

## ASB Banking Tip

For your 6 month plus Term Investment Deposits, ask to "compound your interest quarterly". This will credit your quarterly interest back to your Term Deposit balance and increase your total interest returns. Your interest will earn interest!!!

# Ponsonby Business

ASB Branch Manager Steve Jamieson



What do you enjoy about working in Ponsonby? The variety of people.

What are your favourite eateries in Ponsonby? Pregos Hollywood Bakery.

What are your favourite bars/pubs in Ponsonby? The Ponsonby Belgian Beer Cafe (great mussels).

What makes the Ponsonby community so unique? The 40 k zone.

How would you sum Ponsonby up in one word? Cool.

Were you aware of Ponsonby Rugby League clubs famous history? Yes my Saturdays as a youngster were spent watching the Ponies at

Carlaw park.

For example did you know that Ponsonby has won 12 Fox titles? I knew they had won a few I didn't realize they had won that many though.

Or that Ponsonby Rugby League club has produced more Kiwis than any other club in New Zealand? I knew they had produced a few was not aware of that many though

Are you aware of where the Ponsonby Rugby League club rooms are today? Will you be coming down to cheer the boys on during the season? Yes Victoria Park and yes definitely be down to watch and cheer the boys on this season.

## Ponsonby Post Quiz Answers:

Q1. Ponsonby Club Hotel Q2. Hello Sailor Q3. Peter Garrett Midnight Oil Q4. Iconic Reggae band Toots and the Maytals Reggae, Artist Judy Mowat Q5. (d) 100 plus

If you are interested in supporting, coaching, managing, sponsoring the Ponies we would love to hear from you. Contact Cliff Bailey on 021 590037 or cliff.bailey@windowslive.com

SPONSORS & SUPPORTERS



Secretary: Mary Malloy - email: mary.ponies@yahoo.co.nz mob: 0274 515 969  
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If you have anything you want to publish in this newsletter contact Bill, email mfs\_bkid@hotmail.com



# Welcome to the New Season

Sharing our club history with our community history in the Ponsonby and Freemans Bay Area

Senior Coaching Goals for The Ponsonby United Rugby League Club

**Vision:** To become a benchmark club where we help our Ponsonby United Rugby League members achieve their goals and their dreams.

**Mission:** We will achieve this through implementation of our Ponies to Pro's Coaching and Development Programme which will give them the

tools to progress from grass roots level through to the elite and professional level, the programme will cater for Coaches, Managers, Trainers and players.

To achieve this we need the support of our Ponsonby Community so if you would like to help us achieve our Vision by sponsoring our club please contact Cliff Bailey on 021 590037 or cliff.bailey@windowslive.com to discuss further.

## Ponsonby Punter: Margaret Fatu

Did you know facts, the Ponies Post takes it to the street. Each edition our roving reporter will be out on the streets to ask people in our community about what they love about their suburb, so watch out!

How do you think the 40k zone on Ponsonby road is working? I think it is a good thing, seems to be working well.

How long have you lived in Ponsonby and why? For two years I love it!

Where is your favourite place to catch some sun and relax with friends and family? Victoria Park lovely setting!

What is your favourite store in Ponsonby? Sushi store!

What is your favourite in Ponsonby take out? Sushi.

Would you live anywhere else in Auckland? No I love it here. I would love to buy a house here.

What is your ideal Friday or Saturday night involve in Ponsonby? Time with family eating and sharing sushi.

What about Saturday and Sunday afternoons? Victoria Park.

What do think Ponsonby is most well known for? The shopping, there are so many unique shops it's great.

How would you sum Ponsonby up in one word? Awesome.

As I heard the Mad Butcher say on the radio the greatest gift you can give someone is their time. So the Ponsonby Post thanks Margaret for hers!

## We are looking for a manager for Senior side for 2010

A Pre-season game has been organised for Sunday the 14th February 2010 against the Warriors Development Side, if you haven't decided on a club and would like to test your ability against the Warriors Development players contact Cliff on 021 590037, cliff.bailey@windowslive.com or Tony Tuimavave on 021 813 210, antonio.tuimavave@xtra.co.nz

# Today in history

## In this edition we talk to past Ponsonby player Jack Fagan

**Positions:** Junior grades as a loose forward before becoming a fullback.

**Representative career:** Played for Auckland 7 side team North Island Team and made Kiwis at the age of 28. Played 53 games which included 3 tours for the Kiwis including 17 test matches. Was second highest point scorer behind Des White for a long period of time.

**How old were you when you first played for Ponsonby?** I was 16 years old and played 4<sup>th</sup> grade.

**Why did you choose Ponsonby?** My dad was club captain and played for Ponsonby.

**What are some of your most enjoyable memories while playing for Ponsonby?** The fact it was a family club and I was always proud of that and always had pride in the club.

**Why do you think the club has had so much success over the years?** We had good numbers as well as always usually having 3 or 4 Kiwis in our seniors sides as well as good coaches such as Frank Delgoser, Brian Norgren, Billy Sorenson, Des White.

**Did you have a team song/ or saying that you remember from your playing days at Ponsonby?** No but our 4<sup>th</sup> grade team did a guy called Lenny Scott was responsible for it, it was called the Ponsonby Boys.

**What was the community support like in your**

**era?** We were a successful side and we did get a lot of support from our community in fact both the Ponsonby rugby league and Ponsonby rugby teams were successful and both clubs would celebrate at the Gluepot.

**Are you still involved in the game in any way today?** Yes I am a member of the NZ rugby league judiciary and I also initiated the Rugby league Museum at their headquarters in Penrose as well as being a trustee of the museum.

**Do you still keep in touch with your team mates from your playing days?** Yes I do of course they are thinning out now but I still have kept in touch with likes of Keith Bell, Roger and Gary Bailey, Billy Snowden, Ronny Smyth and used to go on holidays with the a lot of the players up to Hatfields beach.

**What advice would you give to Ponsonby teams of today and the future to be successful?** You have to have a good team spirit, it's more important to play for your mates not for yourself you got to remember your playing for your mates. Belief is important to believe in your team mates, your club and believe in your coaches this club has produced the most Kiwis of any club in New Zealand so that is something to be proud of and should inspire you to believe in yourself and your team mates.

3. Which overseas band front man leapt to high and crashed his head through the stage ceiling?

4. Name one iconic reggae band and one iconic reggae artist that played at the Glue Pot?

5. The Glue Pot was closed down in 1994 the end of the Glue Pot was marked with a festival in October 1994, how many acts played?

(a) 0-20 (b) 20-40 (c) 50-100 or (d) 100+

# Nigel's training tip

This time of year you need to be focusing on endurance training so you need to be doing at least two runs a week outside your normal training nights runs should be 45 to 60 mins long.

**Next edition: will look at recovery after your training session!**

**Training Quote:** The harder you work the harder it is to surrender!

*Vince Lombardi Quote*

## Dietary tip:

Training nutrition: Try to eat one to two hours before training, liquids can usually be taken

close to exercise time so that you hydrated before you start consume 300 to 400ml fluid immediately prior to exercise. Try to sip on water during the day take your own bottle of water to work with you sip as you go try to drink 1.5 to 2 litres of fluid a day.

Good snacks to have prior to training: Up and Go and a banana or toast, muffin, crumpets with jam or honey or creamed rice and piece of fruit, cereal bar, smoothie. Easy snacks that will help you get through your training session,

Next edition we will look at post training and recovery snacks.

# Skills and drills

## Passing

1. Hold the ball at the centre in two hands.
2. Spread the fingers around the lower panels with the thumbs placed on the top panels.
3. Pass the ball by bring the arms across the body.
4. Direct the ball with your fingers and arms.
5. When passing, turn your upper body so that both your shoulders face the receiver.
6. Practise passing from both your left and right hips.

## Receiving

1. Keep your eyes on the ball.
2. Catch the ball in both hands with your fingers extended.
3. Stay behind the passer.
4. Turn your shoulders towards the passer. This will help you keep your eyes on the ball and offer body protection at the same time.

# Senior Goals for 2010 from coaching staff

For seniors to adapt a professional approach to everything they do starting with pre season training. This means doing extra work outside our training nights! Remember as Vince Lombardi says: the harder you work the harder it is to surrender!

Overall senior squad to improve aspects of their individual games and understanding the importance of doing their roles well for the

good of the team so that the team performance improves through out the duration of the season.

Last but not least have Fun achieving your individual goals as well as your team goals!

If we do the above our ultimate goals of qualifying for fox and beyond will come!

Coaching staff : Cliff Bailey & Tony Tuimavave

# Ponsonby Post Quiz

This editions quiz is on Ponsonby's most iconic music venues the Glue Pot!

1. What was the name of the Iconic Bar the Glue Pot before it became known as the Glue Pot?

2. What Iconic New Zealand band played a gig on a stage of beer crates covered with an old bit of carpet to a crowd of 600 in 1977?