2024

Australian Police Rugby League Games

Affiliated States & Territories Police

Vs

Queensland Police

31st May & 1st June
Treeby Community & Sports Centre

2024 Australian Police Games

FIXTURES

WOMEN'S – Friday – 8pm

Affiliated States & Territories Police Rugby League

Vs

Queensland Police Services Rugby League

MEN'S – Saturday – 5:20pm

Affiliated States & Territories Police Rugby League

Vs

Queensland Police Services Rugby League

Venue Information

Patrons are reminded that smoking is not permitted at NRL WA Venues.
Treeby Community Community & Sports is a public venue and no alcohol is to be brought into the premises.
Patrons are asked to not bring food or beverage products purchased at commercial outlets from outside of the venue area. Thank you for you assistance and understanding with this matter.

Affiliated States & Territories Police Rugby League

Who Are We?

The Affiliated States and Territories Storm Police Rugby League (ASTPRL) team is an Australian Police Rugby League (APRL) Team. The team is made up of Police officers from the Australian Federal Police, Victoria Police, Northern Territory Police, Western Australian Police, South Australian Police and Tasmanian Police. Each year the team plays in the APRL which is the basis for selection in the Australian Police team. The ASTPRLA has a proud Affiliation with the Melbourne Storm NRL club.

astprla

https://www.facebook.com/ASTPRLA

Women's

Friday 31st May - 8:00pm Kick-Off

Referee: B. Solomon

Touch Judges: L. Noonan & D. Noonan

ASTPRL	V	QPSRL
Jessica Scadding (VIC)	1	Allanah Phineasa (TSI)
Simi Garner (NT)	2	Tara Murnane (Mackay)
Dani Suddaby (NT)	3	Teresa Anderson (Mt Ommaney)
Xanthe Gray (WA)	4/15	Victoria Merrick (Police Link)
Nat Remedios (VIC)	5	Belinda Patrick (OTS)
Tik Douglas (AFP)	13/6	Gabriel Carsten (Mundingburra)
Brooke Hori Te Pa Phillips (VIC)	7	Ayla Ovari (Brisbane City)
Megan Cameron (NT)	8/18	Gracie Ryder (Mt Isa)
Hollie Massey (ACT)	24/9	Mallory Hofmeier (Maroochydore)
Nikhili Smith (SA)	10	Ayden Bain (Frontline Skills)
Brianna Devenish (ACT)	11	Mekilah Acworth (Logan)
Tenielle McClure (ACT)	12	Frances Wilson (North Brisbane)
Sami Afele (ACT)	6/13	Syndee Storey (Mackay)
Maz Pascoe (NT)	14	April Albury (Mackay)
Wae Edwards (WA)	15/21	Kirra Zampech (Yamanto)
Kait Primrose (AFP)	16	
Karliah Williams (AFP)	17	Tonia Bradford (Thursday Island)
Errin Fitzpatrick (AFP)	18	
Liz Moon (NT)	19	Tahnee Guinea (Gladstone)
Olivia Fein (AFP)	20	Brianna Lockyear (Kirwan)

Nathan Simpson **Coach** **Rothana Baira**

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Men's

Saturday 1st June - 5:20pm Kick-Off

Referee: S. Spittles

Touch Judges: B. Solomon & J. Maggio

ASTPRL	V	QPSRL
Nigel Maher (NT)	1	
Salesi Taumololo (AFP)	2	Thomas Cordwell (Sarina)
Paul Atiola (NT)	3	Alexander Williams (Petrie)
Graig Semesi (VIC)	4	Isaac Lehman (Gladstone)
Matt Turland (AFP)	5	James Conroy (Surfers Paradise)
Alex Parsons (NT)	6	Angelo Cuevas (Townsville RAP)
Sam Finnegan (AFP)	7	Dylan Taikato-Simpson (Southport)
Robert Lammermoor (AFP)	8	Andrew Dunkley (Mackay)
Ryan Griffin (AFP	9	Terry Phillips (Kirwan)
Isaak Lyons (AFP)	14/10	Sam Pierce (Broadbeach)
Junior Saena (NT)	10/11	Ryan Graham (Surfers Paradise)
Emelio Mulu (NT)	12	Mick O'Keefe (Police HQ)
Sam Bielefeld (NT)	6/13	Will Scanlan (Mount Gravatt)
Josh Munro (AFP)	21/14	Josh Walter (Townsville)
Jeff Milford (AFP)	15	Nelson Gibuma (Boigu Island)
Daniel Sneddon (WA)	16	Kane-Paul Smith (Dalby)
Dan Muir (WA)	17	
Ben Kemp (AFP)	18	Kieren Melville (Moreton TCS)
Sam Kentwell (AFP)	19	Daley Boney (Mareeba)
Ash Carter (AFP)	20/21	Thomas Patullo (Yeppoon)
Scott Nimmo (WA)	25/22	Nathan Draman (Southport)

Nick Hyde **Coach** **Nick Paterson**

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Community Nutrition Services

Choose water

It's important to drink water before, during and after sport to stay hydrated

Did you know, over half your body is water? Drinking water keeps your body cool, replaces fluid lost through sweat and helps you continue to perform at your best. Choose water before, during and after exercise.

Before exercise

Start exercise well hydrated, drink a glass of water and enjoy a healthy meal or snack before exercise

During exercise

Sip on water during exercise to stay hydrated, particularly in hot and humid weather

After exercise

Refuel after exercise with fluid, carbohydrates and protein. Consider:

- Water
- Fruit smoothie
- Small flavoured milk

How much should we drink?

Fluid requirements will vary:

- from person to person
- depending on hot or humid weather
- during intense exercise where sweat rates are higher.

Children often don't realise when they are thirsty and may need to be reminded to drink often, particularly during exercise.

Warning signs of dehydration

- Dark urine
- Dizziness
- Dry mouth and throat
- Muscle cramps
- Nausea and headache.

A word on sports drinks

Sports drinks are very high in sugar and not recommended for the general population, especially children. Endurance or high performance athletes should consult an Accredited Practising Dietitian for advice.

Did you know the average 600mL sports drink contains 9 teaspoons of sugar?!

This means if a person drinks 1 x 600mL sports drink each week over a year, from sports drinks alone they will consume:

2.3 kilos of sugar (approx.) **31 litres of sugary drinks**

Nutrition Australia (2012). Healthy Hydration Fact Sheet. viewed 25 June 2019, http://www.nutritionaustralia.org/sites/default/files/Healthy%20Hydration.pdf
Sports Dietitians Australia (2018). *Water: The clear winner in junior sport.* viewed 25 June 2019, https://www.sportsdietitians.com.au/wp-content/uploads/2018/08/8521-VCH-Hydration-junior-sport-v3.pdf

Contact the Fuel to Go & Play® team
08 9264 4999 | fueltogo@education.wa.edu.au
@fueltogoandplay

healthway

Queensland Police Services Rugby League

Who Are We?

The Queensland Police Services Rugby League (ASTPRL) team is an Australian Police Rugby League (APRL) Team. The team is made up of Police officers from the Queensland Police as well as the Torres Straight Island Police Officers. The QLD Police hold a carnival to pick their representative sides every year.

https://www.youtube.com/@QPSRL1998

https://www.facebook.com/qpsrla

CORPORATE PARTNERS

NRL WA is proudly supported by corporate partners who are dedicated to the development of Rugby League in Western Australia. From grassroots Rugby League through to the Fuel To Go & Play Premiership Competition, elite player and coach development, Rugby League continues to expand and develop with the assistance of our generous corporate partners.

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