



**WELCOME TO MELTON RUGBY UNION FOOTBALL CLUB**

**Home of the Warriors since 1976**



# Vision:

Promoting resilience, empowerment, personal growth, positive self-esteem and a sense of belonging





# Resilience

The capacity to withstand or to recover quickly from difficulties; toughness





# MELTON **4** STEPS TO EXPLOSIVE SPEED CLINIC

IMPROVE CONFIDENCE & DEVELOP EXPLOSIVE SPEED



2HR CLINIC | THURS 30TH JUNE | \$60



**9YRS UP ALL SPORTS**

# HOMework CLUB IS BACK

Blackwood Drive Recreation  
Reserve  
4pm - 5.30pm  
Every Tuesday/Thursday before  
training!

Refreshments provided  
All welcome









# Empowerment

The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights:



# COACH EDUCATION COURSES 2023

RUGBY VIC

## Foundation Coach Course (Level 1)

Date	Timings	Host Venue
25-Feb	Saturday 9am - 4.30pm	Endeavour Hills Rugby Club
19-March	Sunday 9am - 4.30pm	Geelong Rugby Club
26-March	Sunday 9am - 4.30pm	Racing Rugby Club
2-April	Sunday 9am - 4.30pm	Power House Juniors Rugby Club
23-April	Sunday 9am - 4.30pm	Wyndham Rugby Club

## Developing Coaches Course (Level 2)

Date	Timings	Host Venue
18th - 19th Feb	Saturday & Sunday	Moorabbin Rugby Club
17th - 12th Nov	Saturday & Sunday	La Trobe University, Bundoora

## Emerging Coaches Program (Level 3)

Date	Timings	Host Venue
10th - 12th Nov	Friday, Saturday & Sunday	Moorabbin Rugby Club



\*Book your place via Rugby Explorer or contact  
greg.fergus@rugbyvic.com.au

# Melton Honoured with State Club of the Year Award

Wed, Feb 22, 2023, 8:52 AM 12m By Rugby Vic Media



Melton Rugby Club have claimed one of the highest honours in Victorian sport, winning the 2023 Good Sports State Club of the Year.







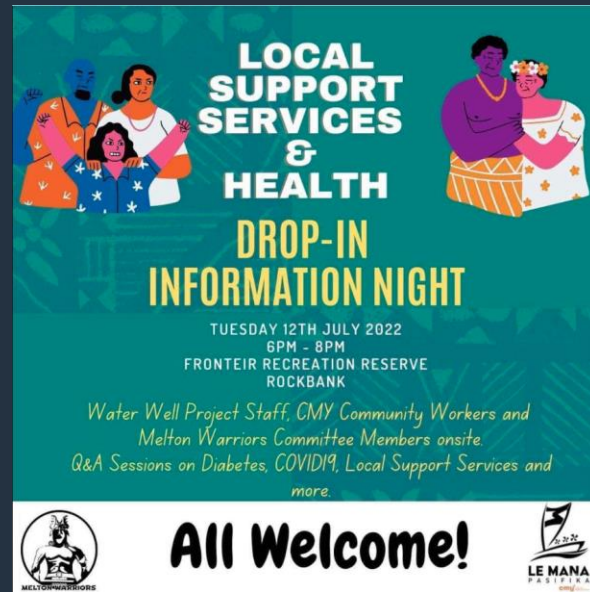
# Personal Growth

Improvement of skills, knowledge, habits, behavior, and personal qualities.

Allows to reach full potential, best of self and live happiest, most successful life





# Creating Community Awareness through Partnerships



**LOCAL SUPPORT SERVICES & HEALTH**  
**DROP-IN INFORMATION NIGHT**  
TUESDAY 12TH JULY 2022  
6PM - 8PM  
FRONTEIR RECREATION RESERVE  
ROCKBANK

*Water Well Project Staff, CMY Community Workers and Melton Warriors Committee Members onsite.  
Q&A Sessions on Diabetes, COVID19, Local Support Services and more.*

**All Welcome!**



**SOCIAL MEDIA & MENTAL HEALTH AWARENESS**  
INFORMATION SESSION FOR YOUTH & FAMILIES


TUESDAY 19TH 2022  
7PM - 8PM  
HOPPERS CROSSING YOUTH RESOURCE CENTRE  
86 DERRIMUT RD, HOPPERS CROSSING VIC 3029


**ALL WELCOME**









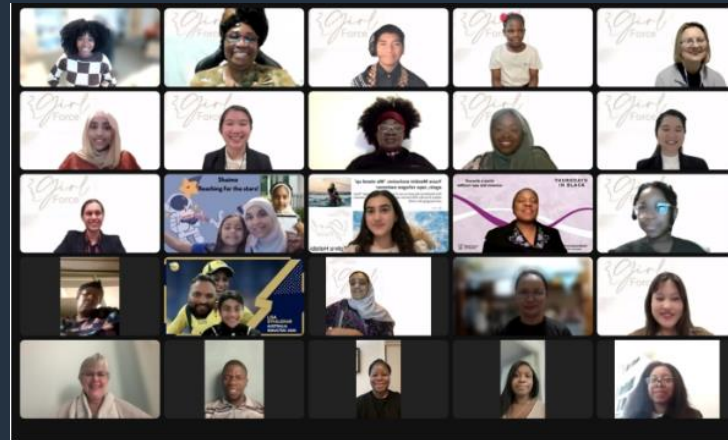


send Nakauvadra LAM one step closer to his dream

\$320 raised of \$15,000







<https://www.oikoumene.org/news/as-girls-use-technology-to-grow-stronger-confidence-is-your-superpower>



# Self Esteem

Confidence in one's own worth or abilities; self-respect



Pictured with all-time Rugby  
Legends

Maa Nonu & Tana Umaga  
*All Blacks*

Representing Victoria Oceania  
Community Alliance



# Drills & Techniques







# Sense of Belonging

A human emotional need to affiliate with and be accepted by a group; community











# Joshua Sargent Garry Cook

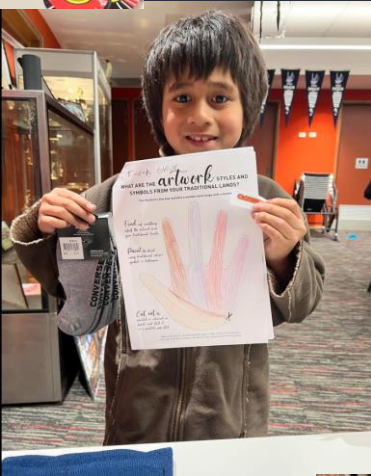
Melton Rugby Union Club





# Community Response





# NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER Children's Day

4 August 2022  
[www.aboriginalchildrensday.com.au](http://www.aboriginalchildrensday.com.au)

MY DREAMING,  
MY FUTURE



National Aboriginal and Torres Strait Islands Children's Day



SNAICC  
National Voice for our Children





Volunteer & Participate in community events



Western Beeks  
Youth Girls U14, U16 & U18











## Melton Rugby Union Club

1.2K likes • 1.4K followers



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