



Preston Campbell: 'We ne

A lot of our young people have the dream to play NRL when they get older.

We all know that one of the hardest things in becoming a professional footy player is having confidence and taking the risk of moving away from home and community life.

Player of the year and Dally M award winner in 2001, Preston Campbell gives some advice to young Indigenous kids that are thinking about playing professional footy.

"Make that sacrifice of moving away from home and being dedicated to stay away

What does it mean to be a young Murri?

Knowing who you are and where you've come from is vital to your identity. So what does it mean to be a young Murri today, and what issues are you facing?

"An Issues in my community is violence drugs alcohol, I think our community needs to start looking out for each other, helping each other stay out of trouble."

"To me being a Murri means having a family staying away from stuff like drugs and alcohol."

"To me being a Murri means looking up to my Elders."

"An issue in our community - people walking around selling drugs and a lot of gang fights."

"I think the issue in our community is mostly drugs and alcohol because we see a lot of kids down the street drunk or high and it makes us look really bad."

"An issue in our community is stealing cars."

"Our culture is unique because we stay strong, we help each other and we stick together in life."

"Our culture is unique because the way we cook food, the way we talk, the way our family connect and communicate."

ed to see more Indigenous players in the NRL...'

from home and do the training and do the right thing," Preston advises.

He also says becoming a professional footy player means making smart choices.

"Respecting others and yourselves, what I mean by that is just respect your body by staying off the grog.

"And don't drink too much, so you're able to train properly."

Preston accepts and is passionate about being a positive role model. He hopes to be joined by other Murris and Kooris.

"We need to see more Indigenous football players in the NRL competition and we would see more if there was that sacrifice and dedication of staying away from home."

Remember it takes dedication, sacrifice and discipline to become an NRL star.

From Preston Campbells point of view, it's up to you to make the decision to commit, to a more exciting and different life.

For information on Queensland Rugby League, call 3367 6000 or visit www.qrl.com.au

David dares to dream

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Based in Perth where David still plays after 14 years as a West Coast Eagle, the Foundation is looking to go national to help Indigenous kids all over Australia.

"That's my passion outside of football," he said. "I am very community minded and the biggest bonus of all is being a sportsperson and having a profile."

He said it was important for people like him to fulfill an obligation to go out into the community and identify areas where help is needed.

The Foundation's rewards-based 'On My Way' program has been a hit in the Pilbara, where the emphasis is on getting kids to stay in school, decrease contact with the justice system and increase leadership skills and self esteem.

Another program, Plan 2day 4 2morrow, focuses on Indigenous people who are keen to enter the workforce, aiming for a job for all who successfully complete a pre-employment program.

David is also keen to help

young girls stay strong through 'Dare to Dream', a girls group which provides opportunities through activities aimed at increasing self esteem, and educating young women about drugs and alcohol, women's health, and having positive relationships.

David is taking this and other Foundation programs to communities across Australia over the next five years. "I want to develop those programs slowly to ensure there is a lot of stability as we expand," he said.

Visit the David Wirrpanda Foundation website, www.dwf.org.au

Active living safety tips

Up to 40 per cent of all injured footy players end up being hospitalised, so safety is on the field is important.

AFL is a high impact sport that involves a lot of tackling, kicking, running, hand-balling, marking and constant physical competition for the ball.

With all that contact, it's little wonder injuries are common!

For those that end up in hospital, it's usually a case of injuries to the wrist, hand and finger, and forearm fractures, dislocations and sprains.

However other common injuries include those to the thigh, knee, lower leg and ankle.

Overuse injuries happen more frequently among higher level and older players.

Preventing injury

To prevent injury you should:

- Be prepared
- Provide a safe environment
- Wear the right protective gear

If injury occurs

- Seek prompt attention from qualified first aid personnel for any injuries.
- Return to the field after injury only after a health professional decides it is safe.
- Make sure you are fully rehabilitated before returning to play after injury.

Remember to:

- Train before the season so your body is ready to compete. Pre-season training can improve strength, flexibility, stamina, agility and balance.
- Learn, practise and use correct skills and techniques before playing.
- Do a complete warm up, including stretching, slow jogging and running activities, with and without a football.
- Eat a balanced, nutritional diet.
- Drink water before, during and after a game or training session.
- Avoid drinking alcohol 48 hours before a game and straight after