

Lion Rugby FC Girls

October 2009

September is over and now the real work begins. The first 10's super Sunday is four weeks away on November the 1st so ever practice is important. Please try to attend as often as possible.

We had a good start to the season with two friendly matches at Tin Shui Wai for the U14's!! and then a visit to Aberdeen for friendly matches at U16 & U19. A big "thanks" to everybody who came to play. Please try to be as supportive for the first "Super Sunday"

Tin Shui Wai Festival – U14's friendly
6th September

The first match against the Kukris showed the importance of chasing the ball and making every tackle count. With a quick winger and some good support play the Kukris beat us by "several" tries.



The second game against Tin Shui Wai was an improvement with some good individual tries and solid support work.

With one win and one loss it was an acceptable start to the season but it did show that we need work on our fitness level, defensive work and communication. We have the start of a good team but it will take hard work and 110% effort from you.

Aberdeen Friendly – U16's and U19's
20th September

We had arranged two games each for the U16 and U19 teams and the U16's got off to a good start in their first game. Strong running, good support and nice use of space allowed some early tries. Unfortunately towards the end we slowed down and started missing tackles. This allowed Aberdeen to win 3-2.



U19 showed that they have the ability to do well in this year's 10's and 7's competition. They dominated the game and were taking a controlling lead when the games were stopped due to an injury to an Aberdeen player.

We should look to build on this start and continue to work to improve.

Practice dates and times:

4th, 11th, 18th, 25th October

Tai Hang Tung: 10am – 1pm

Attendance:

Please try to attend as often as possible as the development of the team depends on practicing together.

Please contact me on 9198-2133 if you have questions.

Also check the Lion RFC website for updates.

<http://lionkln.110mb.com>

Andrew

Newsletter

