

TIGER TALES

The latest Tiger news & updates from East's Rugby Union Club



BRENDAN HERTEL PHOTOGRAPHY

JUNIOR RUGBY

SENIOR RUGBY

SPONSOR OF THE MONTH

UPCOMING EVENTS

NOTICE BOARD

To keep up to date be sure to follow
our social pages below



Welcome to 2023!

By David Waldie - Club President

A warm welcome to newcomers to Easts, and welcome back to our community of players, members, parents and supporters.

Luco and the team have been busy in the off-season, preparing for your return. You will notice a few changes, and a few improvements.

- The backfields are finally open. A wonderful green open space for training and playing. Come and watch Seniors Trial Game v UQ on Saturday week - 11 March 2023.
- A new coffee outlet is opening in the old canteen space, for game days (watch this space, we are hoping to open 7 days a week).
- Food trucks are being trialled on a Friday night, with live music and a big screen to watch Super Rugby, so stick around.

We are proud of the programs we are offering this year, to help everyone enjoy the game we love, and do so in safety:

- Dedicated contact coaches for our Under 8 & 9 teams in 2023 to start the season
- Under 10 coaching seminars to provide guidance to teams playing their first seasons of full field rugby
- Dedicated scrum and safety sessions for all grades to assist with teaching of technical and safety aspects of the game
- Coach Education programs for all coaches and Referee Sessions to encourage our junior referees on 20 March.
- Junior training camps on the holidays for all levels.
- Medics - one medic per field during home games, to ensure safe and speedy player care in the event of an injury or incident

Unfortunately we have had costs increases too, which has impacted our fees:

- field maintenance costs like water are having the biggest impact, estimated to cost as much \$60,000 this year over last year;
- operational costs are up more than 10% reflecting inflationary pressure in part and, in part, the cost of delivering these leading programs. This includes costs of medics, utilities, staffing and insurance.

As a result, the bad news is, fees for U8-16, Colts, and Seniors are up, on average 5%. The good news is, we have kept other fees down. Cubs, U7/8 and Girls fees are lower. And we are offering more generous family discounts than ever before, recognising the impact on families. Of course, any families seeking assistance or just a little to help to make this year affordable, please contact Luco at gm@eaststigers.com.

Two other developments to mention:

1. You will see David Wilson Field is out of action. This is part of significant upgrade to fix issues caused by the 2022 floods, funded by the State Government Community & Recreational Asset Recovery & Resilience Program. We expect works to complete in May this year and to play our home games back on the field for the balance of the season.
 2. We will be opening the Master Development Plan to community consultation, and most importantly, your views and comments. This will be run as part of a Land Management Planning process in the first half of 2023.
- At Despite these changes a few things remain the same. Easts, we value mateship over winning at all costs. We look after each other. We welcome diversity in all its forms. Easts is a great club, built on a proud 76 year history. We look forward to you joining us in 2023 to add the next chapter to our story.

JUNIOR RUGBY



Hi to all of our Junior Players and families, both new and returning, and a huge welcome to the Tiger Den for the 2023 season.

Junior training commences this week so we are all excited about getting back out onto the paddock and stretching out the legs. In fact it has been great to see a lot of our Junior Tigers community already making use of our fabulous new back fields which are back in operation after a 2 year lay-off. Work has already begun on David Wilson field as well, so very soon we will be sporting the best fields in Brisbane.

There is plenty to look forward to in the coming months, including a revamped Friday night Tigers experience, and I can't wait to see you in the next few days.

By Nathan Spooner - Junior Rugby Director

Key Dates

Training Begins:

Wednesday 1st March: U13 - U16

Friday 3rd March: Tiger Cubs - U12

Game Days Begin:

Saturday 22nd April: U6 - U9

Sunday 23rd April: U10 - U16

Presentation Day:

Sunday 10th September 2023

2023 Apparel Arrival

Easts are excited to announce the arrival of our 2023 apparel.

We will be having a marquee area set up for pick up on Wednesday & Friday training nights this week and next.

There will be an overwhelming number of children and parents during this time so please be patient and understanding if there is a wait.

JUNIOR RUGBY

Under 8 & Under 9 Confidence Tackle Zone Sessions

Our Under 8's are the first Junior age group to begin the transition into the tackling elements of rugby.

At Easts we understand that this is a big change for our players and therefore think it is very important to provide them with the appropriate support and educations for safe tackling.

Easts will be running four Confidence Tackle Zone Sessions for our Under 8's and Under 9's this year.

- Session 1: 10th March
- Session 2: 17th March
- Refresh session: post Easter: 21st April
- Refresh session: post Term 2 school holidays: 14th July

These sessions will cover off on the following:

- Pre tackle position footwork an setup
- Safe tackling practise to be both effective tacklers and avoid injuries
- Ball carrier focus on safe falling to ground methods to avoid injury and retain possession once tackled

All teams will rotate through 15min sessions on each of the above sessions. Advantage line coaches will run the sessions with the teams during these timeslots. Coaches from all teams will be sent the session content prior to the sessions taking place.

JUNIOR RUGBY



Easts are excited to announce the beginning of Friday Food Truck's down at our club!

With a wide selection of options, from burgers to gelato, we are sure to have something for you!

In March the trucks will be available every Friday, 4pm - 8pm, as well as some Thursday, 7pm - 9pm.

Be sure to keep an eye out on our stories for an update of what food trucks are available each week!

Lightning Series

Our Junior Colts have just finished week 2 of the BJRU Lightning Series!

The boys have been playing some great footy on the weekends and are currently sitting in 2nd place (Pool B). Great work boys!

We wish the boys the best of luck for the next 4 weeks of games
#tigerforlife



SENIOR RUGBY

A warm welcome back to our Senior rugby players, coaches and volunteers for 2023! With preseason well and truly underway, once again depth in the club is strong as we aim to again contest for the Doughty Shield Club Championship.

Our 1st Grade squad under the tutelage of Ben Mowen are about to embark on their preseason camp however before they do this there is a preseason internal trial on Thursday night at Easts kicking off at 6:35pm. I urge our community to come down and support the boys as they continue their preparations for the 2023 season. Across the club grade numbers in our men's, women's and colts' programs continue to increase and with trial rugby just around the corner there is a great feeling at the club as we look to contest for Premierships in every grade.

Our first trial of the 2023 season is on 11 March against UQ. We will be hosting 1st Grade – 5th Grade on the day with our Women and Colts playing away at UQ. The following weekend we will be away at Albany Creek v GPS for our second and final trial. I'd like to take the opportunity to thank all our volunteers at the club, without our volunteers our programmes do not exist.

Finally, our club Season Launch at Howard Smith Wharves is on the eve of Round 1 v Sunnybank at Sunnybank. Please support our club by attending this lunch as we officially kick off the 2023 rugby season. I look forward to seeing you at Easts on the 11th March for our trial against UQ!

By Quentin Masson - Senior Rugby Director

Our 2023 fixtures are here! We are excited for the big season ahead and can't wait to see you all at the games!

The constant support we receive from our Tiger community does not go unnoticed and we thank you for always showing up to cheer on our teams.

Click [here](#) to add these times to your calendar!

2023 SEASON DRAW		EASTS	
1	SAT 25 MAR	AWAY v SUNNYBANK	
2	SAT 01 APR	AWAY v BOND	
3	SAT 15 APR	AWAY v NORTHS	
4	SAT 22 APR	HOME v UQ	
5	SAT 29 APR	AWAY v GPS	
6	SAT 06 MAY	HOME v SOUTHS	
7	SAT 13 MAY	AWAY v WESTS	
8	SAT 20 MAY	BYE	
9	SAT 27 MAY	HOME v BROTHERS	
10	SAT 03 JUN	HOME v SUNNYBANK	
11	SAT 10 JUN	HOME v BOND	
12	SAT 17 JUN	AWAY v NORTHS	
13	SAT 24 JUN	AWAY v UQ	
14	SAT 08 JUL	HOME v GPS	
15	SAT 15 JUL	AWAY v SOUTHS	
16	SAT 22 JUL	HOME v WESTS	
17	SAT 27 JUL	BYE	
18	SAT 05 AUG	AWAY v BROTHERS	
SEMI-FINALS 12 AUG		PRELIM FINALS 19 AUG	GRAND FINAL 26 AUG

SPONSOR PROFILE



Stara

Easts are again pleased to welcome Stara Real Estate Capital and Advisory as Major Sponsor of the club in 2023. This continues the long-time support of Paul Weightman (Life Member 2022) and Jodie Clark of our great club and provides Easts with the support to offer wonderful opportunities for young people in our community.

Paul, Jodie and the team at Stara are excited to announce the launch of Venu Hospitality Fund. If you would like further information you can visit www.stara.net.au or visit the [Stara LinkedIn Page](#)

Hospitality & Events

Take some time to have a look at some of our 2023 sponsors , click images below



Season Launch



On Friday 24th March, Easts are hosting their Annual Season Launch Long Lunch at Howard Smith Wharves.

We invite you all to come along, spend the afternoon amongst friends, with great guests and prizes to be won!

Thank you to Downtown Toyota for being our Major Sponsor for this event and thank you to our Additional Event Sponsors; Total Tools, Stara & Tangalooma Island Resort.

To purchase tickets, head to our [website](#) or contact the club directly.

We look forward to seeing you all there!

Past Players Day

Our 2023 Past Players Day is on Saturday 27th May, Easts v Brothers.

Easts invites everyone down to the club for what will be a great afternoon of footy!

More information to come, we hope to see you all there!

Thank you to our Major Event Sponsor Gotzinger Smallgoods and to our Additional Event Sponsor Stara.



Place.



SARAH HACKETT

0488 355 553

48 / 30 O'Connell Street,
Kangaroo Point

Click [here](#) for more
information



24 Birkalla Street, Bulimba

Click [here](#) for more
information



87 Bolan Street, Bulimba

Click [here](#) for more
information



EASTS TIGERS 2023 CLUB MEMBERSHIP

Become a Tiger member today

SOCIAL MEMBERSHIP

\$65



1 x Easts Cap
1 x Stubby Cooler
1 x Key Ring
1 x Easts sticker
1 x Monthly Newsletter

1 x Exclusive member offers in 2023
10% off drinks at all easts senior home games (Need to show keyring to receive this)

CLICK HERE

2023 Rugby Coaches

Churchie is currently seeking expressions of interest for 2023 season.
There is a small payment for coaching positions.

- **Training sessions:** 3:30 pm to 5:00 pm (once a week during Term 2 & twice a week during Term 3)
- **Games:** All games are played on Saturdays.

If you are interested in becoming a coach, please contact the Director of Rugby his details are listed below. Enquiries: Mr Andrew Moloney, Director of Rugby Andrew.Moloney@churchie.com.au, 07 3896 6329

RUGBY
Churchie.



Churchie.
PARENTS AND FRIENDS ASSOCIATION

NOTICE BOARD

BBQ Volunteers Needed

Easts BBQ's are coming to Friday Night training and we need your help!

Volunteers are the heart of any rugby club! We would love it if those within our community could help out for a few hours, 5pm - 7:30pm, on a Friday night. Each week team will take turns in volunteering 4 people to help out on the BBQ.

To volunteer click [here](#)

Women's Change Room Petition



Easts Rugby Union needs your support to build a change room for our female players.

One of our club goals is to become an inviting and equitable space for all who wish to play rugby union. We believe the installation of female change rooms is well overdue and need your support to help make this possible for our players.

Please sign the petition [here](#) and share amongst the community.

Merchandise Volunteers

Easts would love the help of those within the community to run our Merchandise Store at our Friday night training sessions. A few hours of help would mean the world to us and help us greatly!

To volunteer click [here](#)