

# Lion Rugby FC Girls

December 2009

What a great start to the season! Two super Sundays completed and both U16 and U19 have won and drawn matches.

The first super Sunday at Sandy Bay was a long hot day with lots of sitting around and waiting. Both teams performed well against strong opposition in their first matches. They then showed some great defensive work which held against immense pressure and the hard work resulted in both teams gaining draws in their second games. Like everything in life this was a learning experience and a great improvement was shown between the first and second matches.

## Results

### U16

Lion/Police 0 - HKFC 12

Sai Kung Stingrays 5 - Lion/Police 5

### U19

DeA 15 - Lion/Police 0

HKU 5 - Lion Police 5

The second super Sunday at King's Park showed that the time and effort, put in by both players and coaches, had been worthwhile.

U16 started against DeA, one of the strongest teams in the competition, and although the result was a little disappointing some great tackling and defensive work was shown again.

In the second game things improved with a good win over the Discovery Bay Pirates. Everybody worked well together and this allowed us to create opportunities and then use them to our advantage.

Everybody should take pride in their efforts and carry this forward to the next match.

U19 started well with an excellent result against Aberdeen/Valley Fort. Although going down by two tries, early in the game, they then rallied and fought back to win the game with only minutes to spare.

Their second game was cancelled due to Tuen Mun been absent and in their third game a strong defensive effort slowed down DeA. This only allowed them to score twice which was a great result. DeA still stand unbeaten so keeping the points difference so close should be taken to heart. Praise even came from DeA's head coach who stated what a great improvement he had seen between our first and second matches with them.

## Results

### U16

Lion/Police 0 - DeA.1 34

DBP 0 - Lion/Police 20

### U19

Aberdeen/Valley Fort 12 - Li/Po 15

Tuen Mun - won by default 0 - 20

DeA 10 - Lion/Police 0

With one more 10's super Sunday to go we need to build on what we have achieved. More communication and team work will bring us good results. We must stay strong in defense and go forward when you see an opportunity and remember, Support, support, **Support..**

## December Schedule

6th - Super Sunday at King's Park

13th - Training THT time TBC

20th - Training time & location TBC

27th - Training time & location TBC

Details of the New Year's Day Tournament will follow shortly.

Contact me by email or on 9198-2133 if you have questions.

Andrew

# Newsletter

