







SUNDAY 4TH AUGUST TOWNSON OVAL, MEREWETHER

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A MESSAGE FROM JOCKY DADS & LADS CREATOR

Awesome to see the Dads and Lads for 2024 expanding to include not only Hamilton Rugby but now Maitland Rugby Club.

Likeminded people not only showing the love of rugby, but to embrace the bigger picture of mental health awareness and wellbeing of the rugby and extended community. Again the day will be held in Golden Oldies style and all players will play in the right spirit with fun at the forefront of their mindset.

This year each club will have their own sponsors and the clubs will nominate the chosen charity they would like to support. The Greens team effort will have proceeds split between the Greens Welfare Program and Talk2MeBro with a split of 30/70 distribution.

Thanks again to Chris Neader for her endless support and the team behind the event. Thanks also to all the sponsors and players and also the rugby community for getting behind this annual event.

Special mention to our photographer Stewart Hazell capturing the images of the day and to our doctor watching over us John Prickett for his time and care for all. Thanks also to the referees, we would not have a game without them.

All the best for the day and remember rugby is always the winner. See you in the third half.

Cheers Jocky Wilson Greens Old Boy

LUKE TRESIDDER CLUB PRESIDENT

The 2024 Dads & Lads day is back & fast approaching.

Initiated by John 'Jocky' Wilson in 2021, is now a feature of our Old Boys & Girls Calendar.

Last year the Dads & Lads committee brought in the Masters & Apprentices to celebrate our Women in Rugby, with the Hamilton Hawks woman taking on the force of our Merewether legends. We reached out to the rest of the clubs though unfortunately we couldn't muster enough of an opposition. Obviously scared!

For the mens, we've also reached out to all clubs to boost the involvement of the day. This year we have 3 Greens teams, 2 from Hamilton & 2 from Maitland to add some entertainment at Townson Oval.

As always, I'd like to thank John Wilson & Christine Neader for driving the concept along with Catherine Tonks for all the thankless work involved getting the registrations through the Rugby Xplorer system.

Of course, none of this could be possible without our amazing sponsors who are all named below. We thank you for the continued support of this charity and the club as a whole.

This year we have planned to make a special weekend at Townson. Friday night will be the Jersey Presentation at the Green Room with our Friday Night 4's playing a home game against Maitland, rolling into Old Boy/Girl Day vs Uni on the Saturday and finishing with Dad's & Lads on the Sunday.

Look forward to seeing you all there! Go the Greens

Regards, Luke Tresidder Club President / Dads & Lads Player / Dads & Lads Referee

JOCK WAIT GREENS CLUB CAPTAIN

Being involved in the very first Dads & Lads day myself, it's absolutely fantastic to see the progression of this special event. An idea at first, and now an annual event marked firmly in the Merewether Carlton calendar. Jocky has built on this event each and every year, now extending the invite out to other local clubs from the NHRU such as Hamilton & Maitland.

It is very apparent how popular this day is becoming and Jocky should be extremely proud of what he has achieved. Looking forward to another successful day and catching up with everyone involved afterwards (and a special reminder to Jamie Lind that gold shorts mean you are NOT to be tackled OR touched).

PS. If anyone has found my Dad's Achillies from last year please return.

Jock Wait

Talk2mebro

Talk2mebro was established with the goal of reducing the number of males who die from suicide. Through early intervention initiatives, the aim was to create societal change by reducing the stigma in male's attitudes towards suicide and empower men to take control of their mental health. We have recently started to train female facilitators and deliver events for females as we believe the core message of

Talk2mebro is important, not just for men, but our whole community.

Since 2018, Talk2mebro has facilitated our unique programs and seminars in schools, workplaces, sporting clubs and within the general community.

Talk2mebro's Major Hubs:

- · Wollongong (Illawarra Region)
- · Newcastle (Newcastle, Hunter Valley, Lake Macquarie)
- · Sydney (Sydney, Sydney Southwest)
- · Central Coast
- · Pacifika Initiatives

Talk2mebro's Impact Since 2018:

Talk2mebro has ran Programs and Facilitated to over 65,000 people face to face, predominantly in NSW and the major hubs mentioned above. We have also delivered events inland and rural NSW, to Aboriginal Communities and a hub that supports the Pacific Communities. In 2023 alone, Talk2mebro facilitated to 25,000 people which shows the rapid expanding growth of the Charity.

ED CLIFTON GREENS OLD BOY / LAD

My brother and I often think about how this Dads and Lads experience is the closest thing we have to truly measuring "how good" Dad was at rugby back in his day. It's like stepping into a time machine and experiencing a glimpse of his past athleticism and skill. Witnessing firsthand the legends he used to recount over family dinners. And let me tell you, the stories often seem a tad embellished compared to reality! But that's part of the charm when seeing him in footy boot on game day. After all, we will never know who was really better...

It's a reminder that age and the score are just a number when it comes to the love of the game and the bonds it creates between generations. Well done to Jocky and the team for pulling it together each year huge effort.

Eddie Clifton Lad, Past Player

STEVE COBURN DADS & LADS PLAYER

Dads and Lads is a great concept originated by Jocky Wilson. When he mentioned it I was keen to get involved. Even though I didn't play for the Greens I have enjoyed supporting the club over many years. My sons Ben and Joel played juniors and some grade games, meeting heaps of good people along the way. We also took pride in watching my nephews the Garner lads win many games from juniors right through to winning premierships in the top grade. It's definitely a buzz to run around with your lads and have a laugh with their mates and ex players. The other benefit is the fact that the funds raised are going to a good cause.

So I recommend that you get involved and enjoy a fun day, watching Jocky fly down the wing is one of the highlights.

See you there, Go the Greens

Steve Coburn Joker for Life

MARK BAGGS

GREENS OLD BOY / DADS & LADS PLAYER

The Dad's and Lads game, for me, is a great chance to play rugby with my Boy's and old mates, probably at a very slow pace. We get to have a few beers and tell a couple of tall tales and pretend we were much better than we actually were, and it helps that it's all for a good cause. But I'm not looking forward to the next day.

Mark Baggs Old Boy, Father of Current players Jordan and Matt

DENNIS NEADERGREENS LIFE MEMBER / DAD

We all thought Jocky had gone mad when he suggested Dads'n'Lads. Four years in and it's become an iconic afternoon to don the jersey, have a shot of Green Ginger with a beer chaser, run around with old teammates and rivals, and twinge the odd hamstring (me) or Achilles (Steve Wait) as well as get the heart and adrenaline pumping, and get a photo of multiple generations in the club colours for the family honour board.

Women have become an important part of rugby and it is great to watch them grow into the game, becoming an integral part of our clubs and enjoying the same benefits of camaraderie and effort playing this great game of ours. Welcome ladies.

Bloody Love Rugby! See you for a catchup.

Denis Neader Life Member

DANIEL NEADER GREENS OLD BOY / LAD

What a great initiative. What started out as an Idea from John (Jocky) Wilson to bring two playing generations together for a charity game of modified rugby played under golden oldies rules, to give the opportunity for MCRC players a chance to don the boots with their dads, many of whom would have missed out on that opportunity because their bodies had given up long before their offspring could play alongside them.

Four years on, it has now morphed into a multi club initiative that allows old rivalries to be relived and new ones initiated, on the glorious facility that we love to call the Green Room (visiting players may have other names and lesser affection for it). The idea was founded that mates would come together to play with their dads for the first and maybe last time on a Sunday afternoon at Townson Oval.

Together with the added advantage of raising important funds for the player welfare program and various mens mental health groups. Any opportunity for men to have a yarn about how they are feeling in a safe and informal setting.

I wish all the players today a wonderful afternoon and hope that you all take something away from the day. Enjoy yourselves and if you get the chance swap teams and smash your dad. Sorry Denzo.

Big love.

Dan Neader aka (Neda, Bleeder, Breeder)

NICK CHARTERS REFEREE

The universally adored, supremely ripped and devastatingly handsome referees have enjoyed participating in the Dads and Lads since it's inception. It's a sensational day for the Carlton family to come together and rupture their ACL's like they did decades earlier.

And there's some genuine Greens alumni amongst the refereeing Illuminati. A number of long-serving refs are also recognised as Merewether Carlton Life Members. But even more stupendously, both Greg Pearson (captain/coach) and I (clumsy bench player) were part of the legendary Merewether Carlton 4th grade team that destroyed Wanderers 32 - 0 back in 2007. 2007, as we all know, was the year that Merewether won the four senior grades and the Club Championship. That 4th grade premiership in my last game just tops the best 5th grade forward award I won nearly a decade earlier. World Rugby holds this title with extreme reverence. As it should.

A huge thanks to Jockey Wilson who must spend countless hours dialling and launching into his spiel, "It's that time of year again. You in?" Of course we are. We have all experienced challenges with our mental health at one time or other. We have seen family and friends experience the same. There's no better way to support than through rugby. Having the day with mates, laughing, kicking the footy, yellow carding your brother or tearing your hammy. It's a big, Green, day out.

See you on the field...before I bin you.

Nick Charters

Retired referee, 4th grade premiership winner 2007 and former best 5th grade forward

SIMON CHARTERS GREENS LIFE MEMBER / DAD

Rugby is a wonderful game to play. But even better than the enjoyment you get from playing the game on the field is what rugby can give you off the field. The sense of community, friendships and camaraderie is what makes our game special. Rugby people are generally good people. No matter where you go in the world you will generally find a rugby club. And if you do, you will find a community of good people.

Dad's and lads is a wonderful occasion. It brings everyone in the rugby family together, and creates connections amongst our community. It is awesome that it has expanded to ladies and other clubs as the sense of inclusivity and idea that everyone is welcome is a core value of our game. The fact that it can also raise money for charity and spread awareness on mental health is even better.

My sincere thanks to Jocky and his helpers who came up with this wonderful initiative. It is people like you connect our community and keep the values of this great game alive. On a personal note Dads and Lads, is especially meaningful for me this year, as my dad recently passed away. Being on the field together with my son Patrick will create cherished memories for us, as I am sure it will for everyone else involved. I am very grateful to Jocky and his team to create something that allows this to happen for so many people in our community. Regardless of what capacity that you are at this great event: playing, supporting, helping, spectating I hope you all have a fantastic day. For those taking the field I trust that you come away with no injuries and many great memories

Simon Charters
Past Player, Dad of current player, life member

BEN EMMETT MAITLAND GURU / DADS & LADS PLAYER

It is an absolute privilege to be invited to be a part of such a special event remembering that we are human beings first and a very long way down the ladder, Rugby players later! The Blacks as a family club like the other Rugby Clubs in this event, understand deeply what it means when one of our own is hurting "... please use my shoulder or take my hand and we will get through this together".

Mental and emotional health and well-being are not something to hide from or sweep under the carpet. We are our Brother's keeper and we stand by this regardless if you are older, or if you are a young person finding your way in an increasingly more complex world.

Bravo to you Jocky Wilson & the committee for the 4th instalment (and our first!) of this amazing community initiative. Thank you for bringing us all together and not only destigmatising mental well-being but in doing-so, bringing together the Rugby Community to share the camaraderie that us so special to our game. Maitland Rugby Club cannot wait to share this awesome day with some of our fiercest rivals on the field, but greatest mates off it!!!

This year The Blacks are proudly partnering with Lifeline Hunter. Lifeline Hunter is a direct, local, service arm of Lifeline Australia, training local volunteers to answer calls on the National 13 11 14 Crisis Support Line right here in the Hunter. Lifeline Hunter also offers local services such as free face-to-face, video, and phone counselling, and mental health training such as Mental Health First Aid and Accidental Counsellor Foundations.

Lifeline Hunter is partnering with the Maitland Blacks this year to promote better Mental Health throughout their organisation and throughout the wider Maitland Community. Thank you for the opportunity to be a part of this amazing event and we trust this day will continue to develop as a cornerstone of Community Wellbeing for many years to come.

Yours in Rugby Ben Emmett

LIFELINE

Lifeline Hunter is a direct, local, service arm of Lifeline Australia, training local volunteers to answer calls on the National 13 11 14 Crisis Support Line right here in the Hunter. Lifeline Hunter also offers local services such as free face-to-face, video, and phone counselling, and mental health training such as Mental Health First Aid and Accidental Counsellor Foundations.

Lifeline Hunter is partnering with the Maitland Blacks this year to promote better Mental Health throughout their organisation and throughout the wider Maitland Community.

BEN MCMILLAN HAMILTON GURU / DADS & LADS PLAYER

What a privilege to be invited back after a wonderful event in 2023. We loved every minute of last year's event & look forward to lacing up again in 2024. Huge credit to Jocky Wilson & his committee for the fourth instalment of this amazing community initiative, bringing multiple generations & families together to have a great time & raising funds for the Greens Welfare Fund & Mental Health Charities.

The extension of the day to include other clubs in the Newcastle Rugby Community is to be admired. Mental Health is a cause close to our hearts. We contest the Nick Evans trophy between our junior clubs in commemoration of one of our own, lost way too soon. This is testament to the close bonds between our two proud clubs – fierce rivals on the field & great mates off it. To be invited to join you in community support is an honour.

Hamilton Hawks are honoured to join our Greens Brothers for the 2024 Dads & Lads Day. We trust this day will continue as a solid tradition of community support for many years to come.

Yours in Rugby Ben McMillan

HEADSPACE

Headspace is Australia's National Youth Mental Health Foundation, providing early intervention mental health services to 12-25 year olds.

Each year, headspace helps thousands of young people access vital support through our headspace centres in communities across Australia, our online and phone counselling services, our vocational services, and our presence in schools.

headspace can help young people with mental health, physical health (including sexual health), alcohol and other drug services, and work and study support.

We support young people with mental health, physical health (including sexual health), alcohol and other drug services, as well as work and study support. With a focus on early intervention, we work with young people to provide support at a crucial time in their lives – to help get them back on track and strengthen their ability to manage their mental health in the future.

In everything we do, we aim to meet the evolving and unique needs of young people and those who support them. That's why our youth reference groups are at the heart of our work, and they play an active role in designing, developing and evaluating our programs.

GOLDEN OLDIES LAWS

All players must be correctly attired for Golden Oldies Rugby, including footwear - (low profile stud football boots or grass sport shoes).

These Golden Oldies rules do not permit offside play, unsportsmanlike behaviour and are designed to increase enjoyment of the game while eliminating over-vigorous play and minimising the chance of injury.

The laws of Rugby as per the international Rugby Board shall apply with the following variations;

- 1. There is to be no 'cleaning out' around the rucks and mauls.
- 2. All 8 forwards must remian bound in the scrum until the ball has been cleared.
- 3. There shall be no striking against the head by the hookers or front row. There must be no pressure in scrummaging or movement of the scrum.
- 4. The half back must not follow the ball around the scrum
- 5. From a penalty there shall be no quick tap and all players shall retire 10 metres.
- 6. Players must observe the offside rule, particulary that of remaining behind the hindmost foot rule at rucks and mauls.
- 7. Players are to be onside and observe the 5 metre rule at scrums and 10 metres at lineouts
- 8. Unlimited substitution of players and substituted players may return for injured players.
- 9. Teams scoring a try shall also restart the game by kicking the ball to the non-scoring team.
- 10. In lineouts, all 8 forwards must take part. There shall be no supporting in the lineout. All lineouts shall be set (no quick lineouts)
- 11. Coloured Shorts All players must strictly observe the restrictions on the tackling of players wearing coloured shorts. The wearing of coloured shorts does not give a player the right to tackle other players wearing shorts of the same colour. A player wearing red shorts may attempt to tackle players wearing club shorts if they feel confident and comfortable about doing so.
- 12. No kicking in general play. Players caught kick the ball will recieve yellow card.

AGE GROUPS FOR COLOURED SHORTED PLAYERS



18 - 59 yrs (white /club shorts)







65 - 69 yrs (gold shorts)

70 - 79 yrs (purple shorts)

18 to 59 years / Club Shorts or Red Shorts

Players wear red shorts in matches involving this age group to indicate that they do not want to be tackled to the ground or pushed off their feet. A player in red shorts may be "claimed and held" in the spirit of Golden Oldies Rugby but NOT tackled to the ground.

To avoid confusion, teams should avoid using the colours red, gold, or purple or colours similar to those for their "normal club shorts".

60 - 64 years/Red Shorts

Can be claimed and held. Must not be taken to the ground in a tackle.

65 - 69 years/Gold Shorts

Not to be tackled or touched. May run with the ball for up to 10 metres in total before passing to a team mate wearing club shorts or red shorts.

70 - 79 years/Purple Shorts

Not to be tackled or touched. May run with the ball for up to 10 metres in total before passing to a team mate wearing club shorts or red shorts.

80 years and older/Special Committee Shorts

Not to be tackled or touched. May run with the ball for up to 10 metres in total before passing to a team mate wearing club shorts or red shorts.

Claim and Hold - an explanation:

The player carrying the ball is wearing red shorts and cannot be taken to the ground in a conventional tackle. However, an opponent wearing either club shorts or red shorts may claim and hold him by wrapping his arms around the ball carrier's body. Although the ball carrier has not been taken to the ground, in terms of the Golden Oldies Laws he is now considered to have been tackled. That being so, the opponent who has "claimed and held" the ball carrier must now release and move away from that player to allow him to exercise one of the options required of any tackled player to pass or release the ball. As an alternative to "claiming and holding" a red shorted opponent or to avoid touching an opponent wearing gold, purple or special committee shorts, a defender may decide to stand in front of that player to prevent further forward progress. This allows the ball carrier time and space in which to play the ball.

MATCHES WILL BE FULL FIELD 10 MINUTE HALVES WITH 5 MINUTE BREAKS

FOOD AND REFRESHMENTS TO FOLLOW IN THE GREEN ROOM **ALL WELCOME!**

THE SPIRIT OF GOLDEN OLDIES, EPITOMISED IN THE MOTTO OF FUN, FRIENDSHIP, AND FRATERNITY.



GAME 4 - 2.15 PM Referee - Tim Walker

HAMILTON GOLD







GAME 1 - 1.00 PM

Referee - Nick Charters

GREENS BANDITS

GREENS MAULERS





GAME 5 - 2.40 PM

Referee - Dennis Neader

GREENS JOKERS



HAMILTON BLUE





GAME 2 - 1.25 PM

Referee - Tim Walker

GREENS JOKERS

MAITLAND BLACK MAMBAS





GAME 6 - 3.05 PM

Referee - Luke Tresidder

GREENS BANDITS



HAMILTON GOLD





GAME 3 - 1.50 PM

Referee - Nick Charters

GREENS MAULERS

MAITLAND BLACK JACKS





GAME 7 - 3.30 PM

Referee - Steve Gaul

HAMILTON BLUE



MAITLAND BLACK JACKS



BANDITS

1	Joel	Coburn	COBURN	
2	Stephen	Coburn	COEY	
3	Michael	Edwards	LIAM'S DAD	*
10	Liam	Faughlin	FAUGLIN	•
5	Brendan	Fisher	FISH	
6	Brian	Fisher	BULLET	
13	Jai	Fletcher	RUMPS	
8	Daniel	Garner	DAN	
12	Max	Garner	MAX	
13	Mitchell	Garner	FULMA	
10	Nicholas	Garner	GARNER 5	
12	Fletcher Roy	Hill	HILL	
13	Kenneth	Hill	DERO 8-KP	
71	Matt	Jackson	SONCE	
24	Noah	Jackson	SNORKEL	
5	Tomas	Jackson	TACO	
17	David	Keeling	KEELS	

Faraday

Faraday

Missingham JONO

FARADAY-BENSLEY

FARADAY-BENSLEY





JOKERS

10	Н	Lowe	LOWEY
6	Haman	Lowe	LOWEY
5	Greg	Milton	MILTON
14	Lachlan	Milton	MILTON
7	Sam	Milton	MILTON
58	Dennis	Neader	DENZO
13	Benjamin	Ryan	B. RYAN
15	Damien	Ryan	DAMO R
79	Kristopher	Tusagi	TUSAGI.BLOOD
7	Christopher	Vizl	VIZ
9	Gregory	Williams	GREENS
13	John	Wilson	WILSON
10	Luke	Tresidder	TRESS
15	Oran	Sheridan	ORAN SHEZ
16	Enda	Sheridan	ENDA SHEZ
17	Callum	Blanch	COOKIES
18	Bob	Hawes	B2
19	Luke	Bray	BRIZZLE
20	Conor	Sheridan	SHEZ
21	Tom	Davies	DOGGA



23 Spenser

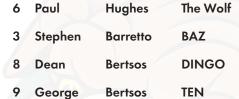
10 Robert

1 Jonathon

MAULERS

The Wolf

Aland **ALAND** Heath **Aland ALAND** Reid JR Baggs Jordan Baggs **SHARKEY** Matthew Baggs **BAGGSIE**





Butler BUTTSY Jason

Callinan CALLO **James**

J.C... John Carr

Charters PAT **Patrick**

Charters ED Simon

Dryburgh **BRUMBY** Gordon

Thomas **TOM NEWMAN** Newman

Bradley Newman **NEWMAN**

BLACKY Mark Blackmore





MAITLAND BLACK JACKS

LXIX	Ben	Emmett
IX	Pat	Emmett
CCC	Francois	Liebenberg
LIII	Matt	Perkins
CIII	Bruce	Perkins
IV	Mick	Kelly
DCIV	Peter	Santarossa
VIII	Ben	Caple
XI	Tim	Gibbs
XV	Brian	Норе
CCXI	Rory	Mills
ссх	Chris	Mills
CXV	Danny	Fritsch
LXX	David	Rathborne
XCI	Neil	Munro
XCII	Hamish	Munro
CVI	Tim	Reeve
	/	

CLV

Chris

Jessup





BLACK MAMBAS

GOLD HAWKS

^^	ben	Rigby	
MXV	Stephen	Johnson	

XXIV Jackson Whyte-Southcombe

XXV Nathan Whyte-Southcombe

XII Ryan Carpenter

XCVII Troy Little

CDXV Stephen Hunt

LIX Oliver York

CDII Russell Dean

DXC Lachlan Singer

VIII Matt Curran

CIV Murray Clarke

MXI Martin Craft

MCX Matthew Craft

CCMIII Freddy Neculman

CMIV Joshua Perkins

MLVII Ethan Thomas

XXX Glenn McGrath





1	Pat	Gleeson	GLEESO
2	Gerry	Mason	MASO
3	lain	Gardiner	BUBBA
4	Greg	Watson	BIG WATTO
5	Nick	Watson	LI'L WATTO
6	Oscar	Mason	MASO
7	Jack	Gleeson	GLEESO Jnr
8	Stephen	Podgorelec	PODGE
9	Lewis	Nelson	TADPOLE
10	Steve	Nelson	FROGGER
11	TERRY	Griffiths	GRIFFITHS

11 TERRY Griffiths GRIFFITHS
12 Robert McNaughton ROBFIT BETA

13 Robbie McNaughton ROBFIT

14 Ryan McNaughton ROBFIT 2.0

15 Bayley Podgorelec PODGE



BLUE

1	Jacob	Blenkinsop	JB
2	Ben	McMillan	MACCA B
3	Jonothar	Cooper	MINI COOP
4	Paul	Walsh	WISHY
5	Dave	Cooper	COOPS
6	Ryan	Walsh	BUMSY
7	Rob	Dan	
8	Adam	West	BATMAN
9	Paul	Dan	OLLIE DAN
10	Lee	Clay	CASSIUS
11	Dominic	McMillan	MACCA D
12	Martin	Brett	MOOSE
13	Matt	Dan	
14	Jacob	West	WESTY
15	Harry	Brett	HAZZA



IN 2024 THE DADS & LADS TEAMS ARE RASING IMPORTANT FUNDS FOR THE FOLLOWING FOUNDATIONS AND PROGRAMS SUPPORTING MENTAL HEALTH

Talk2mebro





MEREWETHER CARLTON, MAITLAND AND HAMILTON WOULD LIKE TO ACKNOWLEDGE THE GENEROUS **SPONSORS FOR THE 2024 DADS & LADS EVENT**



























24



















