	107KG	197CM	SECOND ROW	JUL 2019	23

2020 APPEARANCES ...18  
 TRIES... 6  
 LINE BREAKS.... 6  
 TACKLES MADE... 448  
 TACKLE EFFICIENCY... 89.3%  
 TOTAL RUNNING METERS... 2386M





# JUMP INTO SPRING: 12 SPRING ACTIVITIES FOR KIDS

**Vibrant colours. The scent of new flowers. Bright, sunny days. That can mean only one thing – spring is here! Spring is one of the best seasons in Australia for getting fresh air and exercise – all the benefits and none of the serious heat. Jump into spring with these 12 activities!**

**Take A Nature Walk** – Walking through all the beautiful blossoms and colours is a great way to get outside. Don't forget to pack a bag with all the necessities – Sunscreen, mosquito repellent, water and snacks!

**Chalk Drawing** – It's not just for summer! Grab some chalk and let your imagination soar. Use your driveway, sidewalk or even the trampoline mat for your personal canvas.

**Strawberry Picking** – Head down to a local strawberry farm for some strawberry picking fun! And follow it up with a strawberry jam cooking party!

**Plant Something And Watch It Grow** – Ok we know that doesn't sound like a lot of fun, but it is! Spring is the season for planting all those delicious summer vegetables and herbs.

**Beach Cricket** – A classic Australian game. Beaches are still a little quieter in spring, so enjoy spreading out and making the most of the space to hit those 6s!

**Jumping On A Springfree** – Yes! Those bright, sunny days are begging for outside time so head out for a jump.

**Create An Spring Mask** – Go hunting for foliage outside then pull out the art box and turn them into a beautiful mask.

**Build a Mini-Golf Course** – All you need are some simple household items like cups, toys and cereal boxes. This is a perfect for the odd spring rainy day to keep the kids entertained.

**Hunt for Buried Treasure** – 'X' marks the spot! Bury a prize (lollies or toy), create a map of your backyard and watch the fun.

**Bike Ride** – Spring is the perfect time to go for a family bike ride. It's not too hot and the clear air and spring flowers will brighten things up!

**Go Fishing!** – Fishing as a family is so much fun. The fish are active, the scenery is beautiful and you don't have to worry (too much) about sunburns.

**Movie Nights** – This is a hit for all ages and if you host a movie night, you can bet most of the kids in the neighbourhood will join the festivities. All you need is a sheet, projector, computer and a movie – it's easy!

Spring is the perfect time to go outside and be active. What are your favourite spring activities?

# 7 WAYS PARENTS CAN MAKE TIME FOR EACH OTHER

*The kids are squabbling, the dog is barking, the TV is blaring and someone just spilled milk on the rug. Makes the for the perfect romantic scene....*

*Homes around the country have variations of scenes like this playing out, with tired, over-worked and intimacy-starved parents who can't seem to find a moment of alone time with each other. While life may feel like a chaotic madhouse, the two of you are in it together. Finding time to reconnect away from the kids can help remind you of how you got into this lovely mess in the first place, and why you wanted to share your lives together. Different couples will find different strategies for getting some alone time, but here are some tips that might help.*

## 1. Keep It Simple

Date nights, weekends without the kids, romantic outings... when we think of spending time with our partner, it's easy to assume that it must mean a once-in-a-lifetime event. After all, it's rare you get to unload the kids on someone else and enjoy time together. But don't postpone connecting with each other until an opportunity comes along. Find small opportunities to do so along the way. This might mean waking up earlier to prepare breakfast with each other. You might replace your daily jog with working out together at home. Or it could mean turning off devices for 30 minutes after the kids are in bed to talk about your days. Cherish the simple moments – they are more doable and count just as much.

## 2. Make a Plan

Spontaneity is great, but also schedule time to be together. Mark it on your calendars, just like you would a work meeting or doctor appointment – it's just as crucial. It will give you something to look forward to and prepare yourself for. Use these moments to create traditions and memories, not an event you do once. Maybe it's dropping the kids off at the grandparents for the day, once a month. You might commit to waking up 30 minutes earlier every day before the kids start theirs. Talk together to discuss what will work for you, schedule it and commit to it.

## 3. Involve Child Care

Start thinking of your babysitter as an investment. The \$40 or \$80 or \$100 spend is worth it, if it means creating the space for a quality connection with your partner. Whether you hire a babysitter, ask your regular nanny or reach out to family or friends. Knowing you have an unlimited amount of time together will feel delightful, even if that time is simply spent sleeping in each other's arms.

## 4. Use Your Words

Affection is shown through what we say, as well as what we do. Don't forget to thank each other and be kind, every day. When you walk into the kitchen and your husband is doing the dishes, say thanks. But also find ways to keep in touch in little ways throughout the day. Aim for three to five different points of connection throughout the day. Could be an email, a quick text change, a couple of short phone calls. It feels good to know someone is thinking about you throughout the day and wants to know about it. It's the little things like this that are the building blocks of a relationship.

## 5. Limit screen time at home

Peek into any home after the kids are in bed and you'll likely see couples in front of a screen, we tend to turn to our gadgets to decompress after a long day. This can be ok, in fact, many couples even bond over favourite TV shows, or work side-by-side on their computers. This is, in its own way, is a method to spend time with each other. But once

in a while, close the laptop and leave the phone in another room. Make it a daily habit where for just the first 30 minutes you have with each other, share what happened in your day.

## 6. Take the same day off work

Weekends are hectic enough as it is, with social events and extracurricular activities. Rather than finding a babysitter during an already stressful time, schedule a day where you can both take the day off. The kids will be in school or with child care, leaving you with a whole morning and early afternoon to spend time together. Go to the beach, take a walk through the city, go on a long bike ride. And if taking a full day off just isn't possible, how about a lunch or late afternoon coffee date?

## 7. Let your kids know that you value your role as a partner AND parent

By doing this, you serve as a positive role model for healthy family relationships and you show your children your partnership is sacred. When kids understand the importance of your time together, it not only provides you with the space and permission to give yourself the time, it will also instil this sense of understanding as they grow and navigate their own relationships.

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





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