



Lion Rugby FC Girls

November 2009

The season begins this weekend with the first "Super Sunday" [1st November] at Sandy Bay. U16 will meet with Sai Kung Stingrays and then Hong Kong Football Club. U19 will play against DeA and later HKU. Match details are below:

U16

12:43 against HKFC

13:29 against Sai Kung Stingrays

U19

15:47 against DeA

16:33 against HKU

A shuttle bus will be provided from Tai Hang Tung to Sandy Bay and back again. Please meet at Tai Hang Tung at 10:30am if you are taking the bus.

If you want to make your own way to Sandy Bay please arrive by the following time:

U16 - 11:30am

U19 - 2:30pm

Remember to bring mouth guards/gum shields, water and match shirts. We want everybody playing in the same kit not half in practice shirts and half in match shirts. I will bring spare shirts for the new players to use. Hopefully the new kit will arrive soon and we can provide everybody with full kit.

November 22nd will see the second "Super Sunday" at King's Park and all games will be played in the morning.

U16 will play two games again and U19 three. See times and details below:

U16

09:54 against DeA-1

10:40 against Discovery Bay Pirates

U19

10:40 against Aberdeen/Valley Fort

11:26 against Tuen Mun

12:58 against DeA

Further details will be given at practice on the 8th and 15th of November.

I do believe that we can do well in both age groups and that you should believe in your abilities. It will be the first time most of you have played together in a competition but as long as you keep talking to each other, support your teammates and keep working hard you can do well. Remember a team is not about individual players but about how you work together as a whole. **Support, support, SUPPORT.....**

I was pleased with the turn out at the last couple of practices and especially at the Police Club on Wednesday night. Anytime we have to practice together is worthwhile. So please try to turn up!

November Schedule

1st - Super Sunday at Sandy Bay

8th - Training THT time TBC

15th - Training THT time TBC

22nd - Super Sunday at King's Park

29th - Training at THT time TBC

Coming Up

Trials for the New Years Day festival will take place in December. If you are interested in trying for selection please let me know. Remember, you must be available on the 1st of January, must attend two out of three trial sessions, for consideration, and attend training between Christmas and New Year.

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

Andrew

Newsletter