



Lion Rugby FC Girls

February 2010

I have to start this month's newsletter with some sad news.

As many of you have heard by now Tony Ho, a Hong Kong U20, Kowloon player and good friend to the club, was killed last weekend in the UK. Tony was a bright young man with a great future both on and off the pitch. I'm lost for words to express my feelings as his death was under such tragic circumstances that may never fully be understood. I ask that you all take a little time to spare some thoughts for his family. Life will move on but Tony won't be forgotten!

January has been a quiet month with a low turnout for training due to examinations. With 7 a-side matches coming up on the 7th and 28th of February I ask that you all return to training so that we can prepare. Although the matches will be shorter you will need to do a lot more running so fitness is essential as always.

For those who haven't been at training recently, we have a new assistant coach joining us to help share some of the workload. She is a player from Gai Wu who is nursing an injury at the moment but has kindly volunteered her time to help us improve our game. Please work with her and remember to show her some respect.

Speaking of respect, next time you come to practice take a look around. We are not a club with a huge amount of players who can pick and choose when it comes to matches. All of you have different talents and some of you are stronger players than others. Instead of complaining take the time to work with your team mates to improve their skills and make the whole team more

competitive. Also remember when you miss a practice you're not just letting the coaches down but everybody else who makes up this team. You have to work together to improve!

I want to say congratulations and thank you to all the girls who took part in the New Years Day Tournament. We had 8 girls from U16 who came to trials and 6 were selected. The 2 who weren't selected would probably have been picked if they had come to the selection practice. Remember you have to be in people's faces if you want them to know you! U19 had all seven of our team mates selected so well done to everybody.

We also have six girls taking part in the selection process for the Hong Kong U18's women's team. I understand that the first cut will be made shortly and wish you all the best of luck.

There will be more trials coming up for matches during the Women's Hong Kong 7's and also the International Youth Tournament at the end of March. I will pass you details as soon as I have them.

Finally match details for Sunday the 7th are as follows:

U16

10:00 - Lion/Police Vs Flying Kukris

11:08 - DeA-1 Vs Lion/Police

U19

10:17 - Tuen Mun Vs Lion

11:25 - Lion Vs Police

February Schedule

7th - 7's matches PBS 9:15 - 12:00

14th - Chinese New Year Holiday

21st - Training THT 10:30 - 12:30

28th - 7's Super Sunday, Sandy Bay

Details to be announced

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

Andrew

Newsletter