



Lion Rugby FC Girls

September 2009

Welcome back to the 2009 – 2010 season. We hope you had a great holiday and are ready to continue to move onwards and upwards from last season.

For those of you who joined the Summer Rugby course at the Boundary Street playing field, I hope you enjoyed yourselves and improved your skills. I know all the coaching staff were working hard to think of new drills and games which would help increase your interest and make us more competitive in future matches. We finished the course with a competition in Kowloon Bay and I am glad to say that we were first in all three age groups. Well done!!



For all new members, it's great to have you joining the team! Please don't stand on the sideline. If you have any questions or need any help feel free to ask. Both the coaches and other players have valuable experience and by learning from each other we can strengthen the team and play better as a club.

Practice dates and times:

- 6th September – Tin Shui Wai U14/16 Friendly [bus leaves THT 10:50am]
- 13th September – Tai Hang Tung 11am – 1pm
- 20th September – Friendly with Aberdeen details *TBC*

27th September – Tai Hang Tung
11am-1pm

Please try to arrive 20 – 25 minutes early and start to warm up. This means that better use can be made of the training time. Remember to bring plenty of water, as the temperature is extremely high.

Attendance:

We understand that you may not be able to attend every week so please let us know if you will be absent for more than one practice. For the teams to play well you need to understand each others playing style. This will help you learn others strengths and weaknesses and be able to support each other during matches. Please try to attend practice as often as possible!

Membership:

As some of you know the girl's teams are now a bigger part of the Lion Rugby Football club. We hope that this will give you additional support and offer more chances for the teams development.

Although this has meant an increase in membership fees, to HK\$300, it is still a very competitive price when compared with other clubs. Please pay your fees and continue to support your teammates.

Finally, for the club to serve you we need your feedback. Please let us know what you would like from the club and what you are not happy about. If we don't know we can't try to change it.

Please check your emails and contact me by email or on 9198-2133 if you have questions.

Andrew

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