



With the ITM Cup underway this edition of the NZRPA Players Own has been edited by the **Counties Manukau Steelers**. What Provincial Union will be the next guest editors?

PLAYERS IN BUSINESS

FORMER NEW ZEALAND SEVENS COMMONWEALTH GOLD MEDALIST, BLUES, SALE SHARKS PLAYER AND CURRENT COUNTIES MANUKAU STEELER, ONOSAI AUVAA STARTED HIS OWN FRAMING BUSINESS WHEN HE DISCOVERED HOW COSTLY IT WAS GOING TO BE TO GET HIS GROWING COLLECTION OF PRIZED JERSEYS FRAMED.

Unimpressed by the expense of framing, he and his wife Amy opened their framing business based in Manukau City in 2013 and since then have tripled their orders.

They deal with clients all over New Zealand and have continued to invest in the state-of-the-art machinery which has sped up the framing process which increased productivity to ensure they deliver on their motto of being 'the most affordable frames on the market'.

The 30 year-old said: "Even though I am really enjoying my rugby and not ready to retire, I am conscious that I need to work on a plan after rugby so I can provide for my family, which is why we started this venture. We are building up our business while I am still playing and using the fantastic networking opportunities that being in rugby provides.

"I will admit it is a bit busy now fitting everything in but I wouldn't have it any other way. However I am conscious that time is money, so I don't waste

time like I did when I was a younger player.

"I strongly encourage players to take any opportunities they can get and if people want more from you, give it. I have found by paying it forward, doors have opened for me.

I get to meet some amazing people who have incredible stories about where and how they got their memorabilia."

Onosai offers special 'player rates' and his clients include Kieran Read, DJ Forbes, and Charles Piutau.

In business it is always important to look for new ways to meet the client's needs, NZ Sportsframes now provide a variety of options including a new double-sided glass case so you can switch your memorabilia around to display both sides.

"This has been really popular for jerseys or basketball shirts that have names on the back," said Onosai.

NZ Sportsframes also sell an acrylic hinged box for those who need to change a jersey frequently and don't want the expense of having it totally reframed every season and they do the timeless traditional wooden frames.

Onosai said: "Good service and memorabilia care are paramount for us. We want the clients' special possessions to be in great condition 20 years down the track, so we use special materials to ensure they are preserved which you can't do if you buy a frame



ONOSAI AND WIFE AMY

and do it yourself.

"People work really hard to get their memorabilia so we want to give it the respect it deserves so they can cherish it."

When he is not playing rugby or framing, the father of two is a marriage celebrant and also offers special rates for rugby players.

"I really enjoy doing weddings," he says. "It is great to be able to share in people's special day and to be part of their new chapter in their lives.

"I have done quite a few rugby weddings and it is nice to see the boys grow and ready to commit to their partners, who have often been one of the biggest supporters of their careers. We know that having a solid support network around you is important and that usually starts with the partner."

Web: www.nzsportsframes.co.nz

Email: info@nzsportsframes.co.nz

Twitter: nzsportsframes

"I strongly encourage players to take any opportunities they can get and if people want more from you, give it. I have found by paying it forward, doors have opened for me."

ONOSAI AUVAA





"It's easy to get caught up in the rugby world and forget about what happens when you hang up those boots." TROY NATHAN

FORMER GLASGOW WARRIORS, CONNACHT RUGBY, COUNTIES MANUKAU AND CHIEFS PLAYER TROY NATHAN REALISED THAT PROFESSIONAL SPORTS IS A CUT-THROAT INDUSTRY AND EVERY DAY WAS A BATTLE TO KEEP HIS POSITION.

Optimum performance was critical and proper body management was the key to extending his career.

Knowing your body, educating yourself and being proactive to prevent these injuries in the first place is key. With his strenuous training routine and the cold European winters, like many players, Troy found himself going from training to the physio on a regular basis.

At Glasgow Warriors the team were introduced to a compulsory 20 minutes of Prehab daily.

Although he had already known and used foam rollers before, he had never understood the benefits of regular use and felt that it was an unknown area to most people and therefore saw an opening in the market.

From there he started researching Prehab and the equipment needed to effectively stretch and strengthen your body.

Four years ago Troy incorporated daily pre-habilitation into his routine which he said made him athletically faster, stronger and in the best shape of his life. More importantly it extended his career a few extra years and his income.

So passionate about Prehab he started a business selling the equipment. With the end of his rugby career in sight he started to think about life after rugby.

"It's easy to get caught up in the rugby world and forget about what happens when you hang up those boots," said Troy.

With a degree in sales and marketing and being a qualified nutritionist and personal trainer it was obvious that his passion was within the health and fitness industry.

Troy, now 31, has been living in Europe for almost nine years and two years ago moved to Italy to play in the Italian Eccellenza competition.

Starting up a business in a foreign country was a bit daunting but with quite a bit of free time and most of the information and networking being done online it was a no-brainer to start up the business when he did.

Troy felt that with all the contacts he had made during his rugby career it was important to keep in contact with the players he played with and against over the years and to utilize these contacts to help promote his product and educate the public on the many benefits of Prehab.



DJ FORBES & TROY NATHAN AT THE NZ FITNESS EXPO

Troy launched Troy Prehab in Italy six months ago and currently has many sports teams and Olympic athletes using and reaping the benefits of his pack.

Due to demand he also launched his business at the NZ Fitness Expo 2015 in Auckland and found this was the perfect platform to showcase his products and get his name out there.

Troy said: "From what I experienced, starting up a business is all about timing. If you have a great product and business plan in place but your timing is off then your business won't be received as well as it may have been if your timing was right, so make sure you have this key element on point before starting up."

Troy believes a prehab warm-up can help athletes avoid injury, while improving overall movement quality and promoting recovery. Although injuries are inevitable, doing a prehab-focused warm-up can help create a stronger, more mobile and therefore resilient body. It will also allow you to work your hardest, meaning maximum benefits from your workouts.

TROY PREHAB FOCUSES ON A THREE 'S' PRINCIPLE;

- 1. SOFT TISSUE WORK** – Using foam roller, foot massage ball, trigger point ball
- 2. STRETCHING** – Using resistant band
- 3. STRENGTHENING** – Using resistant band

Prehab packs start from \$85 which includes a foam roller, foot massage ball, trigger point ball, a stretching and prehab exercise band and phone application with instruction videos and photos to teach you how to use it. This is all backed up with 24 hour contact service!

www.troyprehab.com

Email: info@troyprehab.co.nz



If you are a player in business let us know so we can help share your business story. Email Kylie.Sousa@NZRPA.co.nz



ITM Cup is underway so we have asked our mates around the country to send us photos of what they are up to – we bribed them with a free lunch to get their photos, so congratulations to Waikato who have won the free lunch for their photo.

PICTURES FROM THE PROVINCES



CANTERBURY



WHAT WE ARE READING UNLEASHING GREATNESS

In Sport and Life Through the Pathway of Courage
by David Galbraith

DAVID GALBRAITH IS A REGISTERED CLINICAL PSYCHOLOGIST, SPECIALISING IN PERFORMANCE PSYCHOLOGY IN THE SPORTING AND BUSINESS ARENAS. HE CURRENTLY WORKS WITH THE CHIEFS SUPER RUGBY TEAM, THE ALL BLACKS SEVENS, NEW ZEALAND WOMENS SEVENS, NZ BMX TEAM, NZ GOLF AND A NUMBER OF OLYMPIC ATHLETES.

What people are saying about this book:

WAYNE SMITH
GLOBAL RUGBY ICON



"THIS BOOK IS NOT ABOUT DREAMING SMALL. IT'S ABOUT TAKING PATHWAY 1 IN PURSUIT OF YOUR 'IMPOSSIBLE' DREAM.

"People often think that BIG dreams are unrealistic and stupid. Stupidity, however, has no plan. Chasing your dream, David Galbraith-style, does. Pathway 1 is all about planning, measuring your progress, facing brutal facts and having the courage to

be relentless in the achievement of your true bliss. It's also about giving back to community, helping others get better and being grounded as well as driven.

David has hit the spot with this book. It will give the reader a formula to follow for success – if you genuinely want it and are prepared to pay the price."

RICHARD KAHUI
RUGBY WORLD CUP WINNING ALL BLACK



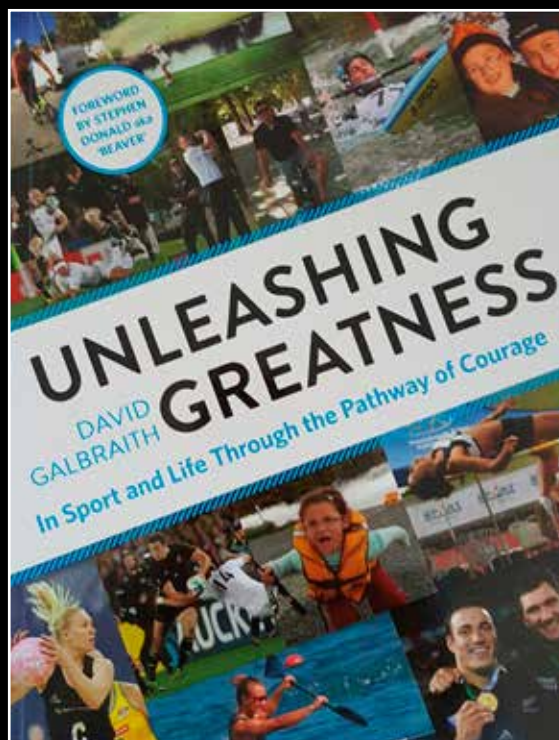
"THIS BOOK IS A MUST READ FOR ANYONE WANTING TO ACHIEVE MORE IN THEIR LIFE AND IS A REAL LIFE CHANGER.

David Galbraith is an absolute master at what he does and is truly inspiring. He understands people and has the ability to help people smash self-doubt and to unleash their full potential."

LISA CARRINGTON
KAYAKING OLYMPIC GOLD MEDALIST AND WORLD CHAMPION



"TO BUY, OR NOT TO BUY? IT IS UP TO YOU, BUT IF YOU'RE ASKING ME I THINK IT'S AN INVESTMENT. We all need a little help now and then, and I think David Galbraith can help you on the journey to unleash your greatness. It's scary thinking about how great you can be, so act from that little place of courage and find out."



Available from www.pathway1foundation.co.nz



SHANE CAMERON KNOCKS OUT MONTY BARRETT IN THE 4TH ROUND

SPORTING SPOTLIGHT WITH SHANE CAMERON

HOW HARD WAS DANCING WITH THE STARS?

It was bloody hard – it was no secret that it was pretty unnatural to me – you only had to watch the show to realise that. I don't even dance with a few beers under my belt! I am really stiff, but I had a crack and more importantly it raised money for Child Cancer. Nerida Corteze was a great teacher and incredibly patient. I have a new appreciation for ball room dancers. I think it is important to keep getting out of your comfort zone and I proved my Mum wrong – she didn't think I would make it past week one!

WHAT WAS A STANDOUT OF YOUR CAREER?

Sparring with Mike Tyson – it was great fun, scary, fast and ferocious and I thought my lungs were going to burst, I was breathing that hard.

WHAT WAS YOUR FAVOURITE FIGHT?

My fight against Monty Barrett – the KO in the fourth round was hugely satisfying.

IS JOSEPH PARKER THE REAL DEAL?

Definitely. It is great to have a New Zealander that we can support in the sport who is working hard and doing the business.

WHAT ARE YOU DOING NOW?

I own Shane Cameron Fitness, a gym in Northcoate on the North Shore so my wife Tara and I spend most of our time there.

BEST BIT OF ADVICE YOU CAN GIVE ATHLETES?

Stay fit, don't blow out during your off-season. Surround yourself with good, genuine people, network, have a financial plan and always ask questions.



SUPPORTING OUR RURAL COMMUNITY



CRAIG CLARKE FORMER CHIEFS AND HIS BOSS AND BROTHER-IN-LAW FORMER TARANAKI CAPTAIN AND CHIEFS PLAYER **SHANE CLEAVER**

"IT IS A TOUGH TIME FOR THE FARMING COMMUNITY and it is important for farmers to have good support networks and share your problems. If you feel like you are not coping, need some help or advice – don't go it alone contact one of these organisations."

RURAL SUPPORT TRUST

ph 0800 787 254 or

www.rural-support.org.nz

www.farmstrong.co.nz

www.depression.org.nz/rural

WHAT WE ARE SUPPORTING THE POWER OF THE RUGBY COMMUNITY



ANDREW STRAWBRIDGE

IT IS GREAT TO SEE THAT CHIEFS ASSISTANT COACH AND MANU SAMOA TECHNICAL ADVISOR ANDREW STRAWBRIDGE is back

home and on the road to recovery. It is impressive that he and his family want to help the Moto'otua National Hospital Intensive Care Unit who saved Andrew's life by raising funds for medical equipment.

The page to donate to is www.givealittle.co.nz/cause/strawbridgeappealforsamoaicu#.

JERRY COLLINS AND ALANA MADILL'S baby is now in Canada with Alana's family and our prayers

and thoughts go to baby Ayla. To donate to support baby Ayla go to www.givealittle.co.nz/ayla+collins



AYLA

RETIRED PLAYER SURVEY

**NZRPA RETIRED PLAYER
SURVEY STATS
FOR 48% OF PLAYERS,
RETIREMENT WAS
UNEXPECTED**

33% of players suffered periods of financial hardship after retirement - and 82% said they experienced a period of unemployment.

Anticipate the change in your income - ensure you save and invest wisely through seeking good financial advice and support before retirement in regards to:

- Budgeting
- Investments and assets
- Mortgage
- Risk management
- Financial planning

CAREER TIPS

**IF YOU ARE LOOKING AT NEW
CAREER OPTIONS CHECK OUT
THE APP OCCUPATION OUTLOOK.**

IT PROVIDES A QUICK INDICATOR OF HOW MUCH EDUCATION FEES ARE, WHAT JOB PROSPECTS ARE LIKE AND WHAT THE EARNING POTENTIAL IS.



**1/2 OF ALL PLAYERS
WILL EARN LESS
THAN \$60K IN
THEIR FIRST 2
YEARS AFTER
RETIREMENT**

Principle sponsor



Business partners



HOUSE OF TRAVEL



Preferential provider



Steelers doing mass haka with 2,300 kids as part of Maori Language Week 2015



BANGIN' BEATS WE ARE LISTENING TO

Darius Rucker
Fetty Wap
Chris Brown

Sammy J
Dawin



WHAT ARE WE LOOKING AT

Facebook – Check out
ADDIKTION

The short clips are good for a laugh!

PLAYERS' FAVOURITE RECIPE SIKELI'S CURRY

Counties Manukau Steelers lock, Fijian-born Sikeli Nabou cooks a mean curry. The curry is popular with the players with the orders coming in daily from the boys for lunch – so give it a try!

Chicken Curry

- 1 onion
- 1 clove garlic
- 1 tbsp ginger
- 2 tbsp garam masala
- 1 tbsp tumeric powder
- Curry leaves
- 1 x No 20 Chicken - cut into curry size pieces
- 5 potatoes
- 4 tbsp oil

Heat oil in pan, add onion and sautee until golden brown. Add garlic and ginger. Add garam masala and tumeric powder. Mix well and add curry leaves. Add chicken and mix with the curry until $\frac{3}{4}$ cooked. Add potatoes to the chicken.

Serve with rice and naan bread – CHEEEEEOOOOO!



HUNTING DIARIES WITH WHOPPA



SOUTHLAND CAPTAIN AND SUPER RUGBY PLAYER JAMIE 'WHOPPA' MACKINTOSH IS WELL KNOWN FOR BEING A MAN OF THE LAND. **THE NEW ZEALAND RUGBY PLAYERS' ASSOCIATION BOARD MEMBER IS THE FIRST TO SAY IT IS IMPORTANT TO HAVE A BALANCE IN LIFE OUTSIDE OF RUGBY.** WHOPPA SAYS THAT HUNTING IS A GREAT WAY TO ASSIST WITH THE SPORT/LIFE BALANCE BECAUSE IT HELPS WITH MENTAL WELLBEING.

You get to spend some time with the your mates away from rugby, get in some different exercise and get outdoors - all of which are important to maintain positive mental wellbeing.

When Whoppa finished his Super Rugby season earlier this year he spent a week on a hunting and fishing tour as he worked his way down New Zealand which was part of a hunting competition.

All participants were required to weigh in a red stag, a fallow buck and a boar. After poaching four boars on Andrew Hore's farm in Ranfurly, he headed to Tekapo fishing and with no bites Whoppa ventured down to Kurow [home of Richie McCaw].

It was the day of the Super Rugby final and Whoppa was up in towering, steep country that was higher than Donald Trump's bank balance.

From up on a steep ridge, Whoppa spotted seven stags about 1.5km away in a valley below and knowing he was in a competition, it meant he would have to carry it out. This required him to drop into the massive valley below, throw the 140kg deer on his back and get back in time for kick off. Could he do it?

He had an 11 pointer lined up in his sights but a hind warned the stags and they took off like a prop trying to dodge skin folds. Whoppa did manage to shoot one of the stags who stood up, but instead of getting the one he had aimed at, he ended up getting a 9 pointer.

Now for the next challenge which was to carry the stag straight up the hill. After going vertical for two hours Whoppa thought the chance of him getting to watch the Super Rugby final was in jeopardy.

He knew time was against him, so he left the stag half way up the gully, went back to the homestead to watch the final and went back the next morning to carry on the physical challenge and get the stag out.

The season of heavy weights in the gym was no match for the 140kg dead weight and Whoppa is still moaning about his back and the fact he didn't win the competition!

WHOPPA AND CHIEFS TEAMMATES MAAMA VAIPULU AND JOHAN BARDOUL WENT HUNTING AND DIDN'T SEE ANYTHING, SO JOHAN AND MAAMA HAVE GOT A STORY WHEN THEY ACTUALLY GOT SOMETHING.

According to Whoppa for Johan to actually get something is about as rare as Whoppa having a girlfriend.

Maama Vaipulu [Chiefs & Counties Manukau], Joe Webber [Waikato & All Blacks Sevens] and Johan Bardoul [Chiefs & BOP] recently went up to the East Coast into the back blocks of Ruatoria on a legal hunting trip.

At about 8pm on the first night, Maama and Joe's pig dogs both went crazy so the boys let them off the back of the truck and they bolted off like Ben Tameifuna to KFC. The boys took off after them and were happy to have their match day fitness come in handy as the pace set by the boar was testing it.

They stuck the first one which was about 80lb and they carted it out and gutted it and hung it up in the woolshed. Early the next morning they went out again. After a couple hours of nature walking, the dogs got a scent and took off following the trail of a 90lb pig.

This boar put up a serious fight and badly damaged one of the dogs, but the dog was relentless and solidiered on and the pig ended up hanging in the woolshed beside his mate from the night before.

That night they team went out spotlighting for deer and came across a pig. They let the dogs loose and they chased the 80lb wild sow down and the dogs bailed her up for the boys to finish the job and go home with a trifecta for the trip.

If you have a hunting story you would like to share contact Whoppa or **email kylie.sousa@nwrpa.co.nz**



NZ RPA
BY THE PLAYERS
FOR THE GAME.

Follow the **NZRPA** on **Facebook** and **Twitter**