



Lion Rugby FC Girls

November 2010

Well I've finally got around to sitting down and writing the newsletter!

Firstly welcome to all the new players who have joined us since the summer and also welcome back to all our returning players who were part of the club last season. Thank you for sticking with us and coming back to play for the Lions' again.

As I'm two months late with the newsletter I'm sure you are all aware of the first two changes made at the start of the season. Firstly we welcomed a new coach, Wong Tsz, to work with Ar Lun and help focus on the forwards. We were a little weak in the scrum and at rucks last season and if we can win the ball and then keep we will stand a lot better chance of winning matches this season. Secondly we have had several guest coaches joining us from Gai Wu and Kowloon.

As the U19's will be joining with Gai Wu, for the first half of the season, they have kindly sent down several coaches to help develop the team. As for Kowloon, they have been sending down some of their top players to focus on skills and also to continue to show their support for the club. Please listen to these coaches! They have a lot of playing experience and can help us to focus on specific skills.

Well what's happening this season? We will have a U16 and U19 team again. For U 16 we have been successful in recruiting enough players to field a 10 a-side team. As we had previously agreed to continue our relationship with the Police club we should have a few players joining us from there and also we have asked one player from Tuen

Mun Sharks to come along and play with us.

For the U19's, we will join with Gai Wu for the 10 a-side competition. We will also have players from the Police and Tuen Mun joining us and these players will continue with us throughout the season. This means once we get to the 7's both Gai Wu and the Lions will have their own team.

Please make all these players welcome. A team is the sum of its parts so we need to work hard to make this work!!

Upcoming events

We will have two super Sundays coming up this month and having watched practice over the last few weeks I think both U16 and U19 can do really well.

14th November - THT

U16

12:20 Vs HKFC

13:52 Vs Flying Kukris

U19

15:24 Vs Abn/VF

16:10 Vs DeA Gold

28th November - King's Park

U16

10:40 Vs Abn/VF

12:20 Vs Sai Kung Stingrays

U19

10:17 Vs Flying Kukris

11:03 Vs DeA Black

November Schedule

7th – Training THT 10:15-12:30

14th – Super Sunday at THT

21st – Training THT 10:00 – 12:15

28th – Super Sunday at King's Park

Any questions please contact me on 91982133.

Andrew

Newsletter