



Sir Peter Leitch's
MAD BUTCHER CLUB
AT MT SMART STADIUM, HOME OF THE MIGHTY VODAFONE WARRIORS



Newsletter

31 JAN 2014
#03

PHOTO SPECIAL!

CRIKEY! We asked you to share your photos with us and here are some that came in quicker than a FREE Mad Butcher BBQ!!

Rather than try and squeeze them all into next week's Newsletter, we've put together this **SPECIAL EDITION** which showcases most of them. Any decent stragglers will appear in the next issue.

Good on everyone who has contributed! The standard is really high, which goes to show how much talent there is out there among the fans. It also demonstrates how modern technology is making it easier to capture those special moments that we all love to look back on. Who'd have imagined - even only 30 years ago - that we'd be taking amazing photos on our telephones!

Tui sent in these pictures from over her holidays.

"Hi Peter just a couple of photos from up North while I was at a family reunion. And at the Seafood Festival." Tui



Tui by the Seafood Festival Poster

"Oh! I think the crab got me!"



ABOVE, LEFT: Shopping trundler full of kina.

ABOVE, RIGHT: Bluff salmon with lemon, capers, chervil, aioli and baby potato salad. Yummy!

RIGHT: Trevor, with the Sky tower behind.

BELOW LEFT: Up North. A rainbow arching over a split tree.

BELOW RIGHT: At the Cape. The meeting of the two tides - Tasman Sea and Pacific Ocean.



This great pic comes courtesy of Walter and Reuben from Halswell Rugby League at the Sydney State of Origin venue!





Halswell Hornets 13 years with Reuben Wiki.

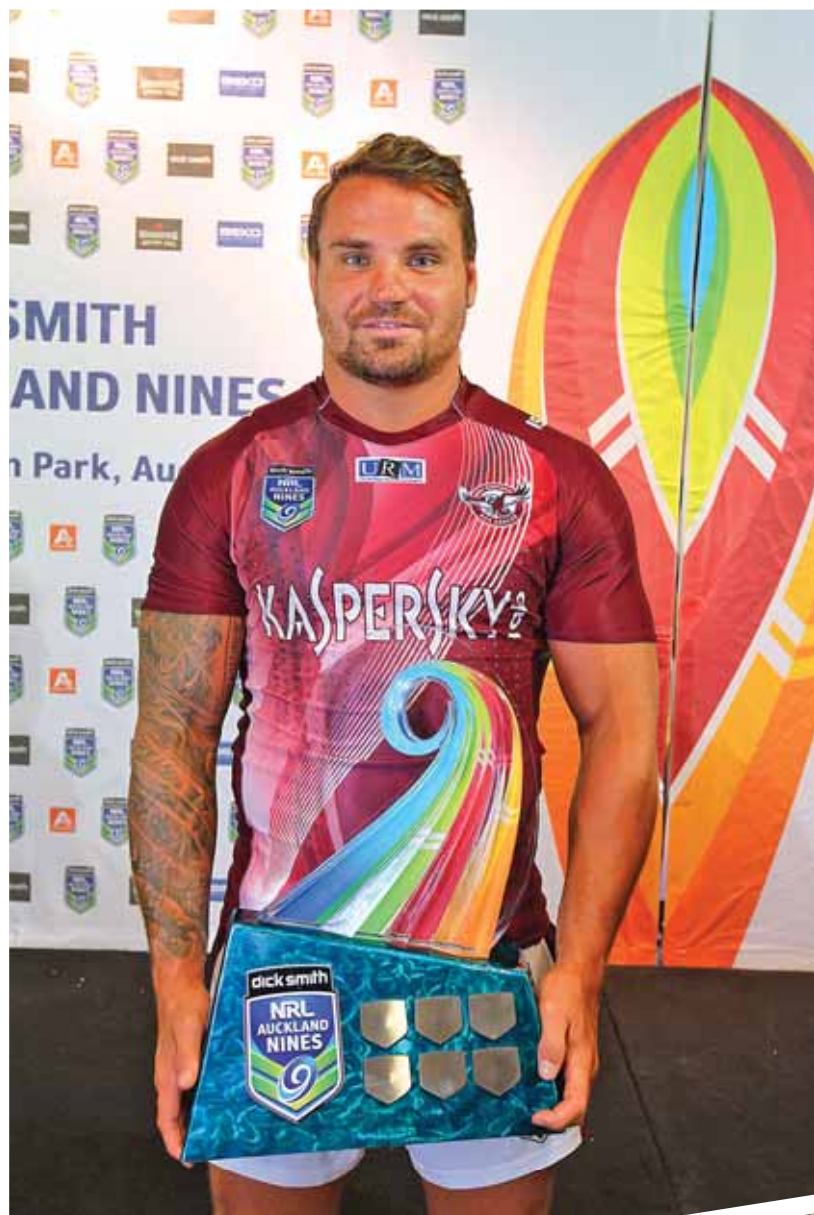
**Reuben from Halswell Hornets RLC
in Christchurch with rugby league
Legend Nathan cayless who played
for Parramatta and the Kiwis**



**The Bergams
family from
Nelson over
Christmas at
Sea World on
the Gold Coast
(spot the ex-
Warrior)!**

**Nino D'Esposito
and Rodney Green
of Napier sent
this beauty pic
of them from
Sydney.
What a view!**





DICK SMITH NRL AUCKLAND NINES Team Welcome

For the first time in New Zealand's rugby league history, all 16 NRL teams will take centre stage in Auckland's Aotea Square on 14 February (Valentine's Day) before they compete in the inaugural Dick Smith NRL Auckland Nines tournament at Eden Park on 15 and 16 February.

Sir Peter Leitch will be joining Stephen McIvor (Sky Sport) and Roger Farrelly (The ROCK Morning Rumble) on stage with the stars of the NRL for some pre game banter and personal insight on the weekend's competition.

Get Sir Peter to ask a question to your favourite team by texting the keyword 'NRL' with your name and question to 3520 - and there's the chance to win NRL Nines merchandise for game day.

It's Auckland's Greatest Weekend of rugby league with live performances from Auckland-based dance group **The Royal Family** – gold medallists at the recent 2013 World Hip-Hop Dance Championship.

Date: 12.15pm on Friday, 14 February 2014 (Valentine's Day)

Location: Aotea Square, Auckland CBD

Cost: FREE

Tell us if you're going on Facebook or find out more at

aucklandnz.com/nrlaucklandnines



The Nines players displaying the strips of other teams (unveiled in Sydney last week).





Paul Kind (NRL) Shaun Johnson and Mayor Len Brown, with young league supporters.



The Royal Family, 3-time gold medallists at the 2013 World Hip-Hop Dance Championships in Las Vegas.



Sam Tompkins, sporting the Warriors Nines player strip. And Sam can't wait to take the field in the Warriors jersey.



WE MADE IT!! 48 hours of punishment and we can now smile.

WARRIORS UNDER 20S BOOT CAMP!

G'day Sir – I hope this finds you well, mate?

Recently I was one of the instructors for the Warriors U20's camp at Clarks Beach

I have attached the article and some photos should you wish to print it in the next newsletter.

PLAYERS stated it was 'the hardest thing they have ever done'.. those that finished were ecstatic – the few that quit stated they regret it!

Regards
TONY S.



The sun begins to set as the exercise continues on towards midnight.

Vodafone Junior Warriors NYC Squad attend ‘Camp Hell’.

Recently the **Vodafone Junior Warriors NYC** squad gathered at Camp Morley in Clarkes Beach for a gruelling training camp like no other. The theme for the weekend was ‘Courage under Fire’ however the players themselves dubbed it “Camp Hell”.

Run by **Scott Cottier** – CEO of **Specforce Gym**; it was designed to test not only the physical strengths of the individuals but more importantly the mental strengths. Scott was able to draw on his 20 years’ experience as a Physical Training Instructor with the New Zealand Army including several years as a PTI with the elite NZ SAS and his staff included both military and law enforcement individuals who were able to help test the players and push them to their limits.

Upon arrival at Camp Morley players were greeted on the bus by the Instructors and told that they would be given guidance in values such as ethics, courage, honour and integrity. They were warned that acting as individuals they would have a ‘very hard time’ but if they worked as a team the weekend would go smoothly and by the end of the weekend they would learn much about themselves mentally, not physically. They were then given their warning orders to get off the bus and assemble on the parade ground and upon disembarking they were almost immediately ‘beasted’ by staff for an hour and the tone for the weekend was now set. A full bag search was conducted and all “luxury items” were removed including phones, iPads, iPods, and extra food that players had bought with them.

Over the next 48 hours all squad members underwent physical activities designed to induce progressive overload both as individuals and in teams. Some of the exercises included carrying 18kg sand bags over a 2.4km circuit for several hours, a 4 hour jerry can march where players had to wade through wet sand and mangroves carrying not only their own full 20 litre can but extra cans as well – the cans were not allowed to touch the ground at any stage or teams would suffer ‘consequences’ such as extra exercises like burpees or push ups.

Other exercises included pole carrying, truck tyre flipping/carrying and team exercises designed to get everyone acting as one.

Sleep deprivation was a contributing factor – as players became weary it was harder for them to concentrate and this is when team and group exercises were included, testing their mental fortitude.

When there was down time – those periods included lectures on Standards, Discipline and Ownership. Other lectures included Teamwork and Leadership.

The group was given a rare insight into the NZ SAS when 4 members came out to Camp Morley and shared a few of their experiences about training for selection and the mantra surrounding teamwork.

New **Vodafone Junior Warriors** coach **Stacey Jones**, was impressed with what he saw both from the players and the camp staff. Stacey commented that the camp far exceeded his expectations and allowed him to see how each individual reacted under extreme pressure.



Conrad Hurrell feeling the pain during the log exercises.



Players carrying their 20kg sand bags during a 6 hour exercise.

The last group in during the 4 hour jerry can exercise – being last had consequences such as extra PT.





Adding further misery – players were made to do PT sessions in the water.



Continuing their PT session: cold, wet and covered in sand! Designed to make them uncomfortable.

Hope you are enjoying the newsletter. If you would like to receive the newsletter directly please email Amelia at **meelz_79@hotmail.co.nz** Or if you would like to **unsubscribe** please **email Amelia** and she will delete you from the list

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The Newsletter Team

Here are the team that help me make the newsletter each week, Between us we make the newsletter happen - and like everything it is a team effort.



David Kemeys
Editor at Large



Rex Harrison
Graphic Designer



Send in your snaps!

Well, we're off to a great start! And with a great year of league and other sporting events ahead of us, I can't wait to see what you can come up with!

So... if you've got something you think is interesting enough that it's worth sharing... don't be shy, send it in!

Again, the Newsletter is for everyone, so send us your - preferably digital - snaps and join the fun. Any interesting league anecdotes you may have are also welcome.

They will need to be of a reasonable quality and the resolution should be fairly high, even if the file is only going to appear online. 100ppi for postcard size is okay, 200ppi is better. 72ppi is fine so long as the picture size is really big.

So dig them out or get snapping and send us your pix to

pcleitch@xtra.co.nz

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NO MORE THAN
3
PHOTOS!
And, please,
they
MUST HAVE
CAPTIONS