

the Inside Oil



the official Inside Running Newsletter

ISSUE 11: JULY 2010

From the Editor

Firstly we have to apologise for the break between issues of the Inside Oil. We have had so much happening over the past few months we simply haven't had enough time to write about it!!

Where do we start??

Inside Running Recruitment has been ticking along well. There is no doubt that economic conditions are affecting clubs in the UK and Europe. We have noticed that clubs are offering less, are not recruiting as many foreigners and are trying to recruit locally where possible. This has had the effect of driving down the market rates for players, leading to players having to be more realistic about their expectations. The good news is we are tracking very closely to 2009 figures in terms of placements made, which is encouraging considering the circumstances. The key message for players is if they want to play abroad they need to be realistic about their expectations and they really need online video footage to help sell themselves.

We have a few exciting things happening within Inside Running Recruitment at the moment:

Dave Finlayson has recently come on board to launch Inside Running Football in the UK. Our goal is to emulate our success in rugby and really target the semi-pro player transfer market in the UK.

Tom Clutton has recently joined our team to launch Inside Running Recruitment in France. Our goal is to target clubs at Fed 1 – Fed 3 levels and assist with their player recruitment. We see France as a substantial market at these levels and hope to tap in to create more opportunities for our players.

Manu Burkhardt has just launched Inside Running Recruitment in Germany and central Europe. Our aim here is to target clubs in Germany and central Europe that are looking to recruit players and to become their preferred recruitment agent.

If you have any contacts with clubs or players that might be able to assist Dave, Tom or Manu please get in touch:

Dave Finlayson, Inside Running Football:
dave@insiderunning.com

Tom Clutton, Inside Running Recruitment
France: tom@insiderunning.com

Manu Burkhardt, Inside Running Recruitment
Germany: manu@insiderunning.com

Inside Running Elite Management is also going very well. We had 20 players in this years Super 14.

The Super 14 was definitely deflating for all NZ rugby supporters, although if the All Blacks are going to continue to play as they have over the past two weeks I am sure all NZ rugby fans are willing to accept under-performing Super 14 teams!!

We want to wish Richard Kahui and Sitiveni Sivivatu speedy recoveries from their respective shoulder injuries and we look forward to seeing you both back in the black jersey soon.

We have also recently set up Inside Running Elite Management in Ireland, with Tommy Sheehan heading up business there. We will report on Tommy's progress over coming months.

Inside Running Academy is a new venture that we launched in April of this year. For those of you who don't know about it, it's a joint venture between Inside Running and the Bay of Plenty Rugby Union. The Academy is based in Tauranga, New Zealand and provides player development courses ranging from 4–16 weeks. Refer to the article on the Academy for more information.

So now that I have given you the 5 minute update on what we've been up to, **what does the Inside Oil have in store for you this month?**

- We give you an update on how well the Inside Running Academy has gone this year.
- We introduce you to Tommy Sheehan who heads up Inside Running Elite Management in Ireland.
- We give you an insight into drugs in sport.

Standard features each month include news and current vacancies which highlight some of the more urgent club vacancies we have available. Make sure that you check them out and get in touch if any take your interest.

Cheers

— *Mike Rogers, Director, Inside Running*

From the field:

- **20th July. Kahui** cleared of major shoulder injury and scheduled to rejoin All Blacks in 3 weeks.
- **15th July. Luke Braid** signs with Blues and will join up with brother Dan for Super 15 in 2011.
- **13th July. Waikato announce strong ITM Cup Squad** with 4 new faces — Chris Middleton, Zak Hohnock, Matt Vant Leven & Christian Lealifano.
- **27th June. Liam Messam** recalled to All Blacks after strong NZ Maori campaign.
- **1st June. Joe Fiu** comes on board as Inside Running Elite Management Client Manager in Wellington.
- **1st June. Inside Running Elite Management establishes scholarship** with Kelston Boys High School.
- **1st June. Tommy Sheehan** establishes Inside Running Elite Management franchise in Ireland.
- **30th May. Six IREM players selected in strong NZ Maori squad** captained by Inside Running's Liam Messam.
- **9th May. Sitiveni Sivivatu** has successful shoulder reconstruction surgery.
- **5th May. Hamilton Boys** 1st XV won the Sanix World Youth Schools Tournament in Fukuoka, Japan, beating Truro College from England 40–8 in the final.

What does it take to become a professional?

What does it take to become a professional? That is the burning question that Inside Running Academy seeks to answer for all our Academy members.

Inside Running Academy is a joint venture between Inside Running and the Bay of Plenty Rugby Union, based in Tauranga, New Zealand. We offer courses ranging from 4 to 16 weeks for players wanting to experience what it takes to become a professional rugby player in the toughest country to make it as a professional — New Zealand.

The training programme is delivered by Bay of Plenty NPC coaches and trainers and is designed to mirror what an NPC level player would do in a heavy training week. It includes 3 gym and 2 cardio fitness sessions, 1 general skill session and 1 specific skill session, 2 club trainings and a club game each Saturday. Additionally, the players receive specialist nutrition advice, strength and fitness testing every 3 weeks, skill testing every 4 weeks, weekly yoga and pool recovery sessions and have also trained with the NPC team.

We believe that we offer a unique Academy programme and have watched with interest as the players have made huge strides in their development. We have had 13 players through in the first year and hope to grow this in 2011, whilst ensuring that we continue with small training groups that optimise skill development.

Here are some of the thoughts from our players this year:

'Since beginning the Academy I have seen a lot of improvement in my rugby. Particularly in identifying what the core roles are of my position and also in physical development. My strength, power and fitness levels have all increased substantially over the past three months. I recommend the Inside Running Academy to any young aspiring rugby players to see what it is like to live as a professional.' Keepa Mewett, Sydney, Australia.

'I am real pleased with my selection in the Bay of Plenty U20

INSIDE RUNNING ACADEMY

The Ultimate Rugby Development Experience



representative side. This way I will get to play against some of the best players in NZ within my age group. I have really enjoyed the training and in particular training with the Steamers on occasions. You get to see that they are no different and enjoy a laugh.' Josh Walker, Bury St Edmunds, England.

'The scenery is the same as the local ladies... Amazing!! The coaching level and facilities are of such a high standard that I have been able to achieve my goals in relation to strength, speed and fitness.' Robert Hunter, Scotland.

'My time at Inside Running Academy has been extremely enjoyable and rewarding. The tough conditioning and skill-specific training has equipped me enough to excel in NZ premiership rugby and ultimately has led to my selection in the Bay of Plenty Development squad. I leave this Academy as a fitter, faster, stronger and more knowledgeable rugby player.' Pingi Talaapitaga, Sydney, Australia.

'Inside Running Academy has been great for developing my work and know-how in the gym. The facilities also help make this possible, while training with the Steamers makes you eager to perform better. The rugby at my club Rangataua was at a good level and the club was great to be part of.' Andrew Duncan, Scotland.

'I have thoroughly enjoyed my stay here. It gives players the opportunity to experience what it takes to become a professional rugby player. It has helped me develop skills, especially in relation to 'ruck cleanout'. In my short stay I have also developed physically, gaining 5kg in a short period of 4 weeks. I have also made friends and had lots of fun.' Dom Sing, Hong Kong.

If you would like to enquire about the Inside Running Academy for 2011 please contact Mike Rogers: mike@insiderunning.com.



Good Craic Tommy

In June this year Inside Running Elite Management set up its first overseas franchise in Ireland and welcomed Tommy Sheehan to the Inside Running Group. Based in Limerick, in the heart of Munster, Tommy will be flying the Inside Running Elite Management flag in Ireland as he builds and represents a client base across Ireland, and in the future, facilitate placements for Elite Management's New Zealand based clients into Ireland.

Tommy combines a passion for rugby and a host of other Irish sports with a professional background in the banking industry. He has a variety of commercial contacts across Ireland and extensive contract negotiation skills. Like any good Irishman, he also enjoys the odd pint or two and has his hands busy at home with two year old twin girls!

Tommy is looking forward to the challenge the player management industry will offer and is excited about being the face of Inside Running in Ireland! >>>

Drug Free Sport in New Zealand

Drug Free Sport New Zealand is responsible for applying the world anti-doping code in New Zealand. They have an excellent website: www.drugfreesport.org.nz which has a list of banned substances and resources for athletes.

There have been changes in the 2010 list of prohibited substances, including salbutamol (ventolin, salamol, respigen). Inhaling salbutamol is no longer prohibited.

Pseudoephedrine has been reintroduced to the prohibited list with a threshold level based on a maximum daily dose of 240mg. The advice is to stop taking any medication containing pseudoephedrine at least two hours before competition. Better still, it is recommended to substitute the pseudoephedrine medication for one containing phenylephrine.

Inside Running always advises clients to check on the status of medications and supplements before you take them.

Either call 0800 drugfree (378437) or text the word "drug" followed by a space, then the ingredient or product name to 4365. This service is available 24/7.

Other current issues in regard to drug free sport include the use of caffeine as a pre-game stimulant. Any perceived advantage you may get will be lost due to the considerable amount of dehydration the caffeine causes.

Ecstasy and marijuana will be tested for in all sports competition and traces may be detected many weeks after use.

Kevin Burgess

Inside Running Director
MPS Pharmacist >>>

Current Vacancies:

Irish Leinster 1 Club Seek 10

19 July 2010. Player criteria: Premier club standard minimum. Player must hold EU passport. Package: Flights, accommodation, job and potentially a small match fee.

English SW1 Club Seek 9/10

19 July 2010. Player criteria: Premier club standard. Would suit a player with some financial experience as club offers an entry level job with a local accounting firm. Package: Flights, subsidised accommodation and guaranteed job.

English London 1 Club Seek Lock

19 July 2010. Player criteria: Premier club standard or higher. Package: Return flights, free accommodation and employment.

Scottish Premier 2 Club Seek 8

19 July 2010. Player criteria: Premier club standard minimum. Must be travelling alone. Must be a lineout option, 1.90m minimum. Package: Flights, accommodation and job.

Irish AIL 1 Club Seek 6, 8 & 4

19 July 2010. One of the top clubs in Ireland with direct link to Munster. Really would suit a player prepared to go to Ireland and forge a career. Player criteria: NPC B from NZ, Sydney first grade from AUS. Package: Flights, accommodation, job and small match fee. **Huge opportunity for the right player!!**

French Fed 2 Club Seek 4, 5, 6, 7 & 8

17 July 2010. St Jean d'Angély is a very ambitious club that just missed promotion this year. They are looking for a tall, big, powerful Lock and a tall, mobile Back Row. The club will offer flights, accommodation, car, job and 1000-1800€/month. Nat1, NPC or 1st grade level minimum. Must be available end of August.

English National 3 Club Seek Caretaker/Player

12 July 2010 #ENG3. Prefer player travelling with partner. All positions considered. Package: Flights, accommodation at the club, employment as caretaker and match fee.

English National 3 Club Seek 10

12 July 2010 #ENG3. Player criteria: Minimum premier club standard from NZ or AUS, or higher. Player must be a goal-kicker. Package: Flights, accommodation, job and small match fee.

Irish Leinster Division 2 Club Seek 10 & 6/8

Player criteria: Minimum premier club standard from NZ or AUS. 1 of the players needs to have EU passport. Backrow player must be a lineout option. Package: Flights, accommodation and job.

Scottish National 2 Club Seek 10 & 6, 4, 8

Player criteria: Premier club standard from NZ or AUS. Package available: Flights, accommodation, job and potentially small performance bonus.

Scottish Premier 1 club Seek No8

11 July 2010. We are looking for an explosive ball-carrying No. 8/6 for the upcoming Premier 1 season in Scotland. Flight, accommodation and playing package for the right candidate

Irish AIL 1 Club Seek Second Row

5 July 2010. Player criteria: Prefer Irish passport holder. Package: to be advised but will be attractive.

National Union Seeks Head Coach

European Country seeks Head Coach for National Team. Fulltime professional Package. Forwards focus coach. Would suit a coach with experience with a fulltime professional team. For more information email: mike@insiderunning.com.

Irish AIL 2 Club Seeks TH Prop & 9

One of the players must hold an EU passport. Player criteria: Minimum NPC B, Sydney first grade, National 1 in England etc. Package: Flights, accommodation, job assistance and match fees.